



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

Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN

Vice President for Health Promotion

University Chief Wellness Officer

Dean and Helene Fuld Health Trust Professor of Evidence-Based Practice, College of Nursing

Professor of Pediatrics & Psychiatry, College of Medicine

Executive Director, the Helene Fuld Health Trust National Institute for EBP



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A Centenarian is an individual who has reached the age of 100

- The 2010 U.S. Census estimated that the population had 50,000+ centenarians.
- Based on previous growth rates, the current estimation is around 90,000
- While the centenarian population is small in comparison to the entire population, they can provide insight on how to reach longevity



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%)



What makes a centenarian?



The Blue Zones



Notice a trend?



The centenarians were committed to *healthy behaviors and habits*

**In God We Trust,
Everyone Else Must
Bring Data!**



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

Li et al., 2018

- Americans have a shorter life expectancy compared with the populations of comparable high-income countries.
- 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 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.**

CHRONIC DISEASES IN AMERICA

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



4 IN 10
Have 2 or
more

6 Evidence-Based Tips for Healthy Aging

1. Eat & Drink Healthy



2. Move More, Sit Less



3. Don't Use Tobacco



4. Get Regular Checkups



5. Know Your Family History



6. Be Aware of Changes in Brain Health



The Choice



*Small choices become actions.
Actions become habits.
And habits become our way of life.*

IS SITTING

There's no running away from it:
The more you sit, the poorer your
health and the earlier you may die,

no matter how fit you are



THE NEW SMOKING

BY SELENE YEAGER

PHOTOGRAPH BY Nick Ferreri

?



BEWARE

OF THE



CHAIR

Take the Sitting Fact Challenge

- The average U.S. adult spends 34 hours per week watching TV.
- Most of us spend more time sitting (9.3 hours) than sleeping.
- Smokers lose 11 minutes of life per cigarette they smoke.
- For every hour of sitting, we shorten our lives by 22 minutes.
- Epidemiological data from almost one million people links excess sitting leads to 34 chronic diseases and conditions.
- Excess sitting increases the risk of colon, endometrial and lung cancer.

Sitting Time, Physical Activity, and Risk of Mortality in Adults

Stamatakis et al., 2019

- Data was obtained from the 45 and Up Study (n = 267,119)
- Higher sitting times were associated with higher all cause mortality (ACM) and cardiovascular mortality risk, but these associations were mostly restricted to individuals not meeting the physical activity recommendations.
- Meeting even the lower 150 to 299 min/week physical activity recommendation eliminated the association of sitting with ACM risk.

Mortality Risk Reductions for Replacing Sedentary Time with Physical Activities

Rees-Punia et al., 2019

- Data was obtained from the Cancer Prevention Study-II Nutrition Cohort (37,924 men & 54,617 women)
- Aim was to assess mortality risk reductions associated with replacing 30 min of sitting per day with 30 minutes of light or moderate to vigorous physical activity (MVPA)
- Replacing 30 min of sitting with 30 minutes of light activity was associated with a 14% mortality risk reduction for the least active participants (≤ 17 min/day MVPA).
- Replacing 30 min of sitting with 30 minutes of MVPA was associated with a 45% risk reduction reduction for the least active participants (≤ 17 min/day MVPA).

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 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**
- Higher rates of heart disease as a result of pre-existing mental health conditions are seen in **veterans, women, couples with someone who has PTSD, and racial and ethnic minorities**

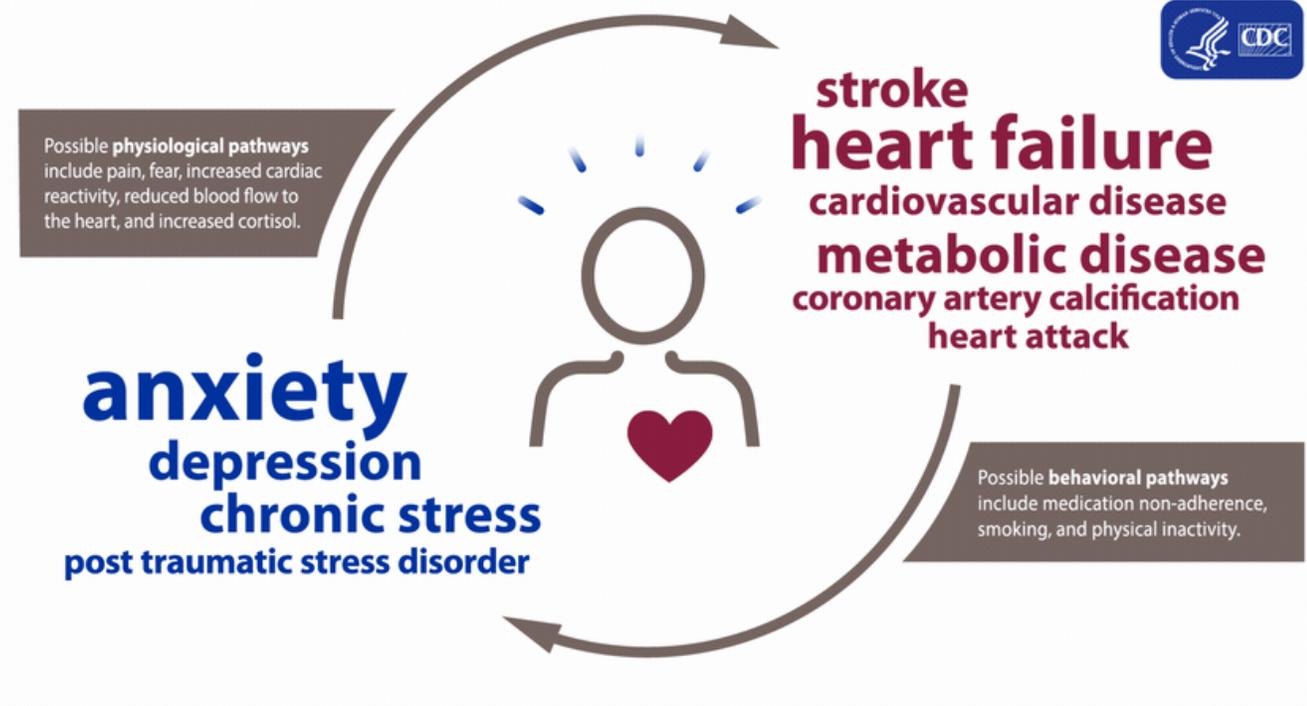
Mental Health and Your Heart

- 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**



The Physiological and Behavioral Pathways

- Psychosocial stress promotes transient elevation in blood pressure
- After the perception of an acute stressor, a cascade of changes in the nervous, cardiovascular, endocrine, and renal systems occur
- Chronic SNS stimulation of the cardiovascular system can lead to **persistent elevation in blood pressure, vascular hypertrophy, and plaque formation**
- Mood disorders are associated with increased inflammatory markers, like CRP, which can increase the onset of cardiovascular morbidity and mortality. Increased behavioral risk profiles in persons with mental health disorders may contribute to their higher risk for adverse cardiovascular health consequences (e.g., ↑ smoking, ↑ drinking, ↓ physical activity, ↑ caloric intake, and medication non-adherence)



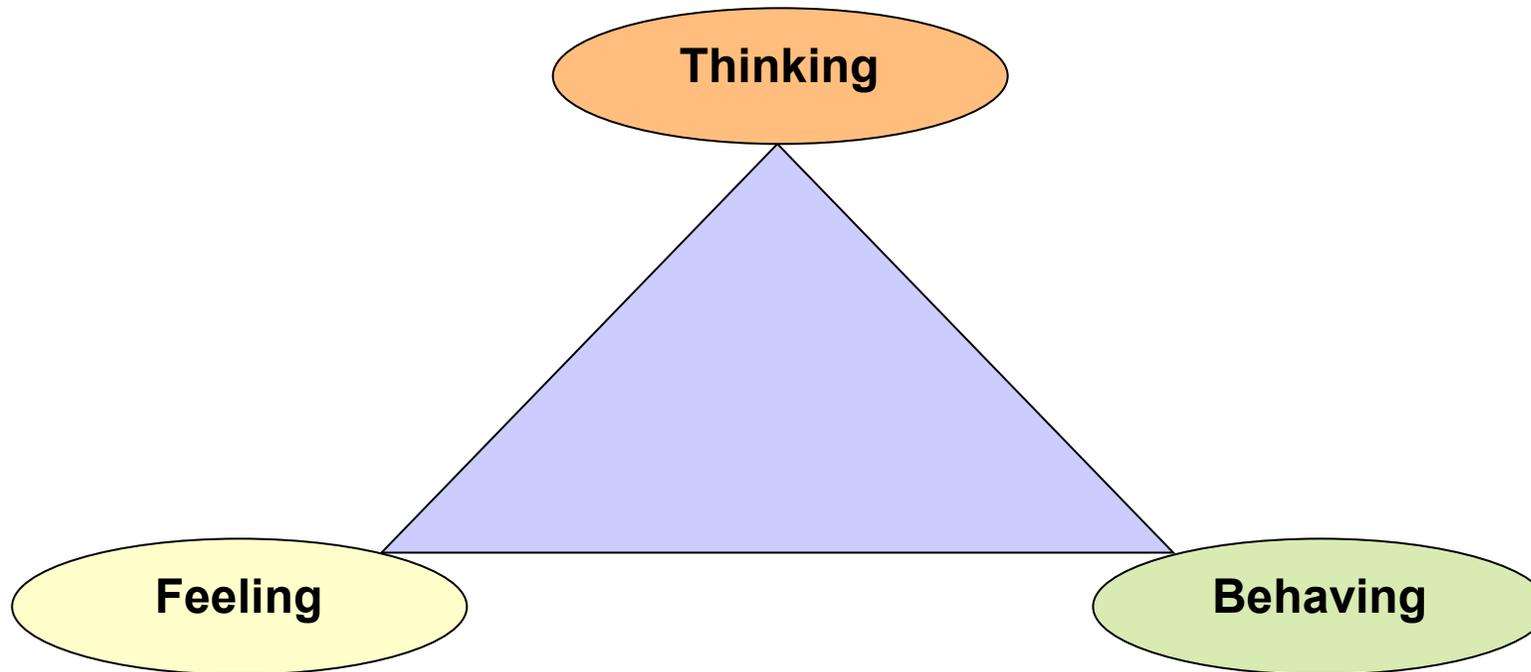
An Ounce of Prevention is Worth a Pound of Cure
-Benjamin Franklin



**We Must Continue to Build a Well and Caring Culture along with
Boosting Resilience and Protective Factors in our Buckeye Family**

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

The thinking/feeling/behaving triangle



Catching Your Automatic Negative Thoughts

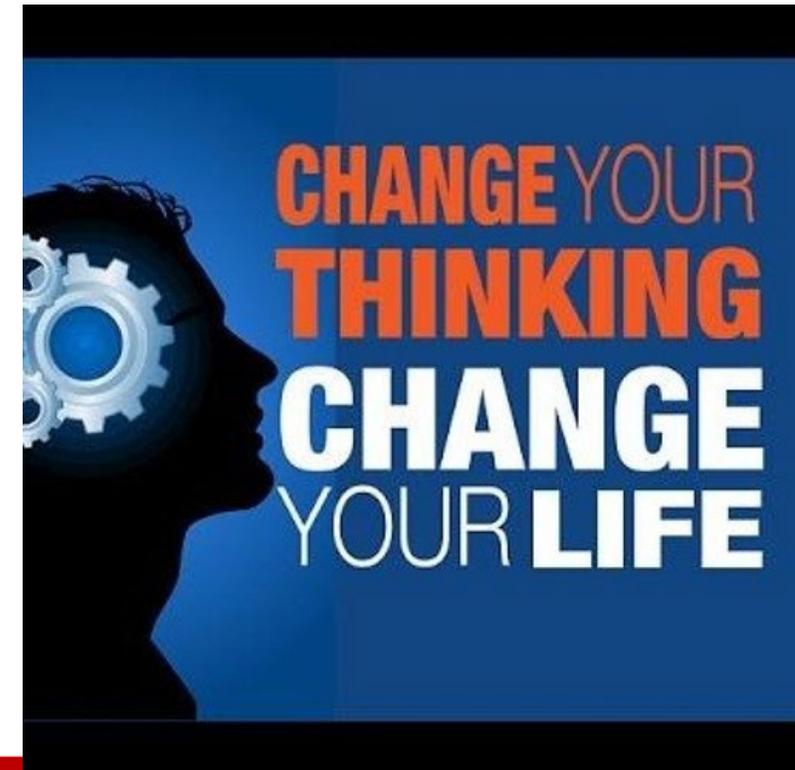
- When you notice your mood has changed or intensified, or is going in a negative direction or you are noticing bodily sensations associated with negative emotions, ask:

What was just going through my mind?

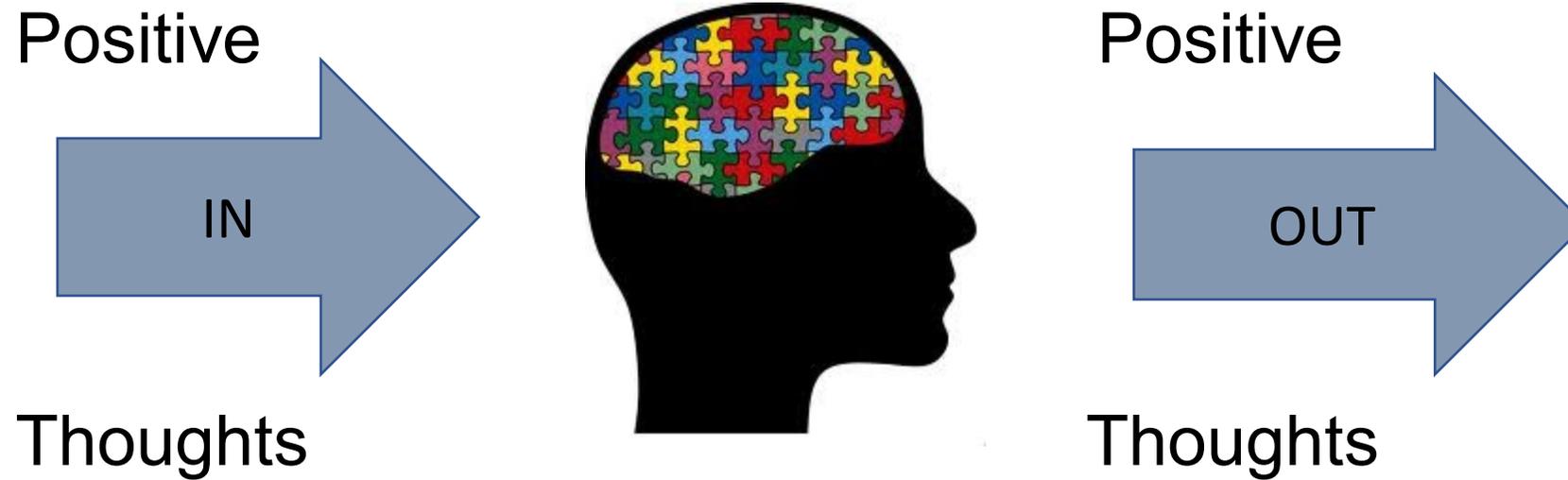
Is this thought really true?

Is this thinking helpful?

Do I have evidence to back this up?



Program Your Brain with Positive Thoughts



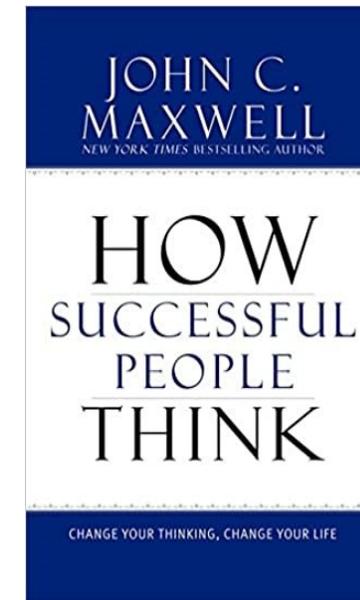
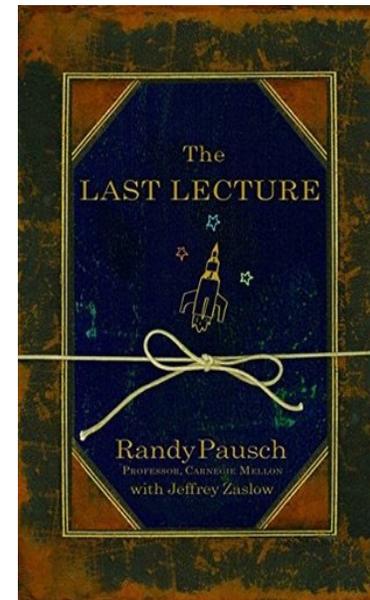
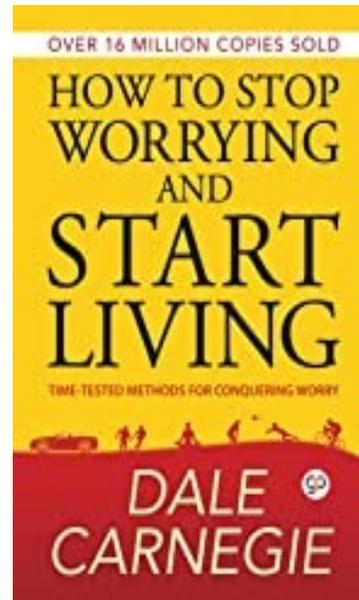
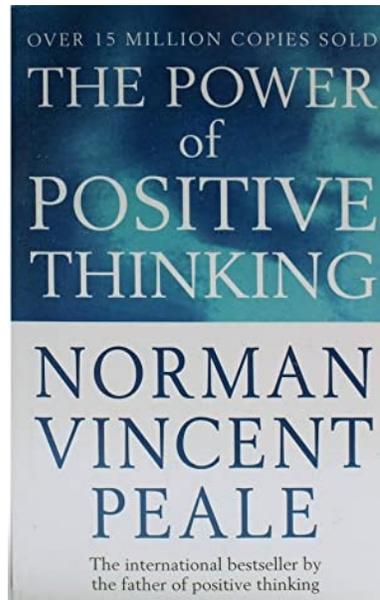
Practice Positive Self Talk 10x Every Morning and 10x Every Night

- I'm going to stay calm
- I am healthy and strong
- This won't last forever

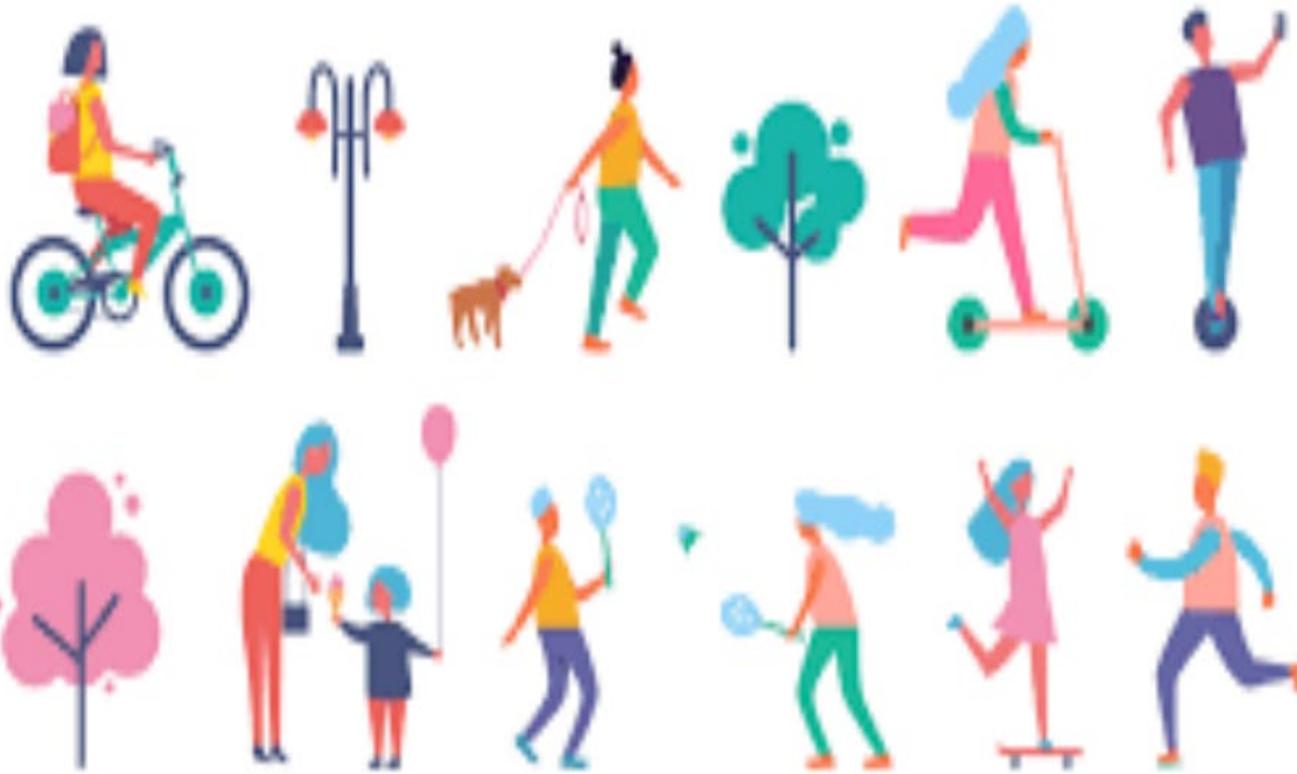


IT'S TIME FOR SOME
POSITIVE
SELF-TALK

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

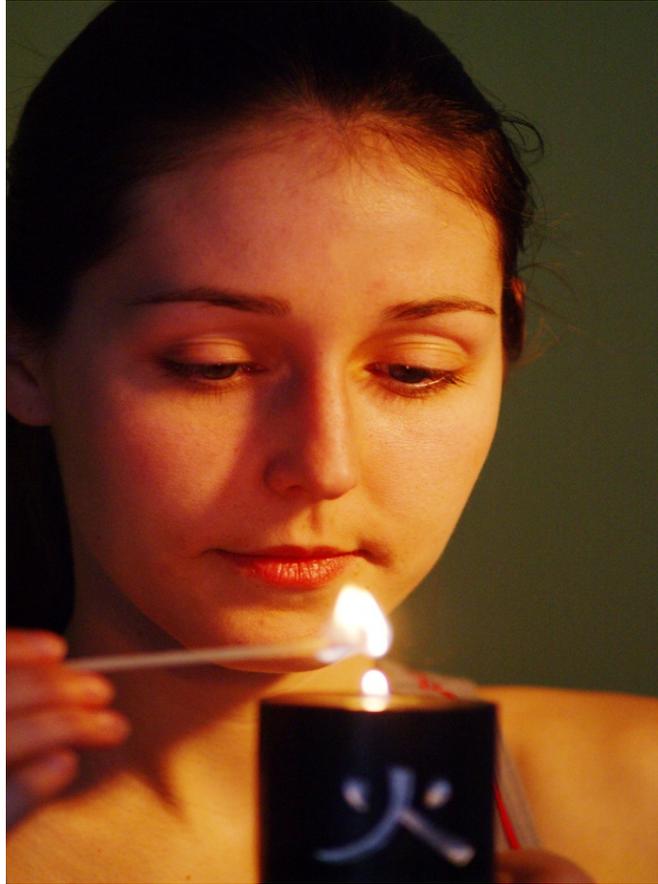


Behavioral Activation



Mindfulness Integrated CBT

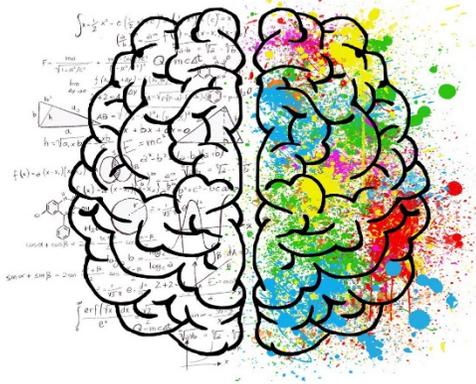
Learn to Stay “In the Present Moment”



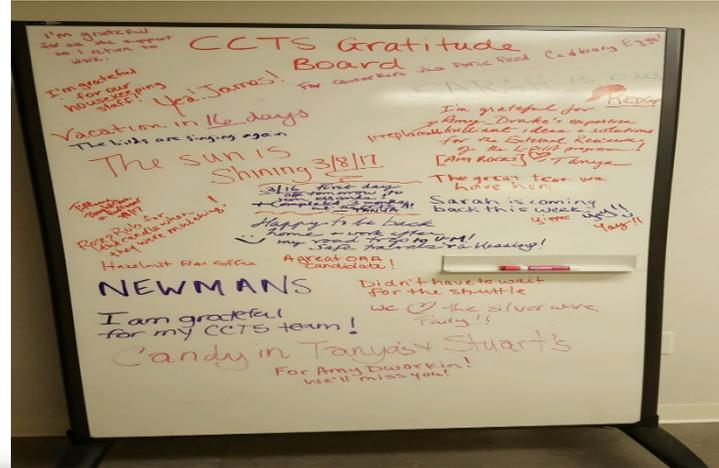
The Present by Spencer Johnson is a great book to help

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 5, 7 and 8 technique



Be kind.



Thanks for joining the Mask On/Mood Up Movement.

Wear this mask with Buckeye pride, and when you do:

1. Take three deep abdominal breaths when you put on your mask using the 5-7-8 method (Breathe in slowly counting to 5; hold your breath and count to 7; exhale slowly while counting to 8)
2. Be kind to yourself – say a positive self-affirmation 10 times (e.g., *I am strong; I am kind; I'm too blessed to be stressed*)
3. Be kind to others – name one person you are grateful for today—tell that person with specifics (e.g., *I am grateful for you because you let me vent when I am stressed*)

Learn more about how you can reduce your stress and improve your mood at wellness.osu.edu.



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LEADINGWELL

A leadership training series for managers & supervisors

This three week series takes place on Tuesdays via Zoom from 2-2:45 p.m. EST, starting March 23rd

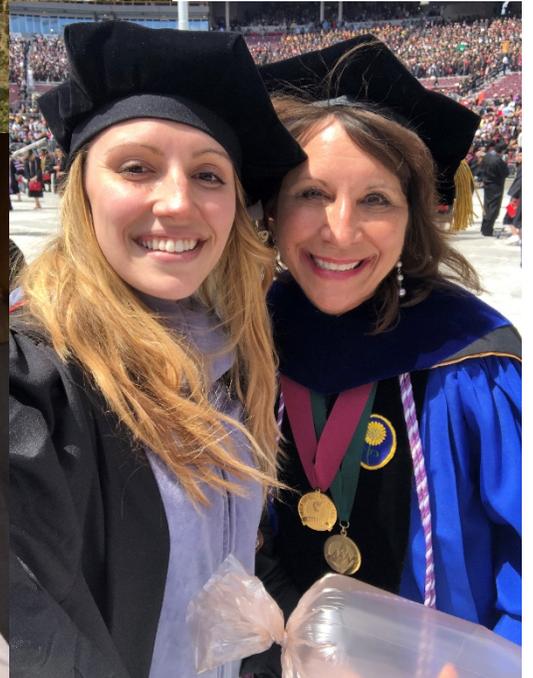


Register today! <https://go.osu.edu/leadwell>

- **Leading Teams to Optimal Wellness Through Character-Building Times**
Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, University Chief Wellness Officer and Vice President for Health Promotion
Tuesday, March 23, 2021
- **You Can't Pour from an Empty Cup: Strategies for Enhanced Wellbeing**
Special Guest Laura Peterson, MPH, LPC, Certified Wellness Coordinator, Health Coaching Program Manager
Tuesday, March 30, 2021
- **Supporting Wellness in the Era of COVID-19**
Special Guests J.J. Kuczynski, PT, DPT, OCS and Adrienne Boggs, Program Manager, College of EHE, CETE
Tuesday, April 6, 2021

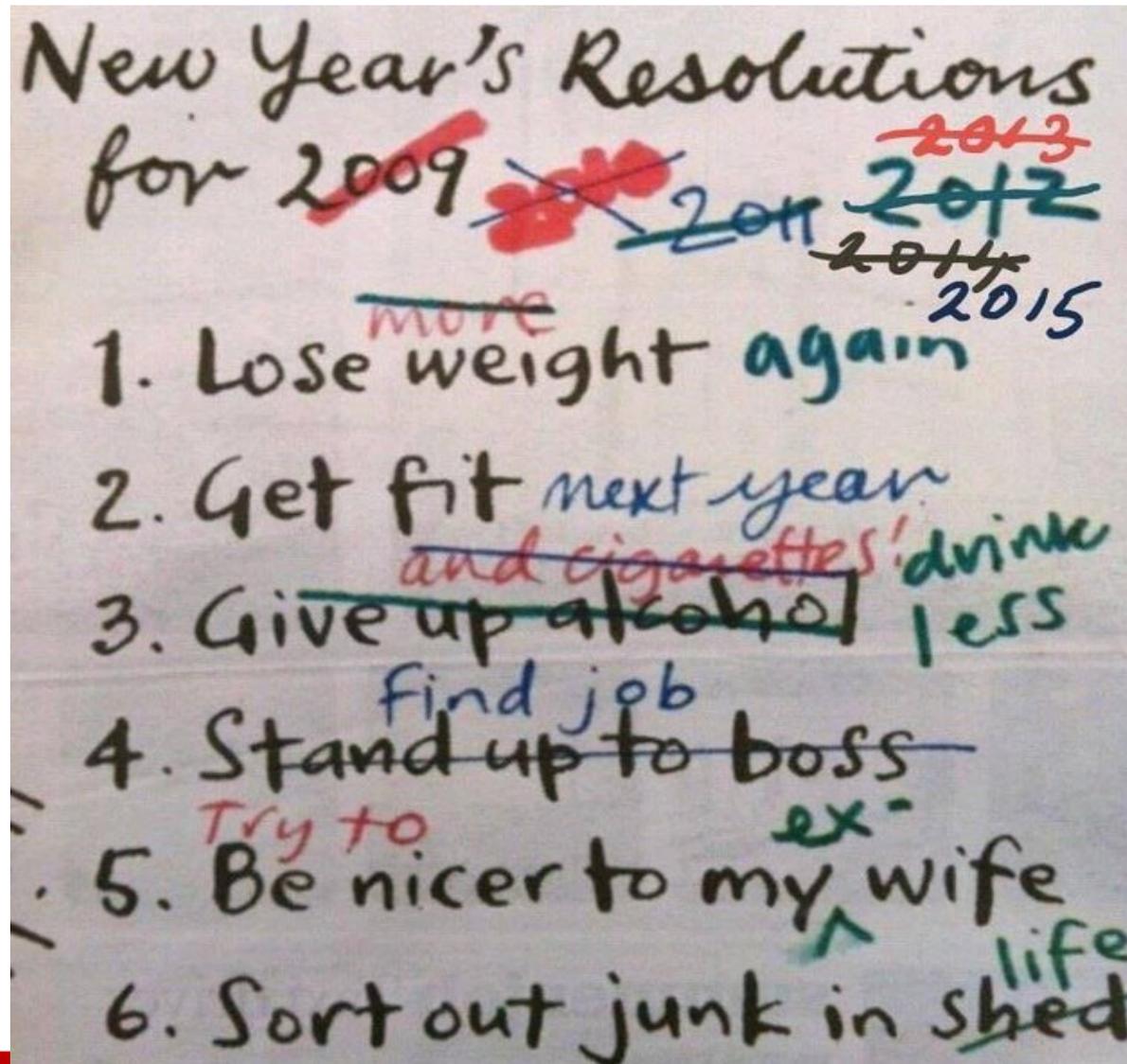
Those who attend all 3 sessions will receive an invitation to attend the Health Athlete Energy Management Program

My Main Reasons for Engaging in Healthy Lifestyle Behaviors: Who are Yours?



Today Can Be Your January 1

Commit to a 30-Day Healthy Behavior Goal



Take your first step in starting a healthy lifestyle behavior by setting a SMART goal

Specific

Measurable

Attainable

Relevant

Time-based

What SMART
goal can you set
for this week?

Make sure to
write it down!

We are Never Too Mature to Pursue our Dreams and Passions



Stay Calm and Well Part IV Schedule

- Join us next week for learning about **Overcoming Pandemic Paralysis** from Shannon Carter, MS, Family and Consumer Sciences Educator
- View the full schedule here:
<https://u.osu.edu/keepcalmcovid194/schedule/>

Contact Information

Bernadette Mazurek Melnyk

614-292-4844

melnk.15@osu.edu

go.osu.edu/copingwithcovid19

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