



To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Take the TEST OF YOUR LIFETIME

What's the real key to a long, healthy life?

Some factors are not under your control, such as how long your parents and grandparents lived and how they may have died. However, the U.S. Surgeon General has determined that how you live accounts for more than half of the reasons for illness and death. For example, you can choose to buckle your safety belt, or you can take measures to reduce stress, or you can exercise and watch what you eat.

The following "test" is one you've been cramming for all your life. Developed by national health expert, Dr. Judd Allen, this test estimates how long you may live based on historical averages as well as your current lifestyle behaviors. The items you can control are starred (★) in the test so you can see some of the areas you may be able to make positive changes to.

Begin with the number **76**, add or subtract each number as appropriate. 76

- | | | |
|--|--|---|
| <p>If you are male, subtract 7.</p> <p>★ If you live in an urban area with a population over 2 million, subtract 2.</p> <p>★ If you live in a town under 10,000 or on a farm, add 2</p> <p>If a grandparent lived to 85, add 2.</p> <p>If all four grandparents lived to 60, add an additional 6.</p> <p>If either parent died of a stroke or heart attack before the age of 50, subtract 4.</p> <p>If any parent, brother or sister under 50 has (or had) cancer or a heart condition, or has had diabetes since childhood, subtract 3.</p> <p>★ If you finished college, add 1.</p> <p>★ If you have a graduate or professional degree, add 2 more.</p> | <p>_____ ★ Do you earn more than \$100,000 a year? If yes, subtract 2.</p> <p>_____ ★ If you live with a spouse or friend, add 5. If not, subtract 1 for every 10 years alone since age 25.</p> <p>_____ ★ If you work behind a desk, subtract 3.</p> <p>_____ ★ If you are 65 or over and still working, add 3</p> <p>_____ ★ If your work requires regular, heavy, physical labor, add 3.</p> <p>_____ ★ If you exercise strenuously at least 30 minutes (tennis, running, swimming, etc.), five times a week, add 4. Two or three times a week, add 2.</p> <p>_____ ★ Are you easy-going and relaxed? If so, add 3.</p> <p>_____ ★ Are you unhappy most of the time? Subtract 2.</p> <p>_____ ★ Have you had a speeding ticket in the last year? Subtract 1.</p> | <p>_____ ★ Do you smoke more than two packs of cigarettes a day? Subtract 8.</p> <p>_____ ★ One to two packs? Subtract 6. One-half pack to one pack? Subtract 3.</p> <p>_____ ★ Do you drink the equivalent of a pint bottle of liquor (or more) a day? Subtract 1.</p> <p>_____ ★ Are you overweight by 50 pounds or more? Subtract 8. 30 to 50 pounds? Subtract 4. 10 to 30 pounds? Subtract 2.</p> <p>_____ ★ If you are a man over 40 and have annual checkups, add 2.</p> <p>_____ ★ If you are a woman and have a gynecological exam once a year, add 2.</p> <p>Age Adjustment: If you are between 30 and 40, add 2. If you are between 40 and 50, add 3. If you are between 50 and 70, add 4. If you are over 70, add 5.</p> |
|--|--|---|

Add up your score to get your life expectancy at this time.

How did you do? Did you identify some ways to improve your health practices? Most people can add years to their lives and quality to those years by changing their day-to-day behavior. With personal initiative and support from family and friends, you can achieve your health goals. Given the right attitude and social environment, healthy living can be fun and rewarding.





To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Your Diet For Long-Term Health

By David Gobble, PhD

One of the most important predictors of long-term health is your diet. Your diet needs to provide you with the appropriate mixture of protein, carbohydrates, fat and a wide variety of vitamins and minerals to keep all your body functions working well. Eating too much of any one food promotes reduced functioning, possible weight gain, and disease. If you could remember one thing about your diet as a guide, think bright strong colors; strong colors found in many fresh vegetables and whole grains are a sure way to improve your diet. Eating lots of pale white things usually indicates too many simple carbohydrates, sugar and fat.

New US Department of Agriculture Food Guideline

The US Department of Agriculture recently revised dietary guidelines, emphasizing the need to eat a more balanced, healthy diet. The new guidelines reduce the recommended amount of red meat, dairy fat, and other fats. No more than 20–35 % of your calories should come from fat. Fruit and vegetable servings should be approximately 5 cups per day. Whole grain consumption should be increased to 3 or more ounces per day, and lean meat and beans reduced to approximately 5 ounces per day. Fats and oils should be significantly reduced and trans fats, found in some margarine, and many solid fats, should be eliminated.

The key to your dietary success is to eat a wide variety of fruits and vegetables, avoid fats, especially in prepared and fried foods, and reduce your consumption of high fat meats, minimize added salt and sugar, and eat whole grains often. Adopting these dietary recommendations will provide you with the energy to live each day fully, and the foundation for a long, healthy life.



Planning Your Healthy Diet

Let these words guide you in your shopping, cooking, and eating: fresh, colorful, variety, non-fried, monosaturated, and whole grain.

Specific Recommendations:

1. Eat 2–3 servings of fruit per day—take advantage of the variety offered by year round availability of most fruits
2. Eat 2–3 servings of vegetables per day—choosing a wide color pattern; minimize fats in cooking
3. Eat 3 ounces or more of whole grains per day—(whole wheat pasta, whole grain cereal, whole wheat or multigrain bread, etc.)
4. Eat only 5–6 ounces of lean meat or beans, nuts, eggs (protein) per day—avoid meat with 5% or higher fat by weight, chicken with skin, sausages and high fat luncheon meats
5. Drink only low fat milk and limit your consumption to 3 cups per day—limit your consumption of cheese and make it low-fat
6. Minimize fats as much as possible—totally eliminate trans fats (many margarines, and found in prepared foods)
7. Use monosaturated fats—(olive oil, canola oil) in cooking and food preparation including salad dressings
8. Eat fish regularly, take a multiple vitamin, and focus on fresh, wholesome food for your long term health and well-being.



Wellness Councils of America
9802 Nicholas Street, Ste. 315 | Omaha, NE 68114
Phone: 402.827.3590 | Fax: 402.827.3594
www.welcoa.org