

The National Association of Federal Retirees Algonquin Valley Branch Workshop Series 2022



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of Federal Retirees

Association nationale
des retraités fédéraux

Your Health



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Disclaimer

This presentation provides information about ways to help you understand some aspects of your health to keep you going strong as we all grow older.

The information should not be construed as providing specific advice.

Use of any information acquired from this presentation is voluntary.

Please ask questions as the talk progresses.



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What Is this Talk About?

What in earth would possess me to stand up here and chat about your health and mine?

I can trace this fascination to when I more or less decided to get off the couch in my early 40s to become more active physically and mentally.

You are going to hear what I think are important aspects that may help all of us in the words of Leonard Nimoy (Spock) to “live long and prosper”

What Is this Talk About?

Some Boring Statistics

- **Canadians are living longer than ever before, and now over 18% of the nation's population is age 65 and older** – a proportion that is growing rapidly and expected to reach 20% by 2025.
- The average lifespan is 89 years for women and 87 years for men

What Is this Talk About?

Some Boring Statistics

- The fastest-growing age group is centenarians (those over 100 years of age), whose growth rate has exceeded that of the overall population over the past 20 years.
- Why are we seeing the changes in these age groups?
- What can we do to keep our bodies and minds healthy and clear?

What Is this Talk About?

Some Boring Statistics

- Falls among us older folks leads to impaired health and likely being placed in a long-term care facility.
- Diminished brain health leading to dementia is now dubbed as “Diabetes III”.
- Without interventions, close to 1 million Canadians are projected to have dementia by 2030.

What Is this Talk About?

The presentation today is based on evidence summaries

What is an Evidence Summary?

Key messages from scientific research that's ready to be acted on

The topics covered are inter-related and so I will be reiterating aspects throughout the talk.

What Is this Talk About?

Here are the topics to be covered today

- Falls
- Cognitive Decline
- Bone Health, osteoporosis and fractures
- Healthy Weight
- Nutrition
- Exercise
- Complementary and alternative medicine

Falls



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Did You Know?

Falls are the leading cause of injury-related hospitalizations among older adults in Canada, and between 20% and 30% of older adults fall each year?

Falls



**BETWEEN
20% AND 30%
OF SENIORS
FALL EACH
YEAR.**

**SENIORS WHO ARE
HOSPITALIZED FOR
A FALL REMAIN
IN HOSPITAL AN
AVERAGE OF NINE
DAYS LONGER
THAN THOSE
HOSPITALIZED FOR
ANY CAUSE.**



95%

**OF ALL HIP
FRACTURES
ARE DUE TO
FALLS**



50%

**OF ALL FALLS
CAUSING
HOSPITALIZATION
HAPPEN AT HOME.**



**FALLS CAN RESULT IN
CHRONIC PAIN,
REDUCED MOBILITY,
LOSS OF INDEPENDENCE
AND EVEN DEATH.**

\$2B



**ANNUALLY SPENT ON
FALLS TREATMENT**

NOVEMBER IS FALLS PREVENTION MONTH

Falls

SENIORS' FALLS IN CANADA



FALLS are the **LEADING CAUSE OF INJURY** among older Canadians:
20-30% of seniors experience **1+** falls each year.

FALLS CAUSE:

85% of seniors' injury-related hospitalizations

95% of all hip fractures

\$2 Billion a year in direct healthcare costs

over **1/3** of seniors are admitted to **LONG-TERM CARE** following hospitalization for a fall



The average Canadian senior stays in hospital **10 DAYS longer** for falls than for any other cause



Falls **can result** in chronic pain, reduced mobility, loss of independence and even death



50% of all falls causing hospitalization **HAPPEN AT HOME**



INJURIES due to falls rose **43% between 2003 and 2008**



DEATHS due to falls rose **65% between 2003 and 2008**

The **good news is** that **falls are preventable** and action can be taken by all.

READ THE FULL REPORT FOR MORE AT:

www.publichealth.gc.ca/seniors

Falls

Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling.	

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011; 42(6)493-499). Adapted with permission of the authors.

Falls

What can we do to prevent falls?

1. Speak Up – talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.
2. Keep Moving – begin an exercise program to improve your leg strength and balance.
3. Get an annual eye examination - OHIP covers your cost if you are over 65; replace your eyeglasses as needed.
4. Make your home safer – my last talk covered strategies to do so.
5. Stay Independent - Learn more – contact your local community/senior centre for information on exercise, fall prevention, and making your home safe.

Falls

What can we do to prevent falls?

Exercise regularly

- Exercise – alone or combined with other strategies – can help reduce your chances of falling. Beneficial exercises for older adults living in the community include tai chi, resistance training, and activities that aim to improve flexibility.
- If regular exercise is not already a part of your weekly routine, adding it in is not only crucial to your overall physical and mental health, but it can also help prevent falls from happening.

Falls

What can we do to prevent falls?

Modify your home

- Many older adults choose to stay in their homes for as long as possible; however, many homes have yet to be designed to accommodate their needs as they age.
- Making modifications in the home can help you perform daily activities more easily and reduce the risk of falling. Occupational therapists can support you with an implementation plan right for you.

Falls

What can we do to prevent falls?

- **Maintain your foot health**
- Ensuring your feet are in good health is another critical factor in preventing falls.
- Foot issues such as pain, weak muscle strength, poor range of motion in the ankle, and bunions are just a few examples of problems that may contribute to a greater risk of falling.
- If you're worried about your foot health, you may want to consider seeing a podiatrist who can assess, diagnose, and treat you and ultimately help to improve your ability to move safely.

Falls

What can we do to prevent falls?

Here are some resources for exercise, fall prevention, and making your home safe:

[Fall Prevention: Balance and Strength Exercises for Older Adults | Johns Hopkins Medicine](#)

[CatchYourself.pdf \(homemods.org\)](#)

[Check For Safety A Home Fall Prevention Checklist For Older Adults \(cdc.gov\)](#)

Brain Health & Cognitive Decline



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Did You Know?

According to the World Health Organization, approximately 15% of adults aged 60 and over have a mental disorder.

Brain Health & Cognitive Decline

The urgency

- In 2020, it was estimated that there were 597,300 individuals living with dementia in Canada.
- By 2030, this number will reach close to 1 million.
- In terms of newly-diagnosed individuals:
 - In 2020 there were 124,000 new cases diagnosed (10,333 per month; 348 per day; 15 every hour).
 - By 2030, there will be a rise to 187,000 new cases a year (15,583 per month; 512 per day; 21 every hour).

<https://www.mcmasteroptimalaging.org/>

Brain Health & Cognitive Decline

I don't think it is a secret that a diagnosis of Alzheimer's or dementia is the biggest fear held by seniors.

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life.

Alzheimer's disease accounts for 60-80% of dementia cases.

Brain Health & Cognitive Decline

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment.

On average, a person with Alzheimer's lives 4 to 8 years after diagnosis but can live as long as 20 years, depending on other factors.

These degenerative diseases have no known “silver bullet” cures and rob those suffering of their memories, independence and eventually their lives.

Brain Health & Cognitive Decline

Myths Associated with Alzheimer's and Dementia

1. If its in your family there nothing you can do to prevent getting it.
2. Alzheimer's and Dementia are a normal part of aging.
3. Alzheimer's is a definitive diagnosis.
4. Alzheimers is caused by beta amyloid protein and plaque in the brain.
5. Alzheimer's is a death sentence.

Brain Health & Cognitive Decline

Myth 1 - If its in your family there nothing you can do to prevent getting it.

Lifestyle choices can prevent the onset

Exercise – increases flow of blood to the brain, keeping it healthy; aim for 30 minutes a day – walking, swimming, gardening

Nutrition – diet rich in fruits, vegetables, whole grains and healthy fats; aim for two servings a week of omega-3 fish – salmon, tuna, mackerel, herring

Social Engagement – keeps the mind sharp and engaged; options include joining a book club, taking a class or volunteering

Brain Health & Cognitive Decline

Myth 2- Alzheimer's and Dementia are a normal part of aging

While our memories may not be as sharp as they used to be, they are affected by nutrition, prescription drugs and other lifestyle factors that are connections to risks that you may not be aware of.

Nutrition – limit your intake of saturated fats, trans fats and cholesterol

Prescription Drugs – review and get your doctor to prescribe drugs that do not have side effects that lead to confusion and memory loss.

Other Lifestyle Factors – smoking, drinking too much alcohol, not enough exercise, exposure to molds and toxins, general anesthesia from surgery

Brain Health & Cognitive Decline

Myth 3 - Alzheimer's is a definitive diagnosis

Doctors are trained to look for symptoms of Alzheimer's – but there are other factors than aging that can lead to memory loss and confusion such as stress, dehydration, depression, long COVID, thyroid problems and over the counter medications.

Talk with your doctor if you are experiencing vision problems, inability to concentrate or focus, depression, have sleep deprivation, or changes in mood or behaviour all of which can lead to confusion and memory loss.

Brain Health & Cognitive Decline

Myth 4 - Alzheimer's is caused by beta amyloid protein and plaque in the brain

A tainted study published in 2006 has led to billions of dollars and research time spent fruitlessly trying to tie beta amyloid and tau proteins to blocking neuron passage in the brain.

The answer to the cause of Alzheimer's is much more complex, still unknown in light of some ethnic groups, folks with diabetes, high blood pressure, smoking, unhealthy eating that have shown to have developed Alzheimer's without the presence of beta amyloid and tau proteins.

Brain Health & Cognitive Decline

Myth 5 - Alzheimer's is a death sentence

Remission of symptoms with tailored treatment and changes to lifestyles is possible to slow the progression giving many additional years of life.

With now 3 types of Alzheimer's, personalized tailored treatment has helped to bring about remissions and higher quality lives.

As well, lifestyle changes including ketogenic diets high in healthy fats, moderate in protein and low in carbs, adding omega-3 fats, vitamin D and B-vitamins support cognitive health.

Brain Health & Cognitive Decline

Can you keep your risk to Alzheimer's & Dementia Low?



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There are several strategies to help improve your mental health.

- Turn on the tunes
- Break the cycle of isolation to stay healthy
- Try cognitive behaviour therapy
- Enhance mood and well-being with exercise
- Bring more laughter into your life
- Eat a healthy diet

Brain Health & Cognitive Decline

Turn on the tunes

Music acts as a timestamp.

With the press of a button, it can transport us to different times in our lives, such as our first high school dance, favourite concert, or wedding day.

With these memories come the thoughts and emotions we felt in those moments.

Given its power, it is not surprising that music has entered the health arena and has been the focus of many studies.

Research supports the use of music in specific scenarios, such as hospital stays, walking, and sleep-related matters. It is safe, non-invasive, and cost-effective, making it easy to incorporate into your daily routine.

Brain Health & Cognitive Decline

Break the cycle of isolation to stay healthy

- Loneliness and social isolation (the absence of fulfilling relationships, a sense of belonging, and meaningful social contacts) can lead to poor mental health due to the strong link between social isolation and depression.
- Connecting with others to relive memories and share personal stories can promote self-esteem, provide a sense of fulfillment and comfort, and help people connect with the past and present.
- Whether it be volunteering in the community, joining a men's shed, or participating in a local walking group, there are many activities that can help break the cycle of isolation.

Brain Health & Cognitive Decline

Try cognitive behaviour therapy

- Cognitive behavioural therapy (CBT) is a type of psychotherapy that aims to identify negative or false thoughts and replace them with healthier, more positive ones.
- The therapy allows people to respond to challenging situations more effectively and can be used to treat depression.
- As the saying goes, prevention is the best medicine. Fortunately, this approach using cognitive based therapy, does appear to help ward off depression before it grabs hold.

Brain Health & Cognitive Decline

Enhance mood and well-being with exercise

- One of the many benefits of exercise is that it can enhance mood and improve well-being due to endorphins and other “feel good” chemicals in the brain that are released when we are active.
- Incorporating some form of exercise into your daily routine may help reduce depression symptoms while promoting a healthier outlook.
- More on this later!

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Laugh to reduce feelings of sadness and worry

- Participate in laughter and humour activities, such as laughter yoga or watching a funny movie.
- Laughter and humour can aid you in maintaining perspective during hard times.
- For example, take humour activities. They can help you identify, communicate, and value the (at times) inconsistent or ridiculous aspects of life in a fun way.

Brain Health & Cognitive Decline

Eat a healthy diet

- Happy or sad, food is a go-to for celebration and comfort.
- While how you're feeling can impact your eating behaviours, research shows that your diet may also influence your mental well-being.
- In addition there the established benefits on physical health, such as reducing the risk of chronic disease.
- Choosing wisely what you put into your body may slightly improve your mood.

Brain Health & Cognitive Decline

Six Ways to Promote Brain Health and Reduce Your Risk of Dementia

- Physical Activity and Weight
- Diet and Nutrition
- Blood Vessel Health
- Smoking and Alcohol Use
- Brain and Social Activity
- Health Conditions and Drug Side Effects

Brain Health & Cognitive Decline

Physical Activity and Weight Management

- Follow the Canadian Physical Activity Guidelines.
- Engage in 150 minutes of moderate to vigorous–intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- Add muscle and bone–strengthening activities using your major muscle groups at least two days per week.
- Pick activities that you enjoy so you are more likely to stick with it.
- Eat a balanced diet to assist with weight management.

Brain Health & Cognitive Decline

Diet and Nutrition

- Adopt the Mediterranean Diet to optimize brain health.
- It is a way of eating that's based on the traditional cuisines of Greece, Italy and other countries that border the Mediterranean Sea.
- Plant-based foods, such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices, are the foundation of the diet. Olive oil is the main source of added fat.
- Fish, seafood, dairy and poultry are included in moderation. Red meat and sweets are eaten only occasionally.
- There is no evidence that vitamin and mineral supplementation will promote brain health.

Brain Health & Cognitive Decline

Blood Vessel Health

- Actively manage conditions such as high blood pressure, high cholesterol and diabetes to promote blood vessel health.

Brain Health & Cognitive Decline

Smoking and Alcohol Use

- Quit smoking and stay within Canada's Low-Risk Alcohol Drinking Guidelines, which advise:
 - For women: no more than 10 drinks a week, with no more than 2 drinks on most days.
 - For men: no more than 15 drinks a week, with no more than 3 drinks a day most days.
 - Plan non-drinking days every week to avoid developing a habit.
 - For women aged 65+: no more than 1 drink per day, and no more than 5 per week.
 - For men aged 65+: no more than 1-2 drinks per day, and no more than 7 per week.
 - A standard drink is 142 ml (5 oz.) of wine, 341 ml (12 oz.) bottle or can of beer or 43 ml (1.5 oz.) of liquor.

Brain Health & Cognitive Decline

Brain and Social Activity

- Strive to maintain higher levels of brain activity in mid to late-life.
- Being socially active is an important predictor of well-being in general and brain health throughout life.
- For optimum effect, incorporate activities that provide both cognitive and physical elements such as yoga or tai chi.

Brain Health & Cognitive Decline

Health Conditions and Drug Side Effects

- Watch for medications that have the potential for adverse effects on memory and cognitive function e.g. benzodiazepines, 'Z-drug' sleeping pills and certain pain medications such as those that contain opioids.
- Treat depression, get adequate sleep, manage conditions that lower your oxygen levels, like heart failure, COPD or sleep apnea.
- Get help with hearing loss.

Bone Health, Osteoporosis, and Fractures



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Bone Health, Osteoporosis and Fractures

Better bone health

- The risk of experiencing a fracture (breaking a bone) increases with age and the presence of diseases like osteoporosis.
- Hip fractures result in a reduced quality of life and increased risk of death.
- In adults aged 50 years old and over, eating more fruits and vegetables may lower the risk of experiencing hip fractures.
- Make a conscious effort to increase your consumption of fruits and vegetables. Refer to Canada's food guide for tips on how to better incorporate these elements into your diet.

Bone Health, Osteoporosis and Fractures

Bone Health

Some of the most important things you can do are:

- to follow a diet rich in calcium and vitamin D,
- maintain an adequate daily intake of protein,
- monitor your sodium intake and,
- get plenty of exercise.

Bone Health, Osteoporosis and Fractures

Bone Health

Calcium is needed to maintain healthy, strong bones throughout your life. Unfortunately, most Canadians do not get enough calcium from their diets. Dairy products such as milk, cheese, and yogurt are excellent sources of calcium.

Some non-dairy foods such as broccoli, almonds, and sardines can provide smaller amounts.

In addition, many foods that you may already enjoy – juices, breads, and cereals – can now be found fortified with calcium.

Calcium supplements can ensure that you get enough calcium each day, especially in people with a proven milk allergy.

Bone Health, Osteoporosis and Fractures

Bone Health

Vitamin D plays a significant role in helping your body absorb calcium. The relationship between calcium and vitamin D is similar to that of a locked door and a key.

Vitamin D is the key that unlocks the door, allowing calcium to enter your bloodstream. As we age, our bodies become less able to absorb calcium, which makes getting enough vitamin D even more important.

The recommended daily intake for vitamin D is 600 IU (international units) up to age 70. Men and women over age 70 should increase their uptake to 800 IU daily.

Many people get this amount by consuming vitamin D-fortified foods such as milk. In addition, many calcium supplements are fortified with vitamin D.

Bone Health, Osteoporosis and Fractures

Bone Health is affected by sodium and protein intake

- **Sodium**, a main component of table salt, affects our need for calcium by increasing the amount of it we excrete in urine. As a result, people with diets high in sodium, or table salt, appear to need more calcium than people with low-sodium diets to ensure that, on balance, they retain enough calcium for their bones.
- **Protein** in excess amounts also increases the amount of calcium we excrete in urine, but it provides benefits for bone health as well. For example, protein is needed for fracture healing. In addition, studies have shown that elderly people with a hip fracture who do not have enough protein in their diets are more likely to experience loss of independence, institutionalization, and even death after their fracture. The recommended daily intake for protein is 56 grams for men and 46 grams for women.

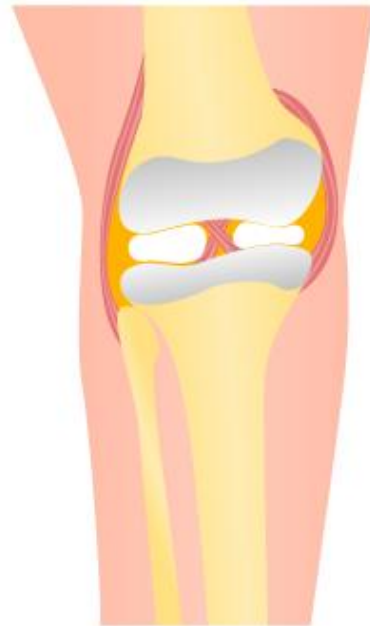
Bone Health, Osteoporosis and Fractures

Osteoarthritis

- Osteoarthritis, sometimes referred to as OA, is a common condition that affects our joints, causing pain, swelling, and stiffness.
- We have joints throughout our bodies. They are the places where bones meet so you can bend and move. Knees, hip, and hands are the joints most commonly affected by this type of arthritis.
- It is sometimes called degenerative joint disease. This kind of arthritis wears away the cartilage that covers the ends of each bone in a knee or hip, so it is often described as a "wear and tear" disease.

Bone Health, Osteoporosis and Fractures

OSTEOARTHRITIS



HEALTHY KNEE JOINT



UNHEALTHY KNEE JOINT

Bone Health, Osteoporosis and Fractures

How do you know if you have it?

If you have persistent pain, aching, or stiffness of your knees or hips when you move them that is not a result of a recent injury, then you should see your health care professional for an assessment. Osteoarthritis tends to get worse with time and can make it challenging to perform day-to-day activities as we age.

Currently, there is no cure for osteoarthritis. Drug treatments have only modest benefits on pain and function, with significant potential side effects.

Exercise remains the most effective means to reduce pain, reduce stiffness and reduce aching.

Bone Health, Osteoporosis and Fractures

Here is just an excellent tool that will give you guidance on exercise, laying out routines that will not only help you to maintain bone strength, but will help to motivate you.

Key area it covers:

- What types of exercise do you need?
- How to do strength, posture, and balance exercises
- How to do aerobic activity exercises
- Flexibility exercises
- Tips and worksheets for your plan
- Ways to stick to your exercise plan

<https://www.mcmasteroptimalaging.org/full-article/wrr/fit-fracture-managing-osteoporosis-exercise-4528>

Bone Health, Osteoporosis and Fractures

Prevent Fractures

- The most important step for prevention of fractures is to strengthen and protect your bones.
- Prevention can be accomplished through medications and lifestyle changes, such as quitting smoking and beginning a strength-training program.
- It is also important to follow your healthcare provider's treatment plan and have regular bone density screenings.

[Once Is Enough: A Guide to Preventing Future Fractures | NIH Osteoporosis and Related Bone Diseases National Resource Center](#)

Healthy Weight



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Healthy Weight

The *Canadian Guidelines for Body Weight Classification in Adults* is an update of the weight classification system that has been in use in Canada since 1988.

[Canadian Guidelines for Body Weight Classification in Adults - Canada.ca](#)

The system uses two measures to indicate health risks: the body mass index (BMI) and the waist circumference (WC). BMI is an indicator of health risk associated with underweight and overweight, and WC is used as an indicator of health risk associated with abdominal obesity.

Healthy Weight

What is the body mass index (BMI)?

- The BMI is a ratio of weight-to-height.
- Research studies in large groups of people have shown that the BMI can be classified into ranges associated with health risk.
- There are four categories of BMI ranges in the Canadian weight classification system. These are:
 - underweight (BMI less than 18.5);
 - normal weight (BMIs 18.5 to 24.9);
 - overweight (BMIs 25 to 29.9), and
 - obese (BMI 30 and over).

BMI for Women

BMI - BODY MASS INDEX

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
HEIGHT in/cm	Underweight	Healthy					Overweight					Obese					Extremely obese							
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26

BMI for Men

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
kg	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
HEIGHT in/cm	Underweight	Healthy					Overweight					Obese					Extremely obese							
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
5'2" - 157.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39	
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4	13	13	14	15	16	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5	12	13	13	14	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26	26

Healthy Weight

You can also calculate your BMI using this formula:

$$\text{BMI} = \text{weight}(\text{kg}) / \text{height}(\text{m})^2$$

Healthy Weight

What is the waist circumference (WC)?

- The WC provides an indicator of abdominal fat. Excess fat around the waist and upper body (also described as an 'apple' body shape) is associated with greater health risk than fat located more in the hip and thigh area (described as a 'pear' body shape).
- A WC at or above 102 cm (40 in.) for men, and 88 cm (35 in.) for women, is associated with an increased risk of developing health problems such as diabetes, heart disease and high blood pressure. The cut-off points are approximate, so a WC just below these values should also be taken seriously.

Healthy Weight

Although being overweight indicates some risk to health, research suggests that regular physical activity can decrease the risk of several health problems.

Equally, a nutritious diet has been shown to decrease some of the risks associated with overweight.

It is important to emphasize that a weight classification system is but one tool to assess health risks in individuals.

If you are concerned about your weight, consult your physician or health care provider for a more complete assessment of your individual circumstances and risk factors.

You may also contact your local public health department or community health centre for more information and resources.

Healthy Weight

Here are some tips on how to be active for older adults

[08paap-eng.pdf \(canada.ca\)](#)

Healthy Weight



Tips to Get Active

> Physical Activity Tips for Older Adults (65 years and older)

Physical activity plays an important role in your health, well-being and quality of life. These tips will help you improve and maintain your health by being physically active every day.

1

Take part in at least **2.5 hours of moderate- to vigorous-intensity aerobic activity** each week.

2

Spread out the activities into sessions of **10 minutes** or more.

3

It is beneficial to **add muscle and bone strengthening activities** using major muscle groups at least **twice a week**. This will help your posture and balance.

Tips to help you get active

- Find an activity you like such as swimming or cycling.
- Minutes count** — increase your activity level 10 minutes at a time. Every little bit helps.
- Active time can be social time** — look for group activities or classes in your community, or get your family or friends to be active with you.
- Walk wherever and whenever you can.
- Take the stairs instead of the elevator, when possible.
- Carry your groceries home.



- Start slowly
- Listen to your body
- Every step counts



Healthy Weight



Tips to Get Active

> Physical Activity Tips for Older Adults (65 years and older)

The Health Benefits of Being Active

- > IMPROVE YOUR BALANCE
- > REDUCE FALLS AND INJURIES
- > HELP YOU STAY INDEPENDENT LONGER
- > HELP PREVENT HEART DISEASE, STROKE, OSTEOPOROSIS, TYPE 2 DIABETES, SOME CANCERS AND PREMATURE DEATH

Aerobic activity, like **PUSHING A LAWN MOWER, TAKING A DANCE CLASS, OR BIKING TO THE STORE**, is continuous movement that makes you feel warm and breathe deeply.

Strengthening activity, like **LIFTING WEIGHTS OR YOGA**, keeps muscles and bones strong and prevents bone loss. It will also improve your balance and posture.

What is moderate aerobic activity?

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

- > Examples of moderate activity include walking quickly or bike riding.

What is vigorous aerobic activity?

Vigorous-intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath.

- > Examples of vigorous activity include jogging or cross-country skiing.

What are strengthening activities?

Muscle-strengthening activities build up your muscles.

With bone-strengthening activities, your muscles push and pull against your bones. This helps make your bones stronger.

- > Examples of muscle-strengthening activities include climbing stairs, digging in the garden, lifting weights, push-ups and curl-ups.
- > Examples of bone-strengthening activities include yoga, walking and running.

www.publichealth.gc.ca/paguide

Every step counts!

If you're not active now, adding any amount of physical activity can bring some health benefits. Take a step in the right direction. Start now and slowly increase your physical activity to meet the recommendations.

More physical activity provides greater health benefits!

That means the more you do, the better you'll feel. Get active and see what you can accomplish! Move more!

Is physical activity safe for everyone?

The recommended level of physical activity applies to all adults aged 65 years and older who do not have a suspected or diagnosed medical condition. Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.

Nutrition



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Nutrition

- Do you feel like you can't keep up with the latest nutrition news because it's always changing? What is known about nutrition and diet is evolving; there are some nutrition basics that can help you sort through the latest research and advice.
- Nutrition basics come down to eating a variety of wholesome foods that support your health.
- Want to go beyond the nutrition basics? Talk to your doctor or a dietitian for personalized dietary advice that takes into account your health status, lifestyle, and food preferences.

Nutrition

- When it comes to diets, there is an abundance of information about the proposed benefits that each may offer.
- Navigating this information can often be tricky and time-consuming making it difficult to know whether to adopt a specific diet and for what purpose.
- Nourishing our bodies with healthy, whole foods can help with everything from weight loss, to improved mood, and can help manage conditions like high blood pressure or diabetes and contribute to better heart health.
- I have broken down some of the ways diets can be beneficial and which ones can help for specific purposes.

Nutrition

Vegan diets can help with weight loss

- There's no question that maintaining a healthy weight is good for you.
- Being overweight or obese increases your risk of numerous health conditions, including high blood pressure, diabetes, heart disease, stroke, sleep apnea, mental illness, and cancer.
- Research shows that vegetarian diets allowing dairy products and eggs and vegan diets can help you lose weight in the short-term.
- Vegan diets, and vegetarian diets paired with lower caloric intake produce the greatest weight loss.

Nutrition

A healthy diet can impact mood

- Given the established benefits of adopting a healthy diet on physical health—such as achieving weight loss, avoiding weight gain, and reducing the risk of chronic disease.
- There is emerging evidence around potential benefits to mental well-being, so paying attention to our diet is a good practice.

Nutrition

Certain diets can benefit heart health

- Heart disease is an umbrella term for diseases that affect the heart and blood vessels.
- These diseases most often result from the narrowing and blockage of arteries by plaque deposits, and this is often caused by high cholesterol.
- Luckily, healthy lifestyle choices—like diet modifications—are a good way to combat heart disease.
- In combination with a National Cholesterol Education Program Step II diet, the Portfolio diet can reduce “bad cholesterol” and other types of fat found in the blood, as well as reduce inflammation, blood pressure, and of developing coronary heart disease within the next ten years.

Nutrition

Modifying diet can help manage blood pressure

- High blood pressure, also known as hypertension, increases the risk of developing many diseases and can lead to early death.
- Plant-based diets that consist of a limited amount of animal products, such as the Dietary Approach to Stop Hypertension (DASH diet), the lacto-ovo vegetarian diet, the healthy Nordic diet, and the Mediterranean diet, may help to reduce one or more aspects of blood pressure.

Nutrition

Tips to increase fruit and vegetable intake

- [Canada's food guide](#) recommends the following strategies to help you eat more fruits and vegetables:
 - Make it easier to incorporate fruits and veggies into your meals or snacks by preparing them for use in advance—i.e. cleaning, cutting, and placing them in the fridge or freezer for later use.
 - Take advantage of pre-bagged veggies, such as leafy greens.
 - Consider supplementing a meal with sides like raw veggies (e.g., carrots and cucumbers) and adding fresh fruit to your salads.
 - Choose fruits for dessert.

Nutrition

Modifying diet can help manage blood pressure

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Exercise



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Did You Know?

You can lose anywhere from 3% to 5% of your muscle mass every decade after your 30th birthday.

Exercise

If you don't do anything to build up and [maintain your lean muscle mass](#), sarcopenia (loss of lean muscle mass) could cause a decline in mobility. It can also make you feel weak, heightening your risk of suffering from falls, fractures, or other injuries. Your independence and overall well-being depend on it!

Exercise

Your independence and overall well-being depend on regaining muscle mass!

Let's walk through the top [daily habits](#) to regain muscle mass after 60.

It's time to listen up and take some notes

Exercise

Habit #1

Start strength training ASAP

- [Strength training](#) is king—especially when it comes to building and preserving your muscle mass.
- Other benefits include having more energy throughout the day, added prevention of arthritis (and other ailments we are more at risk for when we get older), improved posture, and better flexibility

[The #1 Calisthenics Workout To Strengthen Your Muscles, Expert Says](#)

Exercise

Habit #2

Set strength training goals

- When kicking off any health and fitness regimen, it's essential to provide yourself with small goals. Another key tidbit? Be patient, because it's all a process!
- Setting too large a goal or expecting to make huge muscle gains after only a couple of weeks can lead to discouragement. It takes time to regain muscle.
- Write down the goals you'd like to achieve in one month, three months, and six months. Once each period comes to a close, note what you succeeded at and what you can work on.

Exercise

Habit #3

Stretch it out

- [Stretching](#) helps you avoid sore muscles and injuries.
- It's a necessity—not a question—to perform a solid warm-up and cool-down routine for every workout you do.
- On days when you aren't strength training, spending a little time stretching will help improve posture, eliminate back pain, and improve flexibility.
- [*5 Simple At-Home Exercises To Stay in the Best Shape*](#)
- [*15 Best Stretching Exercises: For Legs, for Back, and More \(greatist.com\)*](#)

Exercise

Habit #4

Focus on low-impact cardio

- Let's not forget to show low-impact cardio some love, too.
- Carving out time for low-impact cardio workouts like walking, using the elliptical, swimming laps, or hiking your favorite trails is incredibly beneficial.
- This form of exercise can aid in fat loss and toning your entire body.
- Low-impact cardio is a stellar choice to incorporate into any regular fitness rotation, so get started pronto

Exercise

Habit #5

Increase your protein intake.

- [Bumping up the amount of protein you consume](#) comes with a number of health benefits.
- Not only will it help you regain muscle mass, but it will also help promote weight loss.
- A person trying to increase muscle mass should have 0.5 to 0.8 grams of protein per pound of body weight a day.

Exercise

Habit #6

Make rest a top priority.

- You may not know this, but getting enough solid sleep is just as important as staying on track with a healthy diet and workout routine.
- Active adults should get at least seven hours of sleep a night.
- A good night's sleep gives your muscles time to recover from workouts and other activities.
- When you sleep, your muscles can rebuild, and you will have better energy for your next workout.

Complementary & Alternative Medicine



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Did You Know?

Vitamin D is known as the “Sunshine Vitamin”

Complementary & Alternative Medicine

Why vitamin D is an important part of healthy aging?

- There are many health benefits associated with vitamin D.
- It can contribute to stronger bones, help fight off respiratory infections and regulate insulin levels.
- However, getting a healthy, daily dose of vitamin D can be challenging and a common problem for many Canadians.
- If you are concerned that you may not be getting a healthy, daily dose of vitamin D, consult with your doctor.

Complementary & Alternative Medicine

Although the amount of vitamin D adults get from their diets is often less than what's recommended, exposure to sunlight can make up for the difference.

For most adults, vitamin D deficiency is not a concern.

However, some groups — particularly people who are obese, who have dark skin and who are older than age 65 — may have lower levels of vitamin D due to their diets, little sun exposure or other factors.

Complementary & Alternative Medicine

Vitamin D

The recommended daily allowance (RDA) for adults is 600 international units (IU) of vitamin D a day.

That goes up to 800 IU a day for those older than age 70. To meet this level choose foods that are rich in vitamin D.

For example choose fatty fish such as salmon, tuna, trout, and halibut or fortified foods such as milk and yogurt.

One cup of milk contains 100 IU Vitamin D

1 IU = 0.025 micrograms

800 IU = 20 mcg = 0.02 mg

Complementary & Alternative Medicine

Calcium

- Calcium is important for bone health throughout your life. Although diet is the best way to get calcium, calcium supplements may be an option if your diet falls short.
- Before you consider calcium supplements, be sure you understand how much calcium you need, the pros and cons of calcium supplements, and which type of supplement to choose.

Complementary & Alternative Medicine

The benefits of calcium

- Your body needs calcium to build and maintain strong bones. Your heart, muscles and nerves also need calcium to function properly.
- Some studies suggest that calcium, along with vitamin D, may have benefits beyond bone health: perhaps protecting against cancer, diabetes and high blood pressure. But evidence about such health benefits is not definitive.

Complementary & Alternative Medicine

The risks of too little calcium

- If you don't get enough calcium, you could face health problems related to weak bones:
- Adults may have low bone mass, which is a risk factor for osteoporosis.
- Many Canadians don't get enough calcium in their diets. Adults age 50 and older are at risk.

Complementary & Alternative Medicine

How much calcium you need depends on your age and sex.

Calcium: Recommended daily amount	
Men	
51-70 years	1,000 mg
71 and older	1,200 mg
Women	
51 and older	1,200 mg

The recommended upper limit for calcium for adults 51 and older is 2,000 mg a day.

Complementary & Alternative Medicine

Omega-3 Supplements

- Some research indicates that people who eat more seafood may have a reduced risk of cognitive decline.
- A large NIH-sponsored study completed in 2015 indicated that taking EPA and DHA supplements did not slow cognitive decline in older adults. The people studied were participants in a larger eye disease study, and all of them had age-related macular degeneration (AMD).
- It's possible that omega-3s might have different effects in people with different genetic backgrounds. A 2017 research review suggested that people who carry a gene called *APOE4*, which is associated with an increased risk of Alzheimer's disease, might benefit from taking DHA before developing signs of Alzheimer's.

Complementary & Alternative Medicine

B-Vitamins.

- Vitamin B12 deficiency is common in old age, occurring in more than 20% of persons 65 years and older.
- Vitamin B deficiency and elevated total plasma homocysteine have been associated with cognitive impairment and dementia in later life, although it is unknown if treatment with these vitamins improves cognitive outcomes.
- A regimen of high-dose supplements [5 mg/d of folate (B9), 25 mg/d of vitamin B(6), 1 mg/d of vitamin B(12)] appeared not to slow cognitive decline in individuals with mild to moderate Alzheimer's.
- Other studies have been inconclusive, so it is still speculated that taking B-vitamins is protective against Alzheimer's disease and age-related cognitive decline.

Good Planning



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Did You Know?

The way to hell is paved with good intentions!

Good Planning

So knowing you are eating better, not smoking, controlling alcohol intake, performing strength training, aerobics and stretching might be the answer to keep your cognitive levels high and to allow you to remain physically active, how do you go about making any changes to your current lifestyle? Consider starting with this program:

[Downloads – 24-Hour Movement Guidelines \(csepguidelines.ca\)](http://csepguidelines.ca)

Good Planning

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS (AGED 65 YEARS OR OLDER)

For health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY

Performing a variety of types and intensities of physical activity, which includes:



- Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week
- Muscle strengthening activities using major muscle groups at least twice a week
- Physical activities that challenge balance



- Several hours of light physical activities, including standing

SLEEP



Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

SEDENTARY BEHAVIOUR



Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as often as possible



Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.



Progressing towards any of these targets will result in some health benefits.

Good Planning

There are checklists you may find as great tools

I will make these available for you to review at your leisure when I send out the link to the presentation, a pdf copy of the slides, and a few other items you might find of interest.

<https://aginginplaceplan.ca/>

<https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/aging-checklist.html>

Good Planning

Here is the check list for your health

- I am physically active and do a variety of physical activities that I enjoy.
- I eat seven or more servings of fruit and vegetables in a day.
- I have a healthy body weight that has remained the same for the past six months.
- I schedule regular appointments for physical, vision, dental and hearing check-ups.
- I know what screening tests are recommended for my age and discuss these with my doctor.
- I do not smoke or I have a plan to quit in the future.
- If I drink alcohol, I stay below the limits suggested for adults my age.
- I avoid alcohol when taking medication, or check with a doctor or pharmacist first.

Good Planning

- I generally experience good mental health. I am aware of the signs and symptoms of depression/anxiety and if they continue, I will take steps to address them.
- I keep my mind active through a variety of interests and hobbies, such as reading.
- I know how to keep my bones healthy and strong, and have discussed this with my doctor or other health care professional.
- I have talked with my doctor about my pre-existing medical condition and what services and supports I may need as I age.
- I am aware of my family's medical history and have talked with my doctor about what I can do now to maintain my health and how my health care needs may change as I age.
- I am aware of electronic tools, such as medication reminders and health management systems that will allow me to remain healthy.
- I have written down my wishes for care in the event I become incapable of giving my consent.

Summary



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Summary

There are areas of your health that I have not addressed – heart disease, diabetes, cancer, prostate health to name a few.

Maybe another time!

Summary

Just maybe eating better, not smoking, controlling alcohol intake, undertaking strength training, aerobics and stretching -----

---might be the answer for these health issues as they are to keep your cognitive levels high and to allow you to remain physically active.

Summary

There are many aspects to growing older that we begin to neglect, such as maintaining social interactions to keep our minds sharp and strong; and, at the same time staying physically healthy through exercise.

Getting out a rut is difficult; we find it easy to settle back, we tend to lose focus which in turn leads to doing less and less until one day.....

Summary

I have taken you on a road trip that may or may not address how you might handle the downward slide in your health both physical and mental. If you want to reverse course, then you develop the incentive to rebuild muscle mass, to engage your mind by being more socially active, to alter some of your lifestyle activities (less drinking or smoking, to eating a more balanced diet, and to adopting an exercise regime that includes strength training, cardio and stretching).

Summary

Hopefully, you can reflect on the topics I have covered to examine how to consider and possibly make changes to your lifestyle to allow yourself to keep your body and mind strong and healthy.

Closing Out

To assist you in looking at taking positive steps to keep you healthy in mind and body you will receive by email:

- A pdf copy of the Power Point presentation
- In it are links you can explore
- As well, I will add some links to checklists
- And, other pdfs I found useful in putting together this presentation

Closing Out

Give me a day or two, but if you do not receive the pdfs by email from me, send an inquiry to

avb.on33@gmail.com

Closing Out

Hopefully what I have chatted about resonates with you to work to improve your physical and mental health.

Perhaps you can adopt the Nike slogan

“Just Do It”

Thank you for your participation today



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