

OFFICE OF THE CHIEF WELLNESS OFFICER

# Lessons Learned From Centenarians: Evidence-Based Tactics That Lead to High Quality Longevity

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# Centenarians in the U.S.

- There are 97,104 people over the age of 100 living in the U.S. – an increase of 58% in the last two decades.
- The U.S. ranks 11<sup>th</sup> in number of centenarians
- If you want to up your odds of living to 100, the best place to live is on an island!
- While the centenarian population is small in comparison to the entire population, they provide insight on how to live long quality lives





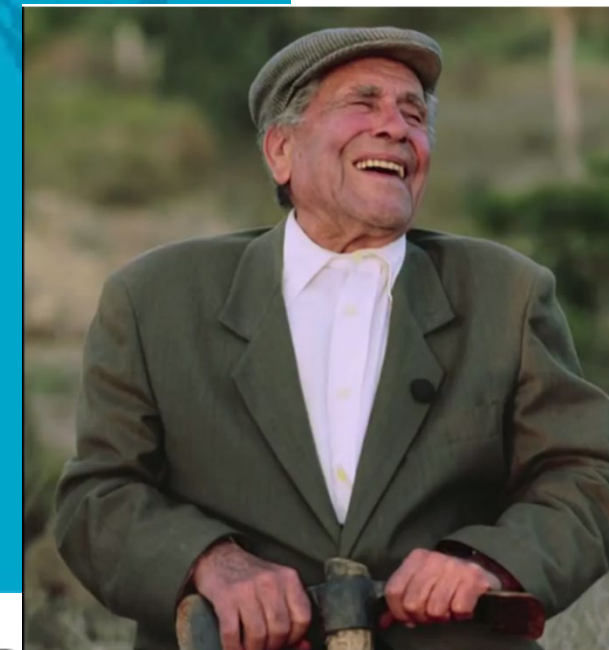
# Becoming Centenarians: Disease and Functioning Trajectories of Older U.S. Adults as They Survive to 100

Alishire, Beltrán-Sánchez, & Crimmins, 2015

- Data from the nationally representative Health and Retirement Study suggests that Centenarians ...
  - Are generally healthier than non-surviving members of their cohort
  - Reach 100 with no major chronic diseases (23%), no disability (18%), and no cognitive impairment (55%)



# The Blue Zones





# What Makes a Centenarian?



# The Centenarians Engage in the Power of 9



# The Power of 9 from the Blue Zones

- Making movement a natural part of your day
- Knowing your sense of purpose
- Prioritizing stress relief
- Eating until you're about 80% full
- Eating a largely plant-based diet
- Drinking alcohol in moderation
- Connecting with your community
- Putting family (whether biological or chosen) first
- Choosing social circles that support healthy behaviors





# CHRONIC DISEASES IN AMERICA

6 IN 10  
Adults in the US  
have a **chronic**  
**disease**



4 IN 10  
Have 2 or  
more





# Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population

Li et al., 2018

- Analysis of data from the Nurses' Health Study (1980–2014; n = 78 865) and the Health Professionals Follow-up Study (1986–2014, n = 44 354) determined...
  - **Adherence to 5 low-risk lifestyle-related factors could prolong life expectancy at age 50 by 12.2-14.0 years** for US adults compared with individuals who adopted zero low-risk lifestyle factors:
  - The 5 low risk lifestyle factors were defined as
    - (1) **never smoking,**
    - (2) **a healthy weight**
    - (3) **regular physical activity**
    - (4) **a healthy diet and**
    - (5) **moderate alcohol consumption**



# Only 4.4%-6.3

Healthy lifestyle behaviors can prevent chronic disease but only 4.4%-6.3% of adults engage in the 5 leading health behaviors that can reduce chronic disease risk. Only 1 in 5 engage in 4 or more.

- ❖ **Not Smoking**
- ❖ **Exercising regularly**
- ❖ **Avoiding alcohol or drink in moderation**
- ❖ **Maintaining a healthy body weight**
- ❖ **Getting sufficient sleep (at least 7 hours per night)**

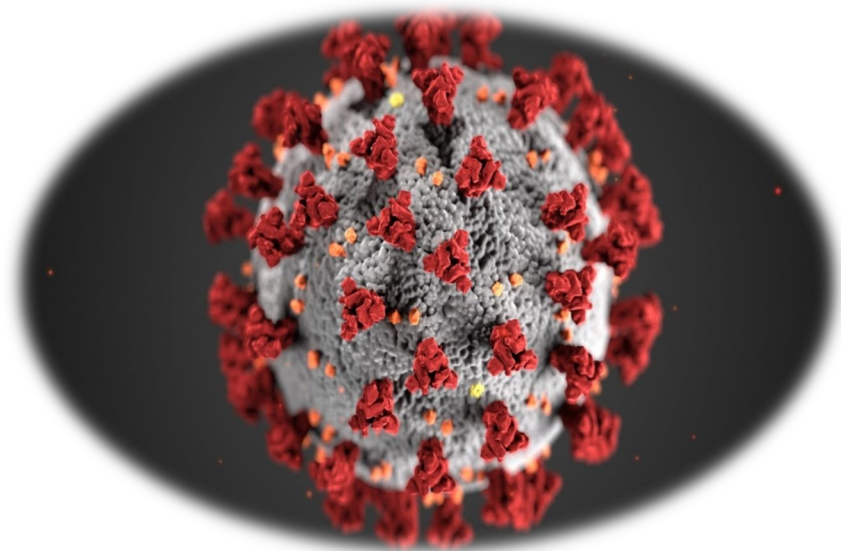
Increased participation in multiple healthy behaviors can decrease premature mortality, decrease the burden of chronic diseases, improve life quality, and provide substantial economic benefits.

Hecht, E. M., Layton, M. R., Abrams, G. A., Rabil, A. M., & Landy, D. C. (2020). Healthy Behavior Adherence: The National Health and Nutrition Examination Survey, 2005-2016. *American journal of preventive medicine*, 59(2), 270–273.



# COVID-19 Escalated Mental Health Problems and Unhealthy Lifestyle Behaviors

- Feelings of **despair**
- Fear for **loved ones**
- Decreases in **job security**
- Increases in **loneliness**
- Mindset switch from “**thriving**” to “**survival**”
- **Zoom fatigue, burnout and languishing**
- **Increases in alcohol use**
- **Unhealthy eating patterns**



- Feelings of **hopelessness**
- Increases in **anxiety**
- Decreases in **financial security**
- **Social withdrawal**
- **Sleep disturbances**
- **Declines in Physical Activity**





# 6 Evidence-Based Tips for Healthy Aging

## *An Ounce of Prevention is Worth a Pound of Cure*

1. Eat & Drink Healthy



2. Move More, Sit Less



3. Don't Use Tobacco



## **-Benjamin Franklin**

4. Get Regular Checkups



5. Know Your Family History



6. Be Aware of Changes in Brain Health



# Based on Evidence, What Do We Know?

People who have the following behaviors have 66% less diabetes, 45% less heart disease, 45% less back pain, 93% less depression, and 74% less stress

- **Physical activity** - 30 minutes 5 days per week  
Even 11 minutes a day decreases cardiovascular risk
- **Healthy eating** - 5 fruits and vegetables per day
- **No smoking**
- **Alcohol in moderation** - 1 drink per day for women and men

*Getting 7 hours of sleep and regularly engaging in stress reduction will result in even greater reductions in chronic disease.*



# Living to 100 Life Expectancy Calculator

- By Thomas Perls, MD, MPH
- The calculator asks 40 quick questions related to your health and family history, and takes about 10 minutes to complete.
- Check it out

The screenshot shows the homepage of the "Living to 100 Life Expectancy Calculator". On the left is a navigation menu with buttons for HOME, TAKE THE CALCULATOR, CONTACT DR PERLS, ABOUT THE CALCULATOR, and LINKS. Below the menu is a "Follow @thperls" button. The main content area features the title "Life Expectancy Calculator" and a description: "The Living to 100 Life Expectancy Calculator uses the most current and carefully researched medical and scientific data in order to estimate how old you will live to be. Most people score in their late eighties... how about you?". A photo of Thomas Perls, MD, MPH, FACP, is shown. Below the photo is a large orange button that says "TAKE THE CALCULATOR". Underneath, it lists benefits: "In addition you will receive:" followed by a bulleted list: "Personalized feedback for each of your answers", "A Personalized 'To-Do' list for you and your physician", "A list of things you can do differently and how many years you will add if you do so", and "The option to sign up to take the calculator again so you can keep track of your answers and see if your calculated life expectancy gets better over time. We will send you a reminder to come back!". On the right side, there is a "Recent Coverage" section with logos for abc NEWS, ABC News, The Martha Stewart Show, and U.S. News & World Report.





# What Does The Evidence Tell Us?

## We are a Stressed & Depressed Society!



- 1 in 5 U.S. adults were living with a mental illness before COVID-19
- A mental health pandemic now exists inside of the COVID-19 pandemic, especially in young adults and minority populations
- MMWR stated that symptoms of **anxiety disorders were 3x those reported in 2019** and symptoms of **depression disorders were 4x those reported in 2019**



# Mental Health and Your Heart

- Compared to those with low stress, **those with high stress** are associated with significantly **higher risks of having prehypertension/hypertension and elevated cholesterol**
- **Psychosocial stress** is associated with an **increased risk of hypertension**
- Having **fewer ideal** cardiovascular health **metrics, especially health behaviors** is associated with greater risk of having **depressive symptoms**
- **Anxiety** disorders are **associated with a 24% increase in risk of stroke**





[www.everydayhealth.com](http://www.everydayhealth.com)



<https://www.everydayhealth.com/wellness/resilience/get-your-resilience-score>



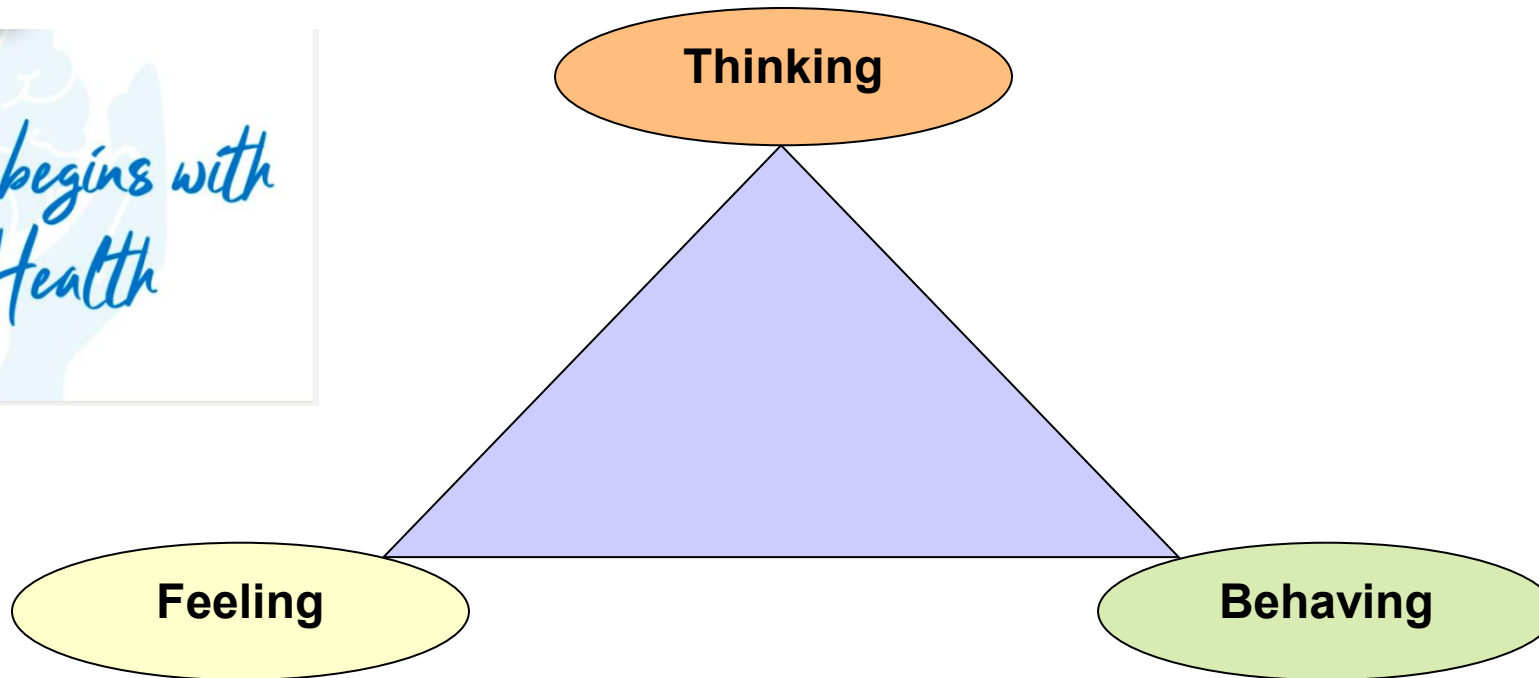
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# Cognitive-Behavioral Therapy/Skills Building is the Best First Line Evidence-based Treatment for Stress, Anxiety and Depression

The thinking/feeling/behaving triangle

*Whole Health begins with  
Mental Health*



# Catch, Check and Change Your Automatic Negative Thoughts

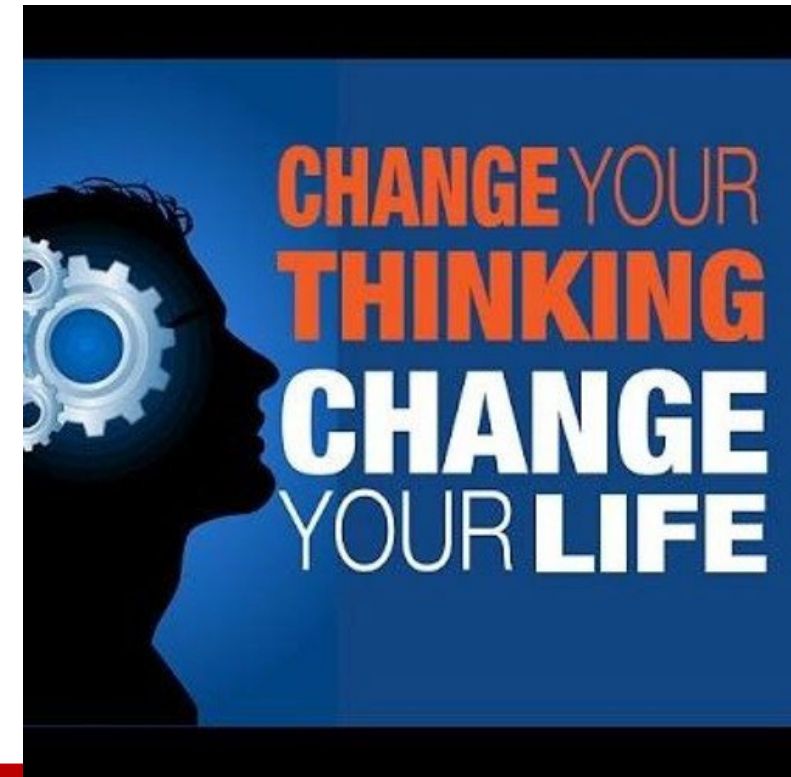
- When you notice your mood has changed or intensified, or is going in a negative direction or you are noticing bodily sensations associated with negative emotions, ask:

What was just going through my mind?

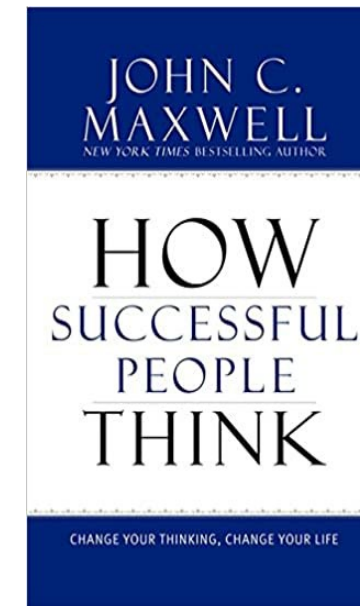
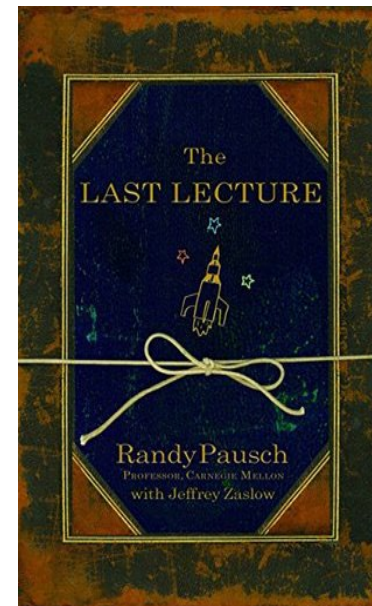
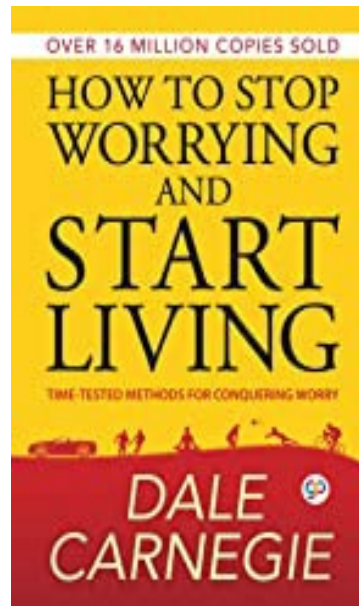
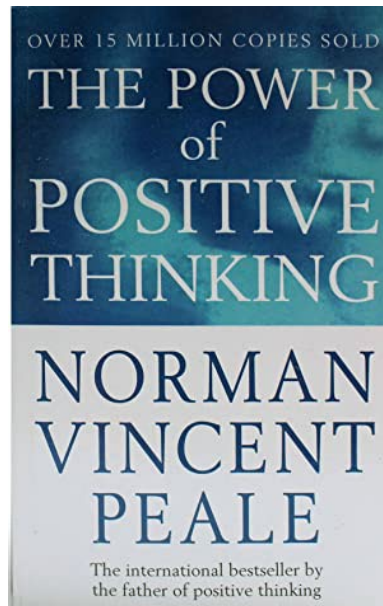
Is this thought really true?

Is this thinking helpful?

Do I have evidence to back this up?



# Read 5 Minutes in a Positive Thinking Book Every Morning and Night





# Behavioral Activation

## Do It, Even When You Don't Feel Like It!

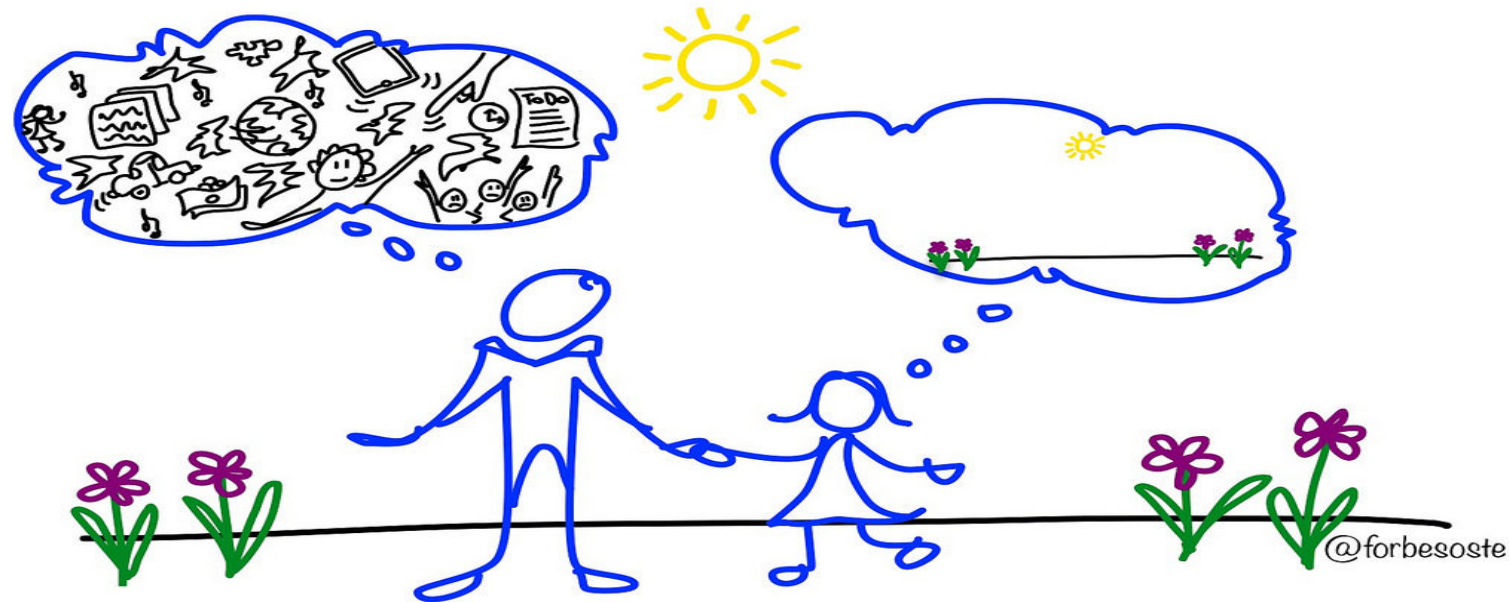
CBT originated from cognitive theories that were developed by Beck and Ellis,





# Learn to Stay “In the Present Moment”

## Mind Full, or Mindful?



*The Present* by Spencer Johnson is a great book to help



# The 5-4-3-2-1 Method of Grounding/Mindfulness

5-4-3-2-1 Grounding



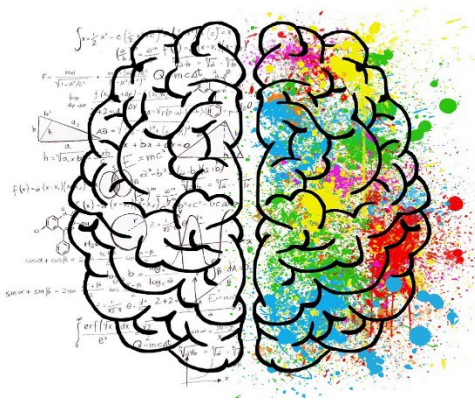
**FIND**

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can taste
- 1 thing you can smell

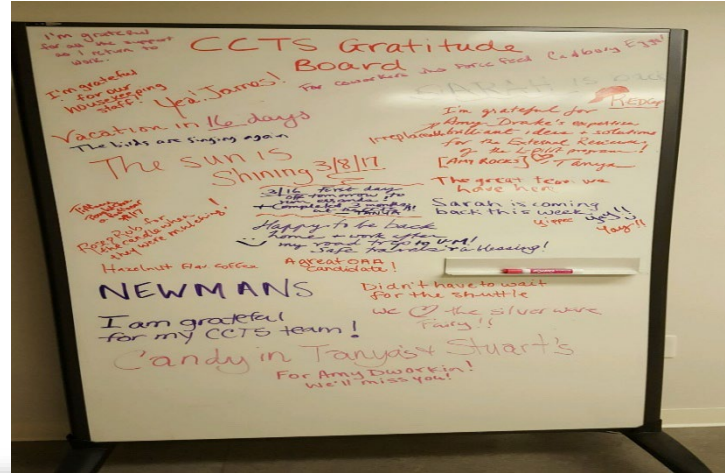


# Take Your Vitamin G Every Day

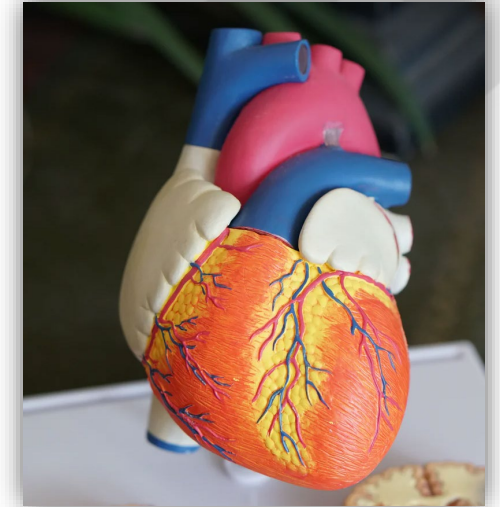
## Positive Effects of Gratitude



Improved Mood



Improved Heart Health



Increased Optimism



Improved Sleep



Improved blood pressure





# Deep Abdominal Breathing Works

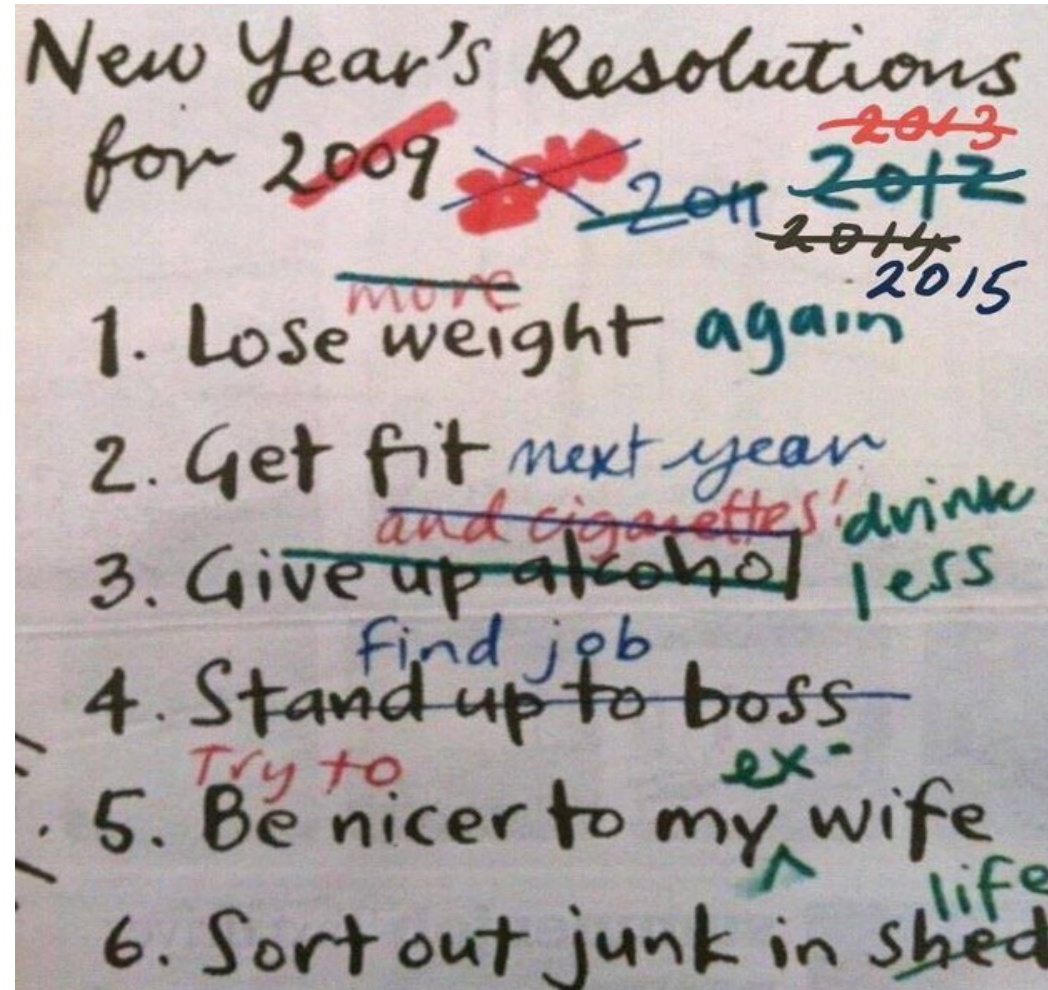
When feeling stressed, take 3 abdominal deep breaths using the 4, 7 and 8 technique





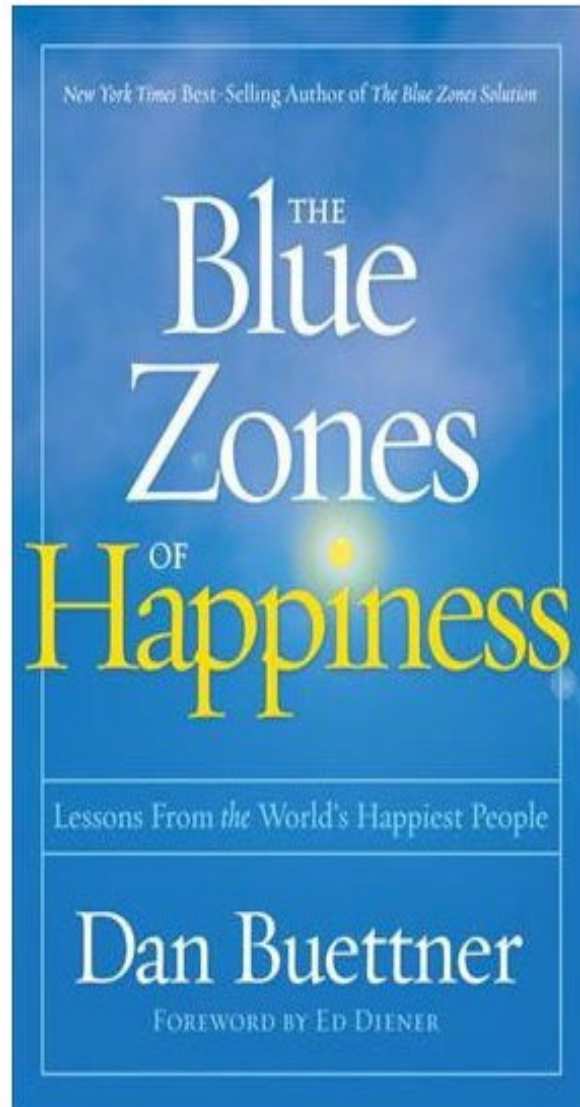
# Today Can Be Your January 1

## Commit to a 30-Day Healthy Behavior Goal



# The New Happiness Blue Zones

## Costa Rica, Denmark, Singapore, and Boulder, Colorado



# Three Keys for Happiness

## *Purpose, Passion and Pride*

- To enhance pleasure, look for ways to add fun and joy to your daily routines (e.g., socialize often)
- To enhance purpose, increase opportunities to use your strengths to achieve meaningful goals

**Knowing your sense of purpose is worth up to 7 years of extra life expectancy!**

- To enhance pride, look for ways to align your job with your passions; reflect upon your accomplishments (none are too small!)



# We are Never Too Mature to Pursue our Dreams and Passions





# Lou's Story

- From dreams and risk to reality
- People do not typically regret what they did in life, they regret what they did not do



# Skills Building: 1-5-5 Buckeye Eye Opener Challenge

- “1” Minute of Gratitude
- “5” minutes of reading in a positive book or listening to a positive podcast
- “5” minutes of light movement



# Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!  
Please complete a brief survey following this presentation.

**This survey will be sent via email to all registrants.  
This and all future series recordings can be found at:**  
<https://u.osu.edu/hopedreamconnect2/>

*\*Please remember, to be eligible for raffle prizes,  
you must complete 5 out of 5 knowledge checks and post surveys by 11:59pm March 29th.*



# Join us next week!

March 1, 2023

12:30 – 1:00 pm EST

Mapping Your Route to Hopes & Dreams: Finding Purpose

**Shannon Carter**

Extension Educator, Family and Consumer Sciences  
Area Leader, Fairfield, Hocking and Licking Counties  
Ohio State University Extension





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