

Healthy Living adults

Activity

- Aim to be active daily; at least 150 minutes of moderate intensity activity per week in bouts of at least 10 minutes; ie. activity that makes you feel out of breath such as heavy housework, brisk walking, dancing, swimming
- Twice weekly – do activities to increase muscle strength eg. carrying shopping
- For older adults (over 65) – any physical activity will be beneficial; gradually build up
- Activity to improve balance and co-ordination twice a week for adults over 65
- Benefits of increased activity:
 - 30% reduction in mortality risk
 - 20 to 35% lower risk of Cardiovascular disease, Coronary Heart Disease and stroke
 - 30 to 40% lower risk of metabolic syndrome and type 2 diabetes
 - 36 to 68% reduced risk of hip fracture

Alcohol

- 33,000 deaths a year related to alcohol (including accidents)
- Men = 3 to 4 units maximum per day
- Women = 2 to 3 units maximum per day
- Pregnancy = avoid, especially in 1st trimester
- One unit = 10ml or 8mg of pure alcohol ie. 25ml whisky, third of a pint of beer or half a glass of wine (approx 85ml); however does vary dependent on alcohol %

Weight

- BMI 25 to 29.9 = overweight; BMI over 30 = obese; may be ethnic variations
- Over 60% of adults classed as overweight or obese
- Increased risk of type 2 diabetes, some cancers, heart disease and liver problems
- 10% of cancer deaths related to obesity
- Benefits of 10% weight loss:
 - over 30% decrease in diabetes related deaths
 - 30 to 50% reduction in fasting glucose
 - 15% reduction in HbA1c
 - 10% decrease in total cholesterol
 - over 40% reduction in obesity related cancers
 - reduction in BP – 10mmHg systolic and 20mmHg diastolic
- each 1kg weight loss can reduce systolic BP by 2.5mmHg and diastolic BP by 1.5mmHg

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Smoking

- 100,000 deaths per year linked to smoking
- More than 8 in 10 cases of lung cancer deaths are attributable to smoking
- 10 to 25% of smokers develop Chronic Obstructive Pulmonary Disease (COPD)
- Benefits of smoking cessation:
 - risk of dying from smoking-related issues reduced by up to 50%
 - reduced risk of asthma attacks / COPD, heart disease, cancers
 - seen after 72 hours of stopping smoking
 - cough, wheeze and breathing problems improve after 3 to 9 months

Managing stress

- Increase physical activity (see over)
- Discuss issues – don't 'bottle things up'
- Avoid unhealthy habits ie. smoking, alcohol and caffeine
- Ensure work / life balance
- Learn relaxation techniques

Healthy diet

- Starchy foods should form one-third of diet
- 15% of calories per day should come from protein; include two portions of fish per week
- Reduce sugar and saturated fat intake
- Five portions fruit / vegetables per day; add fruit to cereal, canned and frozen fruit and vegetables all beneficial, use carrots, cucumber and peppers as snacks
- Reduce salt intake – no more than 6g a day
- Ensure adequate fluid intake; approx 6 to 8 glasses of water per day