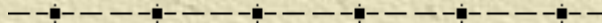
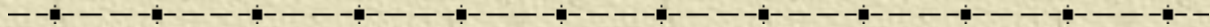


THE TOP TEN WAYS TO LIVE TO 100



Why Do People Die Young?

✦ HEART ATTACK or STROKE 35%

✦ What are they??

- Discovery Health :: Myocardial infarction
- Discovery Health :: Stroke
 - ◆ 1 of every 3 deaths from a heart attack or stroke
 - ◆ 1 death every 35 seconds – 120 during this talk

✦ CANCER 23%

✦ INFECTIONS & ACCIDENTS 15%

- ✦ Many other health problems lead to one of these ways of dying
 - Like many ingredients in a bad recipe

Can We Prevent Dying Young?

Some of the time – YES!

- ✦ What ingredients are in your recipe box?
- ✦ Your decisions about your health will predict much of your future!

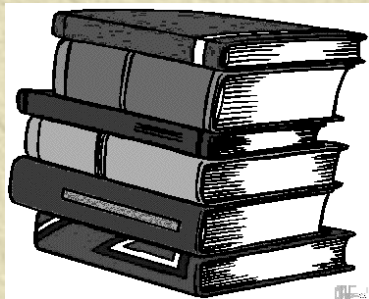


How Can We Prevent Dying Young?

✦ LEARN!!!!

- ✦ Learn about what can kill or hurt you
- ✦ Learn about how to make good choices
- ✦ We can predict what might happen based on the choices that you make

✦ That's what we are going to do today!



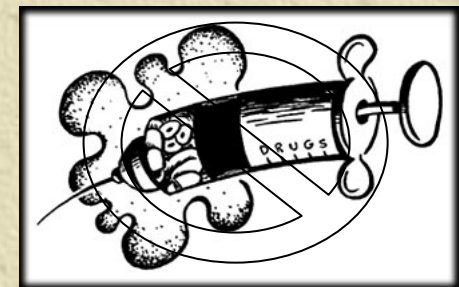
THE TOP TEN WAYS TO LIVE TO 100

- ✦ There are many things that make you healthy or not healthy
- ✦ These are the top few things you should know about how to stay healthy
- ✦ Maybe you know some of them!
- ✦ Survey – Rank from 1-10 the best things you can do to live to be 100

The Top Ten



- ✦ ___ Not Drinking Alcohol
- ✦ ___ Reducing Fatty Foods
- ✦ ___ No Family History of Heart Problems
- ✦ ___ Not Being Overweight
- ✦ ___ Not Smoking
- ✦ ___ Being Female
- ✦ ___ Reducing Salt
- ✦ ___ Stress Reduction
- ✦ ___ Reducing High Sugar Foods
- ✦ ___ Not Doing Drugs



What To Shoot For

- ✦ Women – 100 years old if you ace the top ten!
- ✦ Men – 93 years old if you ace the top ten!



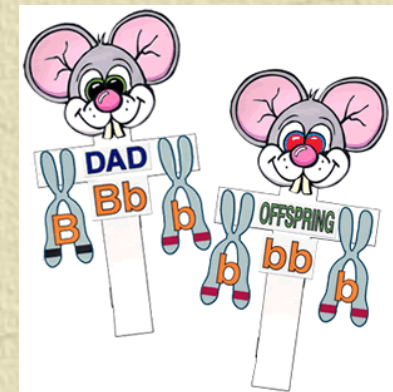
10 Stress

- ✦ How do you handle stress?
- ✦ You can handle stress in good way
 - ◆ Makes you energized to do well & succeed
- ✦ You can also handle stress in a bad way
 - ◆ Makes you tired, overwhelmed
 - ◆ Makes you overeat, start smoking, drinking
- ✦ Lose 2 years of life



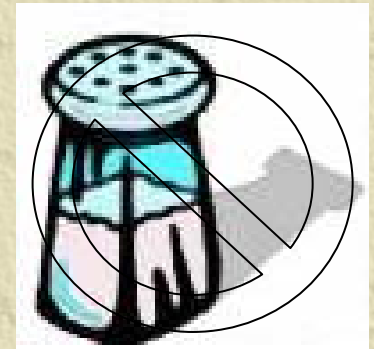
9 Family History

- ✦ Children of parents with heart problems are more likely to develop it themselves.
 - ◆ Genetics – Just like your eye or hair color
- ✦ Just as you can't change your age, sex and race, you can't change your family history.
- ✦ So it's even more important to change any other risk factors you have.
- ✦ Lose 4 years of life



8 Salt – High Blood Pressure

- ✦ Too much salt is just one way to get high blood pressure. You can also get it by:
 - ◆ Not exercising
 - ◆ Family history
- ✦ High blood pressure increases how much the heart has to work
- ✦ Causes the heart to thicken and become stiffer
- ✦ Also increases your risk of stroke or heart attack
- ✦ Lose 5 years of life



7 High Sugar Foods - Diabetes

✦ Diabetes

- ◆ A problem with turning your food into energy.

✦ How do you get it?

- ◆ Eating too much sugar and other bad foods

- ◆ Family History

✦ Increases the risk of heart attack and stroke

✦ [Discovery Health :: Diabetes](#)

✦ Lose 5 years of life



6 Fatty Foods – High Cholesterol

✦ What is cholesterol?

◆ Fats, like butter or oil, inside your body

✦ As blood cholesterol rises, so does risk of heart attack

✦ The fat sticks to the inside of your arteries and clogs them off

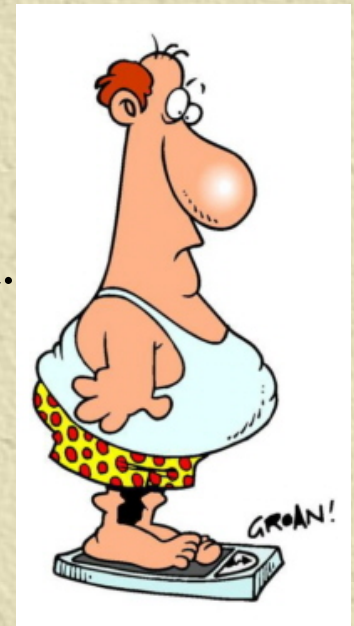
✦ Discovery Health :: Hyperlipidemia

✦ Lose 6 years of life



5 Obesity – No Exercise

- ✦ Regular physical exercise helps prevent heart attacks
- ✦ The more vigorous the activity, the greater your benefits.
- ✦ People who have excess body fat — especially if a lot of it is at the waist — are more likely to develop heart attack and stroke even if they have no other risk factors.
- ✦ It can also make diabetes more likely to develop.
- ✦ Losing even 10 pounds can really lower your risk.
- ✦ 16% Kids your age are severely overweight
 - 65% of adults are overweight – 2 of every 3 adults
- ✦ Lose 6 years of life



Add Them Together

- ✦ # 7 High Sugar Foods – Diabetes 5 years
- ✦ # 6 Fatty Foods – High Cholesterol 6 years
- ✦ # 5 Obesity – No Exercise 6 years

Wait!!

17 Years!!!

All that for eating badly and not exercising!
Is a cheeseburger worth it??



4 Being Female

- ✦ Some things, like family history, we can't do anything about!
- ✦ Men have a greater risk of heart attack than women do, and they have attacks earlier in life.
- ✦ We are not really sure why
- ✦ Men lose 7 years of life



3 Alcohol

✦ Drinking too much alcohol can do really bad things

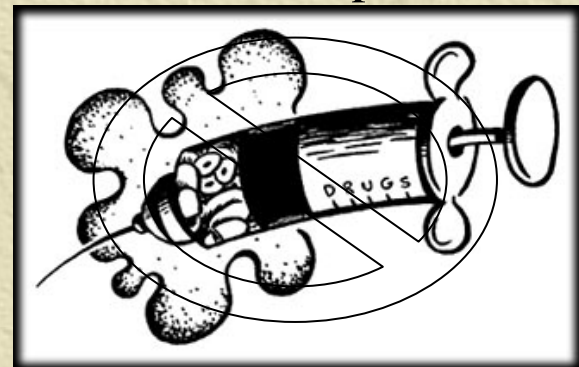
- Raise blood pressure
- Cause heart attacks and strokes
- Raise cholesterol
- Increase risk for cancer and other diseases
- Obesity
- Suicide and accidents.

✦ Lose 7 years of life



2 Drugs

- ✦ Think about how you feel when something good happens—maybe your team wins a game, you're praised for something you've done well, or you drink a cold lemonade on a hot day
- ✦ Drugs make you have that same feeling for a very short time
- ✦ Without a dose of the drug, the drug abuser can't feel good anymore.
- ✦ The abuser feels flat, lifeless, depressed. Without drugs, an abuser's life seems joyless.
- ✦ Now the abuser needs drugs just to keep from being depressed.
- ✦ Now the abuser does reckless things, take chances, and is continually hurting his body without knowing it. All this catches up with them.
- ✦ [Discovery Health :: Drug addiction](#)
- ✦ Lose 9 years of life



#1 Smoking

✦ Cigarette smoking – About the worst thing you can possibly do to your body!

✦ Gives you:

- Lung problems - Emphysema
- Cancer
- Heart Attacks
- Strokes



✦ Smokers' risk of heart attack is 2–4 times that of nonsmokers

✦ Smoke 1 pack/day = \$150/month

✦ [Discovery Health :: Emphysema](#)

✦ Lose 10 years of life

GRAND TOTAL

- ✦ What if you made the wrong choice each time on numbers 1-10??
- ✦ Take 61 Years off your life



The Longevity Game

- ✦ Role #1 Bad Bart
- ✦ Role #2 Healthy Harry
- ✦ Role #3 Bad Betty
- ✦ Role #4 Happy Harriet

- ✦ The Longevity Game

Bad Bart

-
- ✦ 1) 10yr old male
 - ✦ 2) 5ft, 300lbs
 - ✦ 3) 2 family members with heart problems
 - ✦ 4) High blood pressure, not under control
 - ✦ 5) Stress often overwhelms me
 - ✦ 6) Not active
 - ✦ 7) Eat fast food regularly
 - ✦ 8) Does not wear seatbelt
 - ✦ 9) Drove drunk twice and was caught
 - ✦ 10) 5 drinks at a time
 - ✦ 11) Smokes 2 packs a day
 - ✦ 12) Has used drugs

Healthy Harry

- ✦ 1) 10yr old male
- ✦ 2) 5ft, 100lbs
- ✦ 3) No family members with heart problems
- ✦ 4) Normal blood pressure
- ✦ 5) Stress is a positive influence
- ✦ 6) Daily vigorous exercise
- ✦ 7) Eat fruits & vegetables regularly
- ✦ 8) Does wear seatbelt
- ✦ 9) No accidents
- ✦ 10) Does not drink
- ✦ 11) Does not smoke
- ✦ 12) Does not do drugs

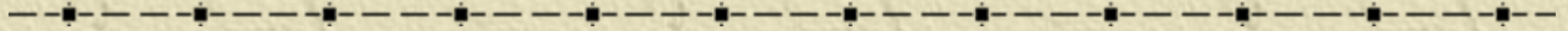
Bad Betty

- ✦ 1) 10yr old female
- ✦ 2) 5ft, 300lbs
- ✦ 3) 2 family members with heart problems
- ✦ 4) High blood pressure, not under control
- ✦ 5) Stress often overwhelms me
- ✦ 6) Not active
- ✦ 7) Eat fast food regularly
- ✦ 8) Does not wear seatbelt
- ✦ 9) Drove drunk twice and was caught
- ✦ 10) 5 drinks at a time
- ✦ 11) Smokes 2 packs a day
- ✦ 12) Has used drugs

Happy Harriet

- ✦ 1) 10yr old female
- ✦ 2) 5ft, 100lbs
- ✦ 3) No family members with heart problems
- ✦ 4) Normal blood pressure
- ✦ 5) Stress is a positive influence
- ✦ 6) Daily vigorous exercise
- ✦ 7) Eat fruits & vegetables regularly
- ✦ 8) Does wear seatbelt
- ✦ 9) No accidents
- ✦ 10) Does not drink
- ✦ 11) Does not smoke
- ✦ 12) Does not do drugs

Your Reward!

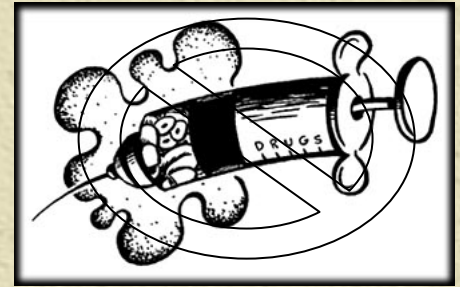


✦ Put these magnets on your locker or fridge to remind yourself of the good decisions that you can make everyday!

THE TOP TEN WAYS TO LIVE TO 100



- ✦ # 1 Don't Smoke +10yrs
- ✦ # 2 Don't Do Drugs +9yrs
- ✦ # 3 Don't Drink Alcohol +7yrs
- ✦ # 4 Be a Girl +7yrs
- ✦ # 5 Exercise +6yrs
- ✦ # 6 Don't Eat Fatty Foods +6yrs
- ✦ # 7 Don't Eat Sugary Foods +5yrs
- ✦ # 8 Don't Eat Too Much Salt +5yrs
- ✦ # 9 Have A Good Family History +4yrs
- ✦ # 10 Handle Stress Well +2yrs



References

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✦ National Institute on Drug Abuse

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✦ Discovery Health

- http://health.discovery.com/tools/blausen/videos/dia_hiwmp.html