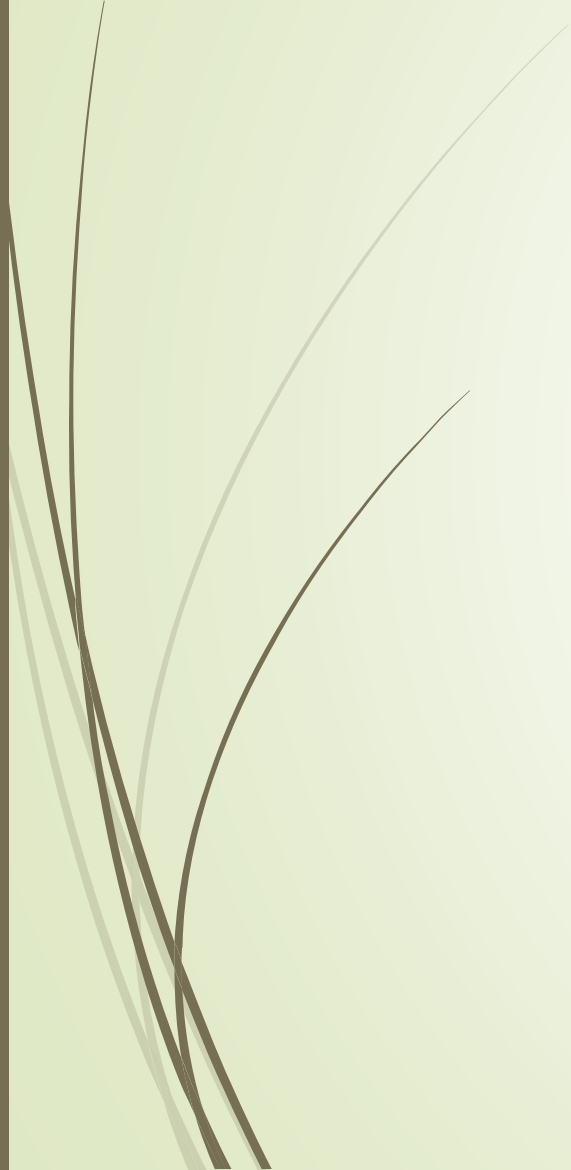




Healthy Ageing







Australian Life Expectancy ; 2019 to 2021

➤ 83.35 years

➤ 83.50 years

➤ 83.64 years





Australian Life Expectancy ; 2019 to 2021

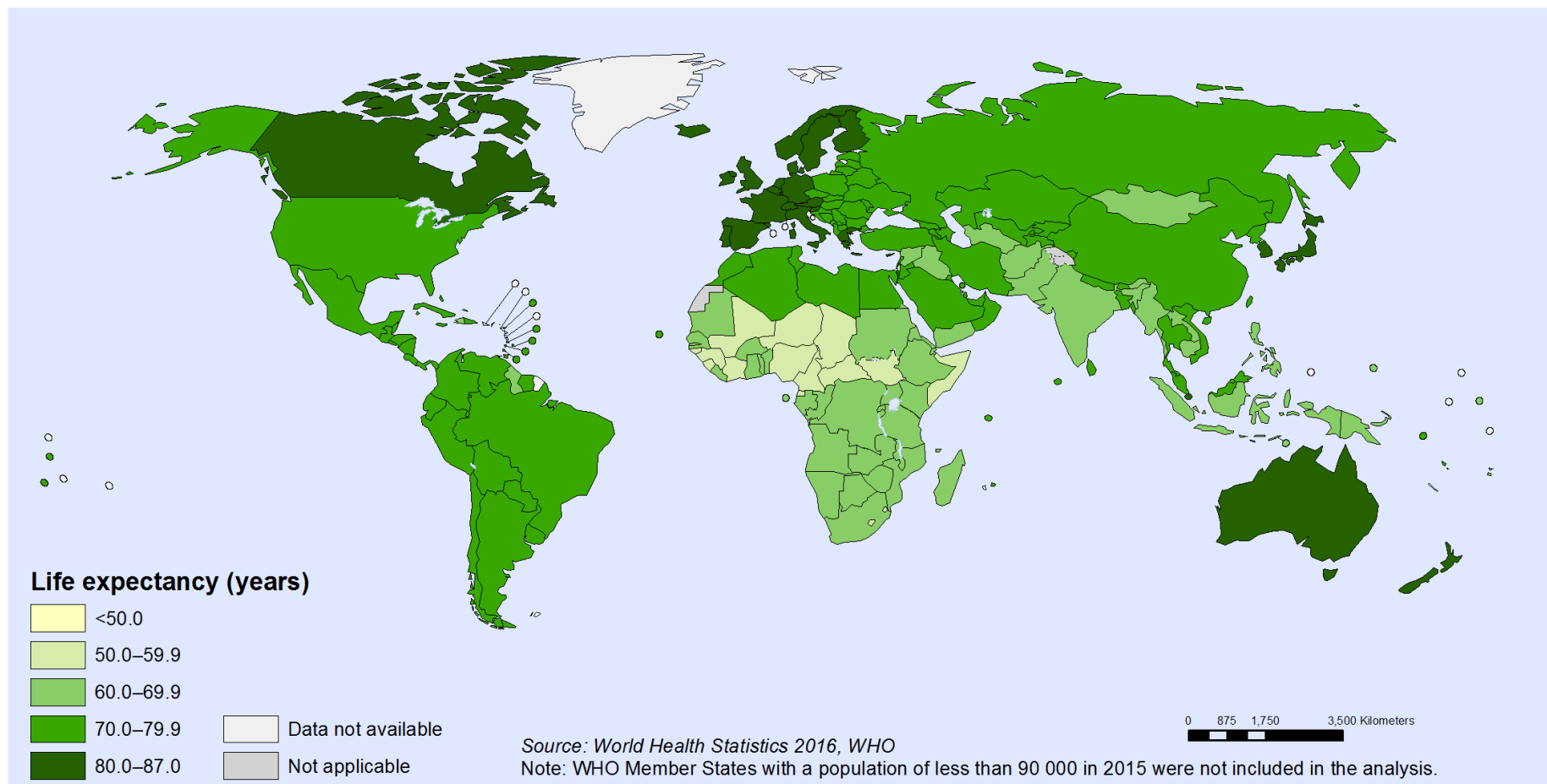


85.0 years



80.9 years

Life expectancy at birth Both sexes, 2016



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

Data Source: World Health Organization
Map Production: Information Evidence and Research (IER)
World Health Organization



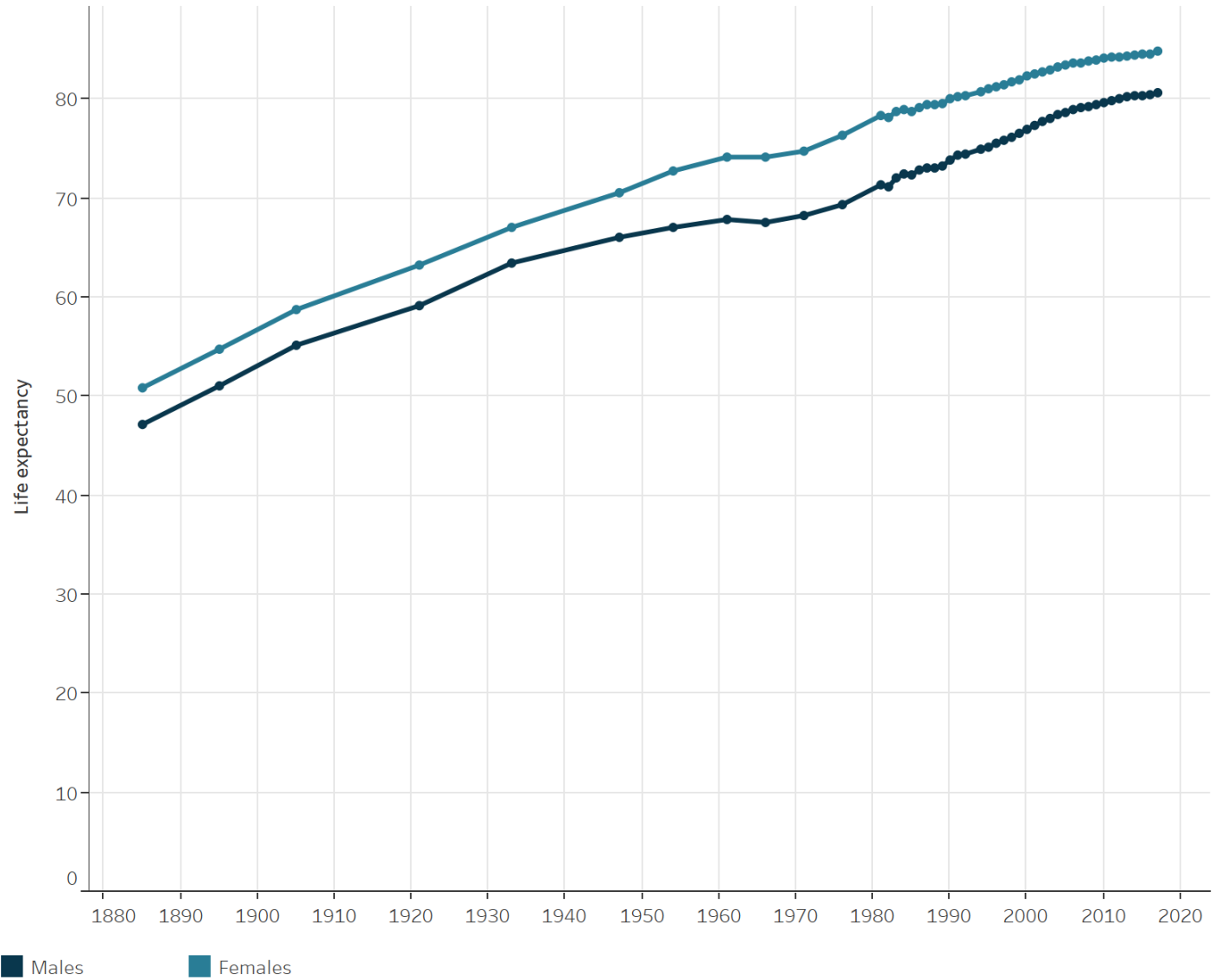
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Figure 1: Life expectancy at birth, by sex, 1886–2018

Year (slide to change range)

1885 to 2017


and Null values



■ Males ■ Females

Source: ABS 2019a, 2019b.

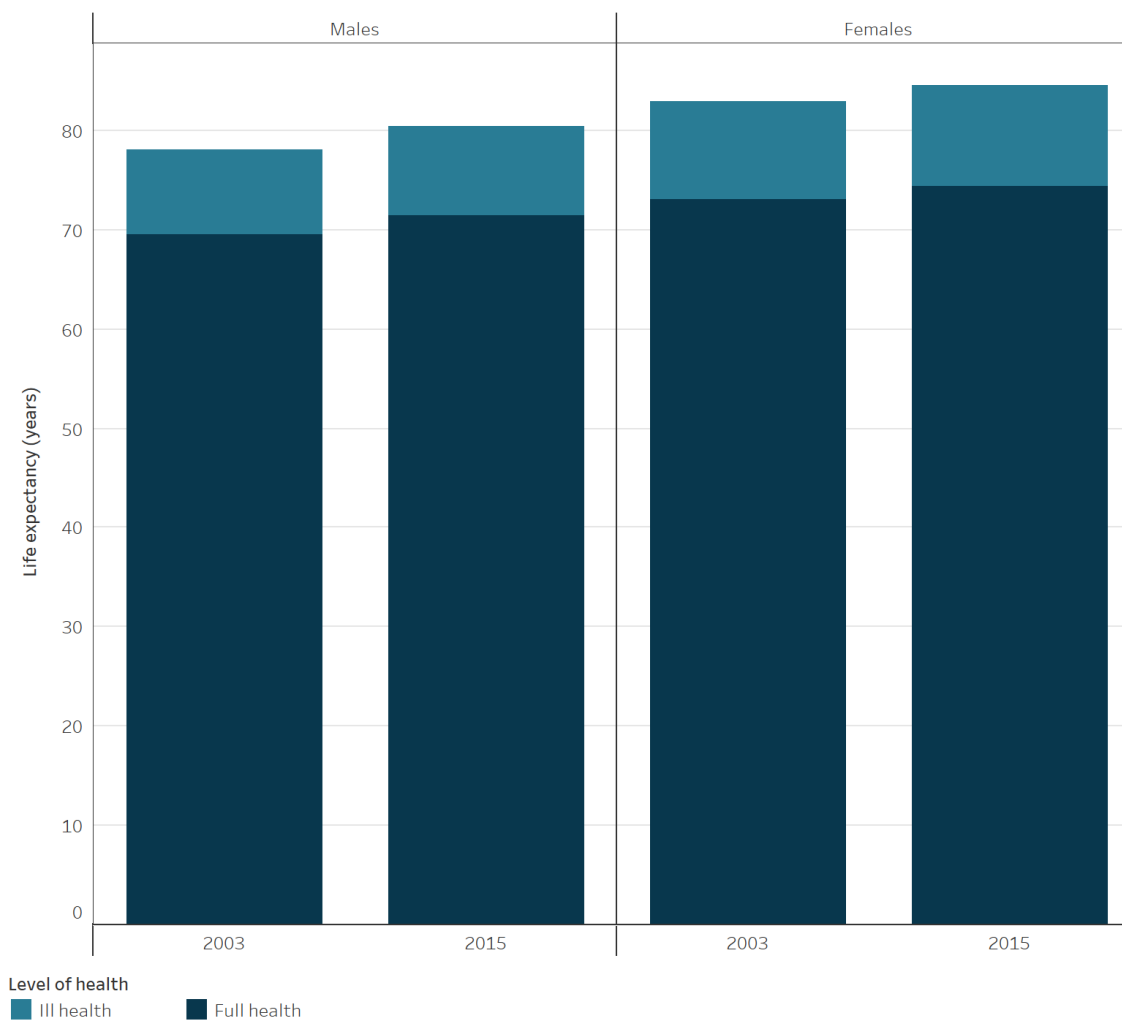
<http://www.aihw.gov.au/>



Health-adjusted life expectancy (HALE)

- ▶ number of years in good health
- ▶ taking into account years lived in less than full health due to disease and/or injury

Figure 2: Life expectancy at birth in full health (HALE) and ill health, by sex, 2003 and 2015



Source: AIHW 2019.
<http://www.aihw.gov.au/>



Australian HALE ; 2015

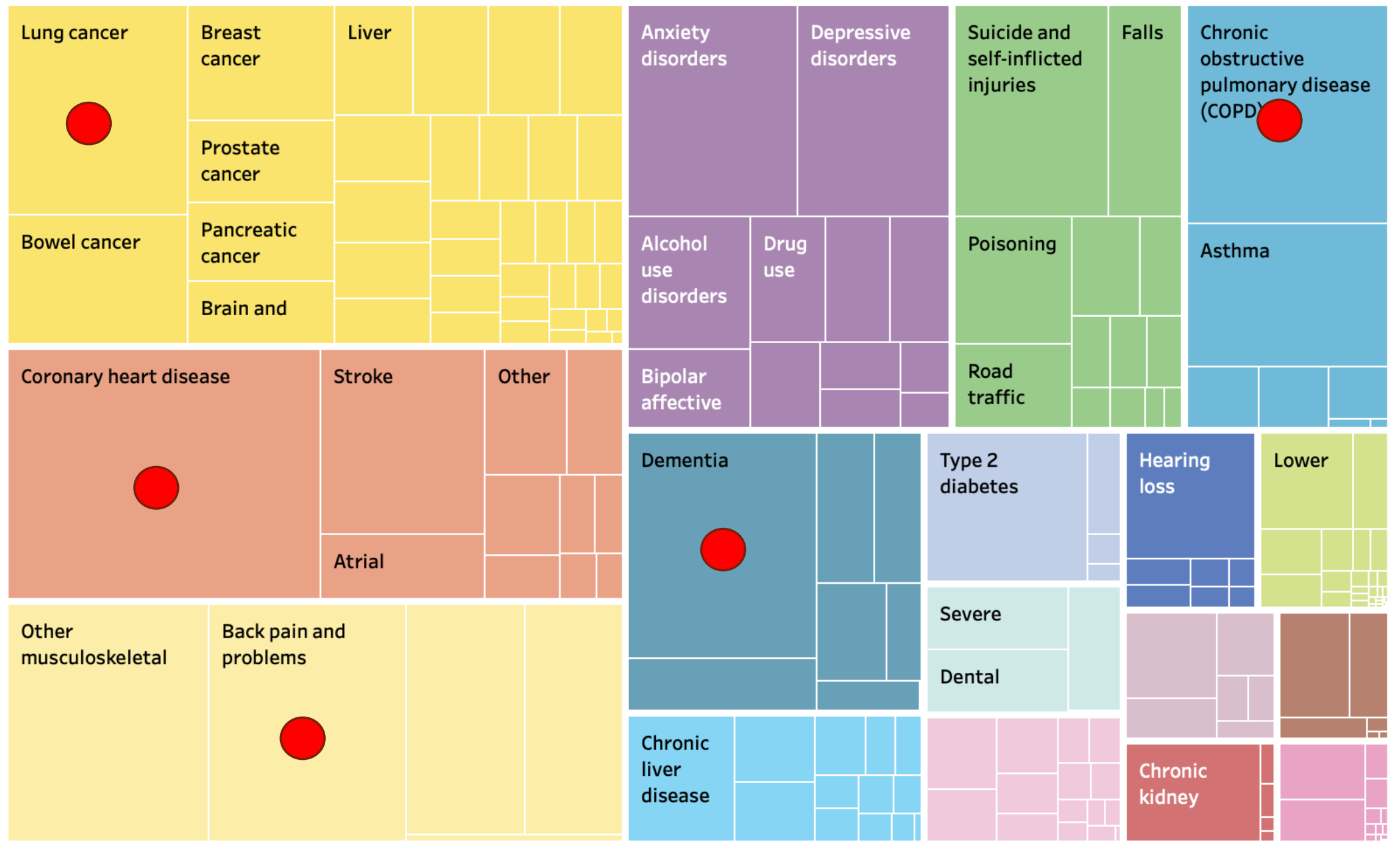
➤ Males ; 8.9 years

➤ Females ; 10.2 years



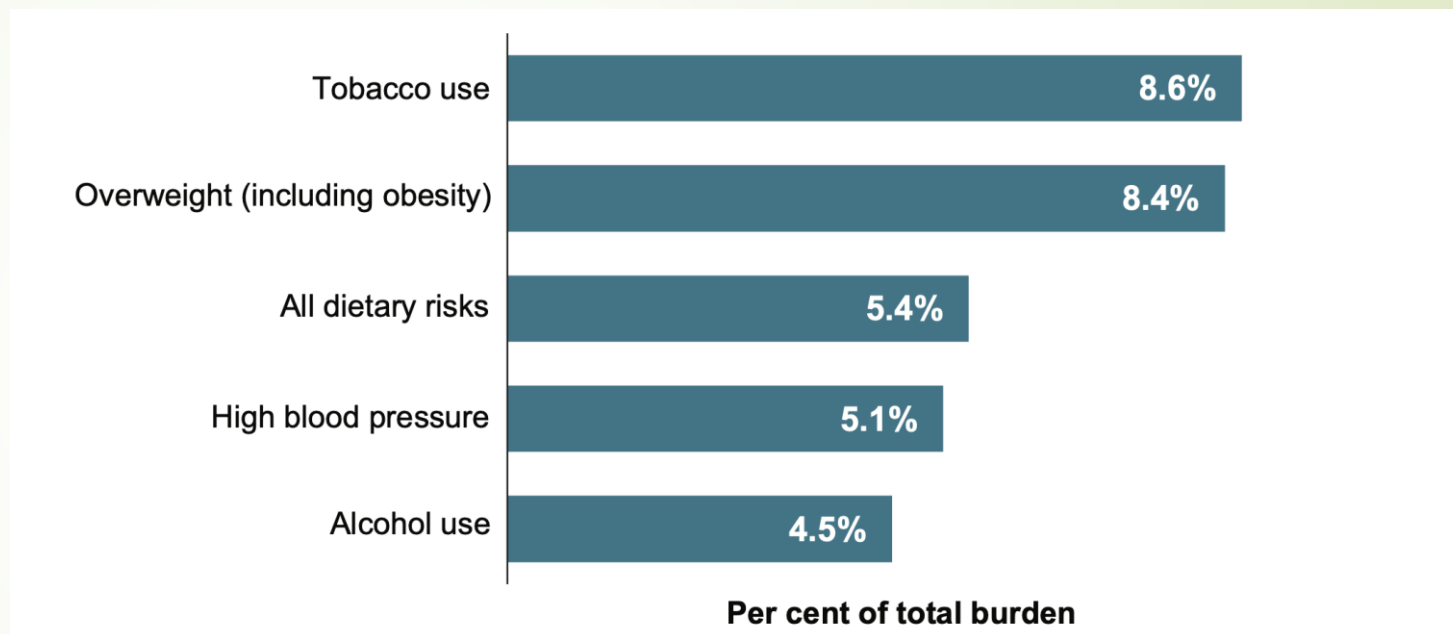
Burden of Disease

- ▶ Anything that takes away from optimal life expectancy.
- ▶ This loss of healthy life is called the 'burden of disease'.
 - ▶ Some fatal ; premature death
 - ▶ 48%
 - ▶ Some non fatal ; living with illness
 - ▶ 52%
- ▶ Top 5 diseases causing burden in 2018
 - ▶ Coronary heart disease, back pain, dementia, COPD and lung cancer



Risk factors

➔ contribution of various risk factors to burden





Risk factors



38% of disease burden could have been avoided or reduced ;

Ageing can be modified.



SO

. . . . WHAT CAN YOU DO?



So, . . . we need to look after:

- *Physical health*
 - *Mental health*
 - *Spiritual health*
 - *Diet*
 - *Mobility (exercise)*
 - *Environmental health*
- 

Physical health

- Stop smoking
- Healthy weight

- Regular check ups for chronic disease

- Active management of chronic diseases





Mental wellbeing

- Major determinant of longevity
- Friendships / Connectivity
- Communication



Grant Study (Harvard Uni graduates ; followed for 75 years)

- George Vaillant's main conclusion is that
 - "warmth of relationships throughout life has the greatest positive impact on 'life satisfaction'".
- Put differently, Vaillant says the study shows:
 - "Happiness is love. Full stop."



Spiritual health

- A belief system
- Openness to opinion



Diet

- Plant based / colorful
- SLOW foods
- Non processed
- Moderate serves
- Minimal sugar / alcohol



Exercise

- Daily mobility
- Aerobic / strength / flexibility / endurance /
- Physio assisted if required
- Group activities / challenges and rewards.



Environmental health

➔ Now this is another talk


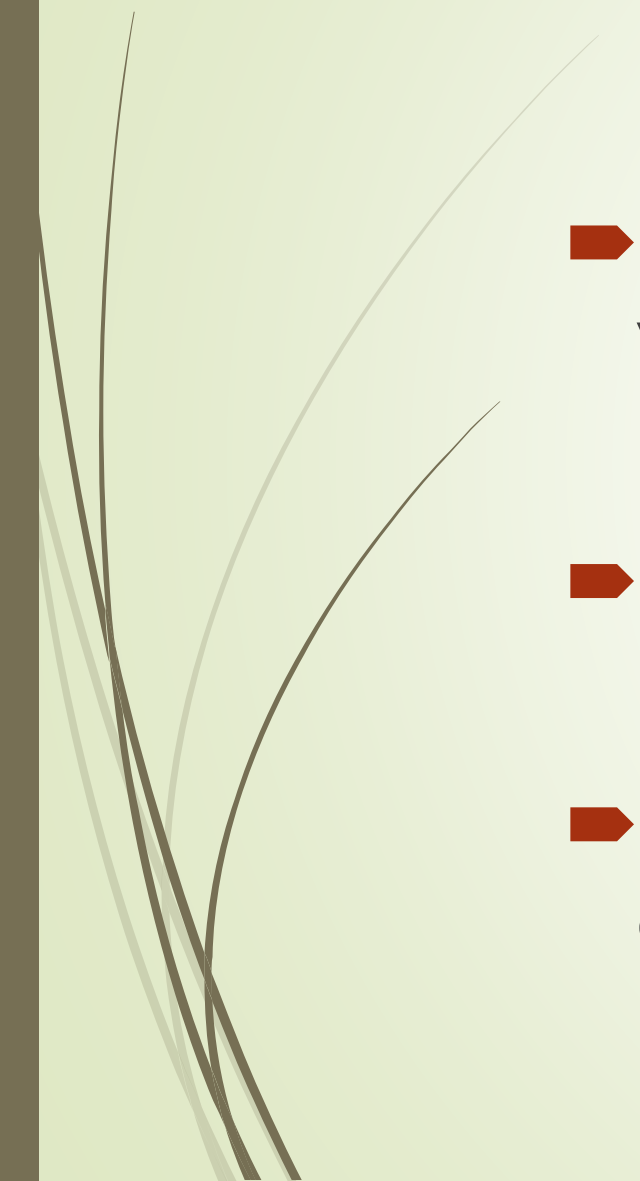




It's really up to you.



I'm just your coach!

- 
- 
- Someone to love ; and someone to love you back
 - A reason to get out of bed
 - A belief in something greater than oneself