

~  
*centre for*  
**positive health  
sciences**

*The Science of Health and Happiness*

# Whole Health

Notes & Resources

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# Life-span versus health-span

## Life-span

The length of time for which a person or animal lives or a thing functions

(Oxford Languages Dictionary)

## Health-span

The part of a person's life during which they are generally in good health (Oxford Languages Dictionary)

The past 60 years have seen massive improvements in global life expectancy...

Average global life expectancy and healthy years



...but the proportion of life spent in poor or moderate health has not changed.



<sup>1</sup>Assumptions-based extrapolation of proportion of good/ok health from 2019 data.

<sup>2</sup>Assumptions-based extrapolation of proportions across geographies.

Source: WHO and World Bank health and life expectancy data; country-level health system and survey data, McKinsey Global Institute Prioritizing Health report; McKinsey Health Institute analysis

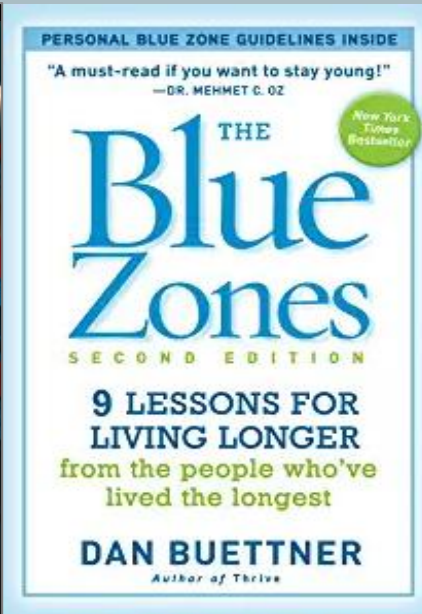
McKinsey & Company





# The Blue Zones

Geographical locations where humans live the longest



BLUE ZONES ARTICLES RECIPES CITIES SPEAKING LIFE ACTIVATE PRESS

Informed by the world's longest-lived cultures, we help you

## live longer, better

Blue Zones Lessons: Longevity secrets, blue zones explorations, research and articles

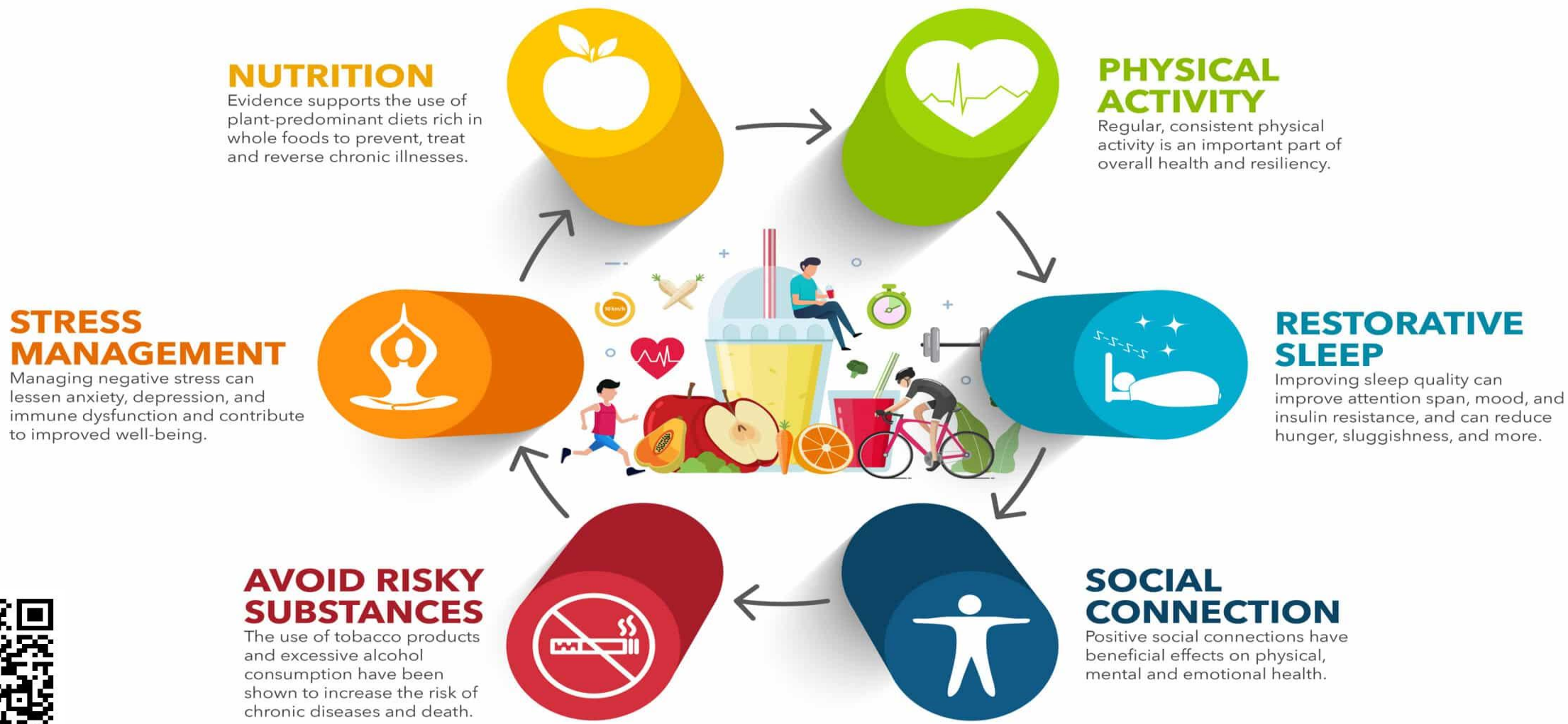
Blue Zones Project: Learn how to transform your community to live longer, better

Original Blue Zones Explorations

Get the Blue Zones Meal Planner!

# THE SIX PILLARS OF LIFESTYLE MEDICINE

The aim of lifestyle medicine is to redesign health delivery to rely on therapeutic lifestyle interventions as a primary modality to treat, prevent, manage, and reverse chronic cardiometabolic conditions.





# Cultivate awareness

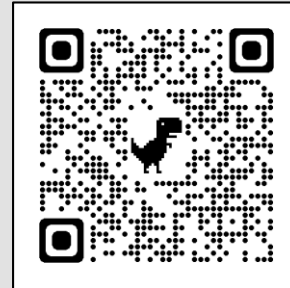
- Talk to friends & family
- Talk to a counsellor
- Journal

Body



The Body scan

Mind



Test your burnout

How can you address a problem, if you don't know what's happening inside?

# Train to be calm, still and grounded



- Breathe
- Garden
- Meditate
- Cook
- Pray
- Paint
- Draw
- Play music
- Be quiet in nature
- Garden
- Walk
- Dance
- Music
- Build
- Theatre
- Conscious exercise



# Recommended sleep for adults *between 6 and 9 hours/night*



The International Bestseller  
*'Startling, vital, a life raft'* GUARDIAN

**MATTHEW WALKER**  
**Why We Sleep**

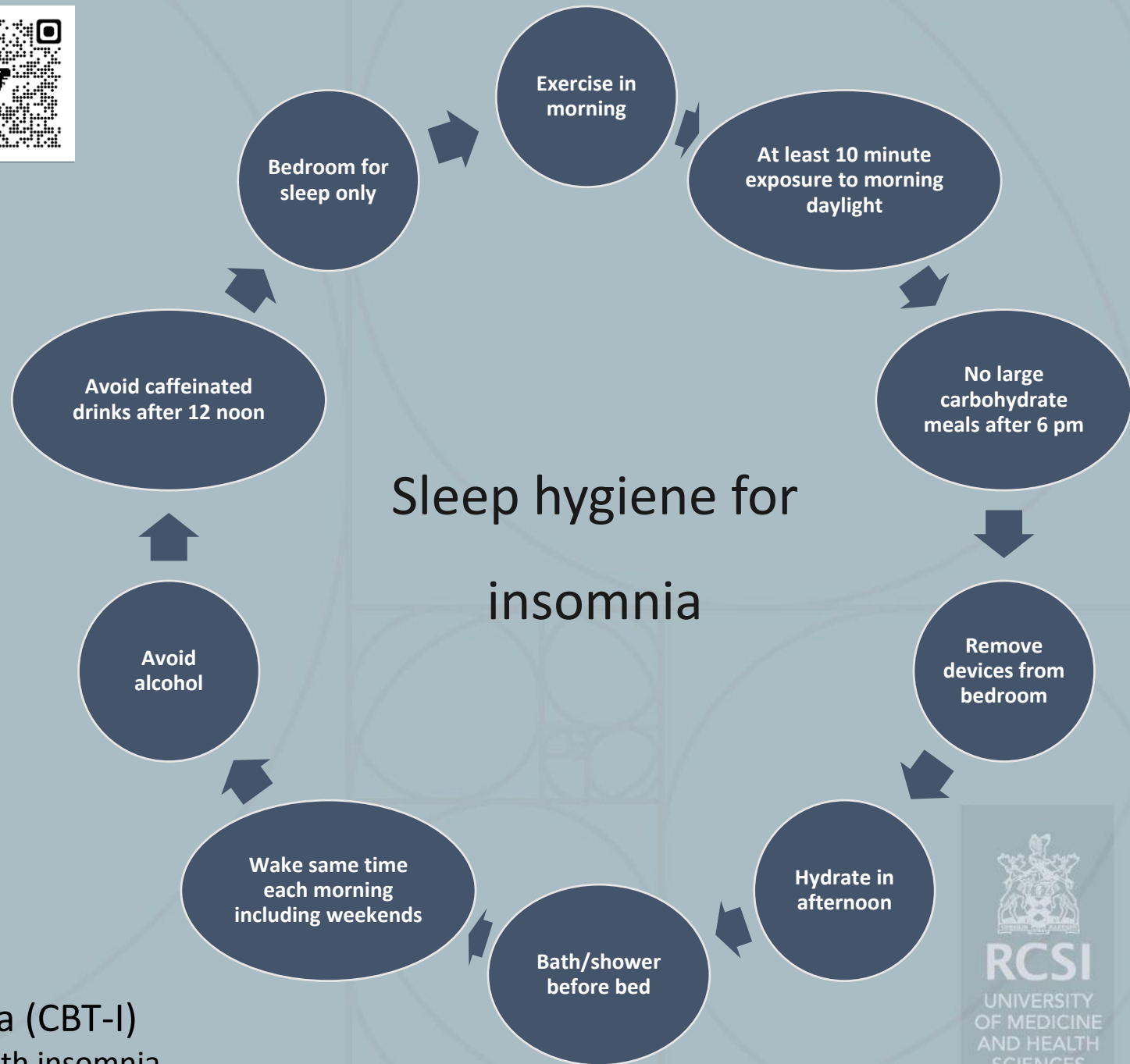


The New Science of Sleep and Dreams



Cognitive-based Therapy for Insomnia (CBT-I)  
Effective treatment for up to 70% of people with insomnia

## Sleep hygiene for insomnia







# Physical Activity

Moderate exercise

You can talk but not sing to your friend while exercising

Vigorous exercise

You can neither talk nor sing to your friend while exercising



## ADULTS (aged 18–64 years)



In adults, physical activity confers benefits for the following health outcomes: improved all-cause mortality, cardiovascular disease mortality, incident hypertension, incident site-specific cancers,<sup>1</sup> incident type-2 diabetes, mental health (reduced symptoms of anxiety and depression); cognitive health, and sleep; measures of adiposity may also improve.

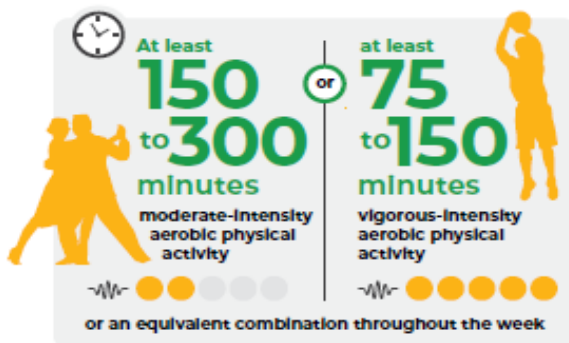
It is recommended that:

> All adults should undertake regular physical activity.

*Strong recommendation, moderate certainty evidence*

> Adults should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week, for substantial health benefits.

*Strong recommendation, moderate certainty evidence*



> Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.

*Strong recommendation, moderate certainty evidence*



For additional health benefits:

On at least

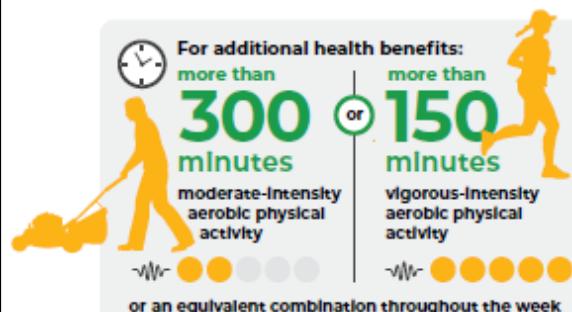
**2**  
days  
a week

muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups.



~ ECG icon and 5 colored dots (3 orange, 2 grey)

## ADULTS (aged 18–64 years)



> Adults may increase moderate-intensity aerobic physical activity to more than 300 minutes; or do more than 150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week for additional health benefits.

*Conditional recommendation, moderate certainty evidence*

### GOOD PRACTICE STATEMENTS

- Doing some physical activity is better than doing none.
- If adults are not meeting these recommendations, doing some physical activity will benefit their health.
- Adults should start by doing small amounts of physical activity, and gradually increase the frequency, intensity and duration over time.

In adults, higher amounts of sedentary behaviour are associated with the following poor health outcomes: all-cause mortality, cardiovascular disease mortality and cancer mortality and incidence of cardiovascular disease, cancer and type-2 diabetes.

It is recommended that:

> Adults should limit the amount of time spent being sedentary. Replacing sedentary time with physical activity of any intensity (including light intensity) provides health benefits.

*Strong recommendation, moderate certainty evidence*

> To help reduce the detrimental effects of high levels of sedentary behaviour on health, adults should aim to do more than the recommended levels of moderate- to vigorous-intensity physical activity.

*Strong recommendation, moderate certainty evidence*



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Daily household chores can add to your daily physical activity



Daily physical activity might be all about your mindset



# Avoiding risky substances



ask about alcohol.ie

## Ask about alcohol

How alcohol affects your health and wellbeing

HSE Drugs and Alcohol Helpline: Freephone 1800 459459 for confidential information and support

**Alcohol and health**

How alcohol affects your physical and mental health and how to reduce the risks

**Information for parents about young people**

How to communicate with your child about alcohol and other drugs

**Self-help for problem alcohol or drug use**

How to give up or cut down if alcohol or drugs are causing problems in your life

**Alcohol dependence**

Signs and patterns of alcohol dependence and what can increase your risk

**Coping with difficult situations**

How to cope with difficult alcohol-related situations



**Drinks calculator**

Use our drinks calculator to find out how your drinking affects your health, wallet and weight

Use the drinks calculator

**Self assessment tool**


Take our alcohol test to find out more about what type of drinker you are and the impact of your drinking

Take the test


**Alcohol support and services**

Find alcohol treatment and support services in Ireland

Find services

 our health service

Search



[HSE.ie](#) > [Quit smoking](#)

# QUIT

## 8,131 people have quit smoking this year with the Quit plan

Sign up to a Quit plan >

Login

**[Sign up and quit smoking](#)**


Sign up to a Quit plan, order a Quit kit and find out how the quit service works

**[Reasons to quit smoking](#)**

Why smoking is bad for you, the health and financial benefits of stopping

**[Get help to quit smoking](#)**

Stop smoking clinics, support and treatment







Eat food. Not too much. Mostly plants.  
**Michael Pollan**

gov.ie News Departments Services Languages - Q

### Prevent weight gain with healthy habits

An Roinn Sláinte Department of Health

hi Healthy Ireland



Sláintecare Healthy Communities

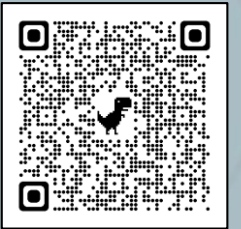
Healthy Food Made Easy is a fun course where you will learn to cook healthy meals on a budget.

Register for a course in your area.

HEALTHY FOOD MADE EASY

- Prepare, cook and taste healthy recipes
- Learn about healthy eating
- Get tips on food shopping
- Plan meals on a budget
- Relaxed and fun approach
- For all ages and abilities

An Roinn Sláinte Department of Health HSE hi Roinn Ábairt Éireann Local Government Ireland



**Remember:** food can impact your mood through the gut microbiome





# Cultivate social connections



**IRELAND'S  
WOMEN'S**

**IRELAND'S  
WOMEN'S  
SHEDS**

**Irelands Womens sheds**  
2.5K likes • 3.2K followers

QR code



SHOULDER 2 SHOULDER

IRISH  
**SHEDS**  
ASSOCIATION

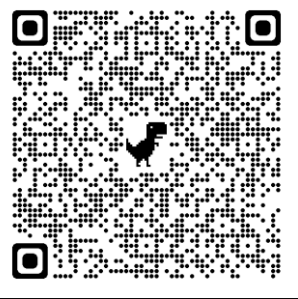
www.menssheds.ie

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**Let's Walk and Talk Walking  
Group Meetings**





INTERNATIONAL BESTSELLER



# IKIGAI

The Japanese Secret  
*to a Long and Happy Life*

HÉCTOR GARCÍA AND FRANCESC MIRALLES  
Bestselling authors of **THE BOOK OF ICHIGO ICHIE**

# Meaning & Purpose



Licensed from Adobe Stock

For some people, religion and spirituality provide meaning and purpose in life, including those living in the blue zones





# Summary

- We should aspire to increase our health span along with our life span
- People who live in blue zones (regions where people live longer with good health) pay attention to whole health
- Lifestyle medicine emphasises the importance of whole health that includes: regular physical activity, eating healthy whole food, stress management, cultivating social connections and avoiding risky substances like alcohol and tobacco
- Cultivating meaning and purpose in life is equally important for your health



HOMEWORK



	Score (1-5)
Physical activity	
Eating health food	
Sleep	
Social connection	
Stress management	
Risky substance use	
Meaning & purpose	

# Scoring

1 = poor

5 = very good

If you score 3 and under, then make a plan to make a small change in the coming weeks. Make your new goal **SMART**:

**Specific** (e.g., get more healthy sleep)

**Measurable** (e.g., record how many hours you sleep)

**Achievable** (e.g., is this achievable for a new parent?)

**Realistic** (e.g., see above)

**Time-bound** (e.g., measure over 4 weeks)

Get a notebook or your phone and make a plan!



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Thank you

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