



Healthy ageing through physical activity

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What does healthy ageing mean to you?





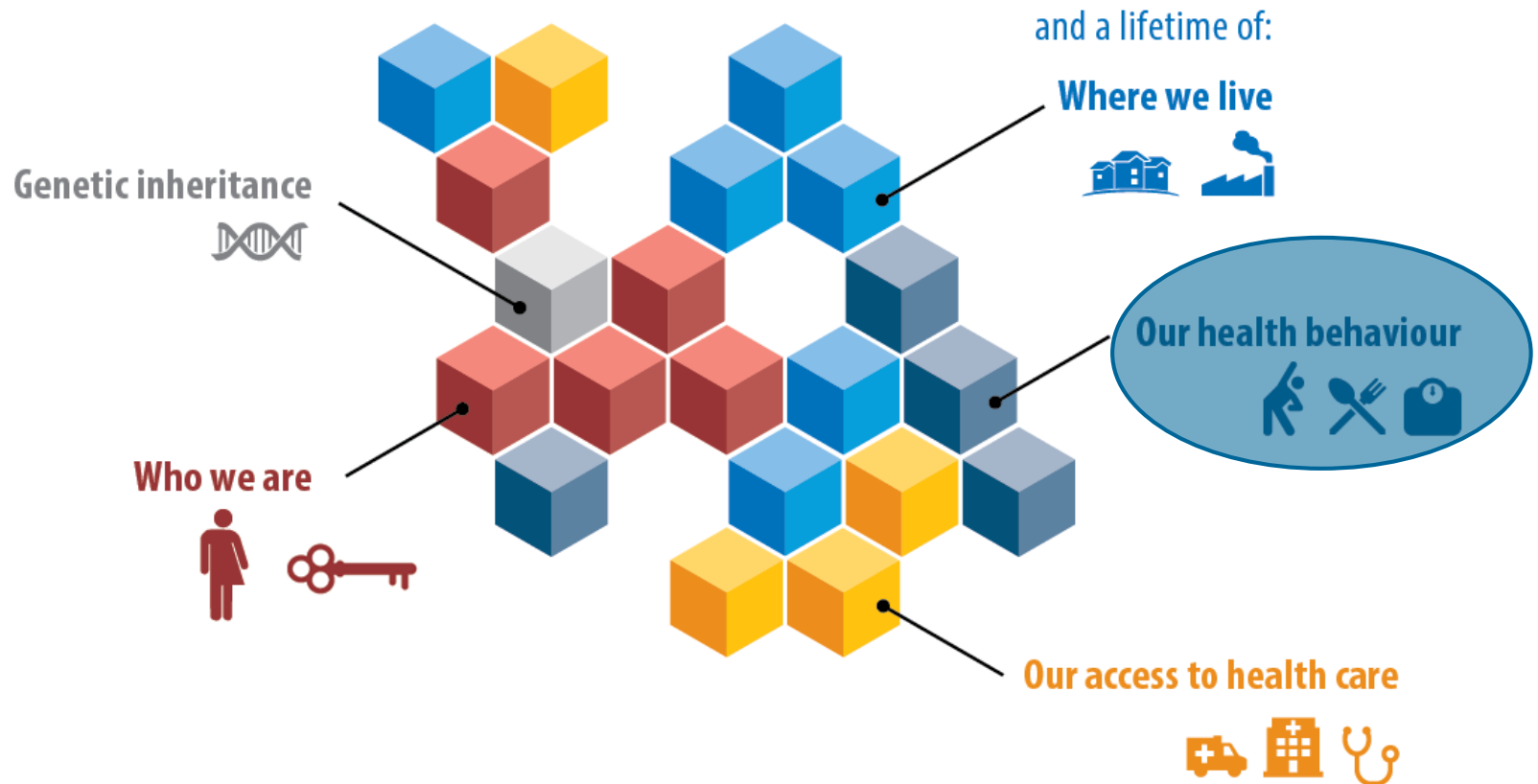
Healthy Ageing is:

“ ... a life long process of optimizing opportunities for improving and preserving health & physical, social and mental wellness, independence, quality of life and enhancing successful life-course transitions.”

PHAC 2014

Health in older age is not random

What makes us age differently?



From: World report on ageing and health 2015 (WHO)

Health behaviours:

- Physical activity levels
- The food we eat
- Tobacco use
- Alcohol use
- Medication adherence
- Physician visits

Benefits of physical activity

- Lower rates of heart disease, high blood pressure, stroke and type 2 diabetes
- Lower rate of colon and breast cancer
- Improved self-esteem, mood and ability to handle stress
- Lower risk of falling
- Improved cognitive function
- Improved strength, balance, flexibility and mobility.

Benefits of physical activity:

Canadian Community Health Survey

- ▶ 67 percent of seniors who are active three or more times a week are in good health, compared to 36 percent who are infrequently active.
- ▶ Regular physical activity is associated with enhanced mental health and increased likelihood of staying healthy and recovering from illness and injury.

(Shields M, Martel L. (2006). Healthy Living among seniors. *Health Reports* Supplement, 8: 7-20. Statistics Canada, Catalogue 82-003.)

The message is not new:

~350 BC

- If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health. (Hippocrates)

~1870

- Those who think they have not time for bodily exercise will sooner or later have to find time for illness. (Edward Stanley)

~ 1960

- We do not stop exercising because we grow old - we grow old because we stop exercising. (Kenneth Cooper)

What should that exercise look like?

- **HOW MUCH:** at least 150 minutes of physical activity per week, in bouts of 10 minutes or more.
- **INTENSITY:** must be moderate to vigorous intensity

What does moderate to vigorous intensity look like?

Moderate-intensity physical activities should cause you to sweat a little and to breathe harder.



What does moderate to vigorous intensity look like?

Vigorous-intensity physical activities should cause you to sweat and be ‘out of breath’.



What should that exercise look like?

There are 3 different types of exercise you should consider doing:

- **Aerobic exercise**
- **Strengthening exercises**
- **Balance exercises**

What should that exercise look like?

Aerobic exercise: increases your heart rate and makes you sweat



What should that exercise look like?

Strengthening exercises (at least 2 days per week)



What should that exercise look like?


Balance exercise: to reduce fall risk (especially if you have fallen).






What should that exercise look like?

The more you do the greater the health benefits you will receive.



Physical activity is clearly important for health and wellness....

How many of us are as active as we should be?



Given the clear benefits of physical activity why are so few of us active?

Take a few minutes to reflect on your reasons...

Beliefs and barriers that limit physical activity:

- Physical activity is dangerous and will lead to injury
- Environmental barriers – transportation and access to exercise venues
- Lack of confidence and social support.
- Affordability
-

Beliefs and barriers that limit physical activity:

- If you are not getting the recommended amount of physical activity it is important to reflect on why this is the case.
- Are your barriers to exercise things that you are in control of and can change?
- Are there services in the community or in your social network that can help you break down these barriers?

How to start to get physically active (and stick to it)!

- If you are over 40 years, overweight, suffer from a chronic illness or have been sedentary for some time, see your doctor before you start a new exercise routine.

How to start to get physically active (and stick to it)!

- Choose activities you find interesting. You are more likely to keep up with an exercise routine if it's fun rather than a chore.
- Exercise with friends. Make physical activity an enjoyable social occasion.

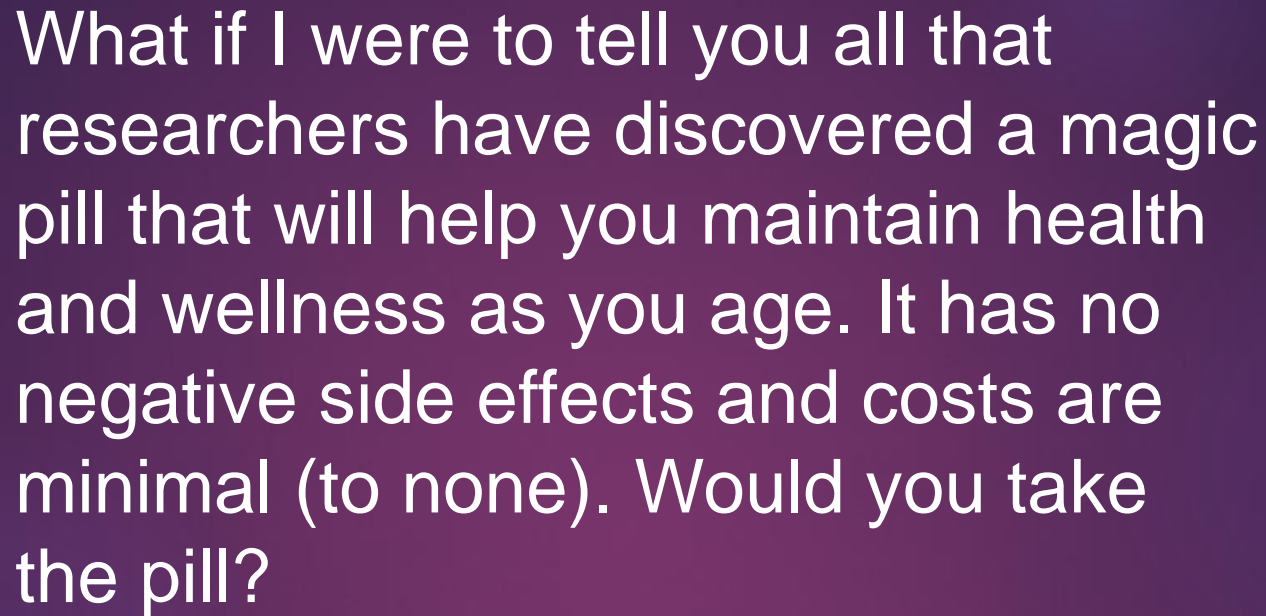


How to start to get physically active (and stick to it)!

- Set reasonable goals - start off slowly and aim for small improvements. Keep track of your progress in a training diary for added motivation.
- Choose appropriate clothing and safety gear.
- Don't let yourself dehydrate – drink plenty of water.

How to start to get physically active (and stick to it)!

- Don't be afraid of muscle soreness....



What if I were to tell you all that researchers have discovered a magic pill that will help you maintain health and wellness as you age. It has no negative side effects and costs are minimal (to none). Would you take the pill?

Physical activity is that pill – how can you fit it into your life?



QUESTIONS?

Resources:

Physical Activity Toolkit for Older Adults

<http://www.recreationnl.com/older-adult-toolkit/>

Exercise for preventing falls in older people living in the community

- 108 RCTs with 23,407 participants in 25 countries
- 9 cluster RCTs
- Average age 76 and 77% were women
- **Exercise:**
 - reduces rate of falls by 23% (RaR 0.77)
 - reduces the number of people experiencing one or more falls by 15% (RR 0.85)
 - (both falls outcomes irrespective of high or lower risk of falls at baseline)
 - may reduce fall related fractures (RR 0.73)
 - may reduce falls requiring medical attention (RR 0.61)
 - does not improve QoL



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Exercise for preventing falls in older people living in the community

- 108 RCTs with 23,407 participants in 25 countries
- 9 cluster RCTs
- Average age 76 and 77% were women
- **Sub group analysis:**
 - Balance & Functional Exercises
 - reduces rate of falls by 24%
 - reduces number of people experiencing falls by 13%
 - Multiple types of exercise (Balance, Functional & resistance exercise)
 - reduces rate of falls by 35%
 - reduces number of people experiencing falls by 22%
 - Tai Chi
 - may reduce rate of falls by 19%
 - may reduce number of people experiencing falls by 20%
 - Programmes that are primarily based on resistance exercise, dance or walking have uncertain effects.



AGEING and HEALTH



Between 2000 and 2050, the number of people aged 60 and over is expected to double

In 2050, more than 1 in 5 people will be 60 years or older.



By 2050, 80% of older people will be living in low- and middle-income countries.

► EVERY OLDER PERSON IS DIFFERENT



Some have the level of functioning of a 30 year old.



Some require full time assistance for basic everyday tasks.

Health is crucial to how we experience older age.

► WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL

ENVIRONMENT THEY LIVE IN



► WHAT IS NEEDED FOR HEALTHY AGEING

A change in the way we think about ageing and older people



Creation of age-friendly environments



Alignment of health systems to the needs of older people



Development of systems for long-term care



Healthy Ageing...being able to do the things we value for a long as possible
#yearsahead

WHO 2015

- ▶ as the process of developing and maintaining the **functional ability** that enables **wellbeing** in older age”. **Functional ability** is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person’s ability to:
 - ▶ meet their basic needs;
 - ▶ to learn, grow and make decisions;
 - ▶ to be mobile;
 - ▶ to build and maintain relationships; and
 - ▶ to contribute to society.

PHAC – Healthy Ageing in Canada (20???)

- ▶ Today, older Canadians are living longer and with fewer disabilities than the generations before them. At the same time, the majority of seniors have at least one chronic disease or condition. Our health care system primarily focuses on cure rather than health promotion and disease prevention.

Redirecting attention to the latter is required in order to enable older people maintain optimal health and quality of life. It will also help to manage health system pressures.