

Iowa's Prospects for Independent Living

October 14 & 15, 2013

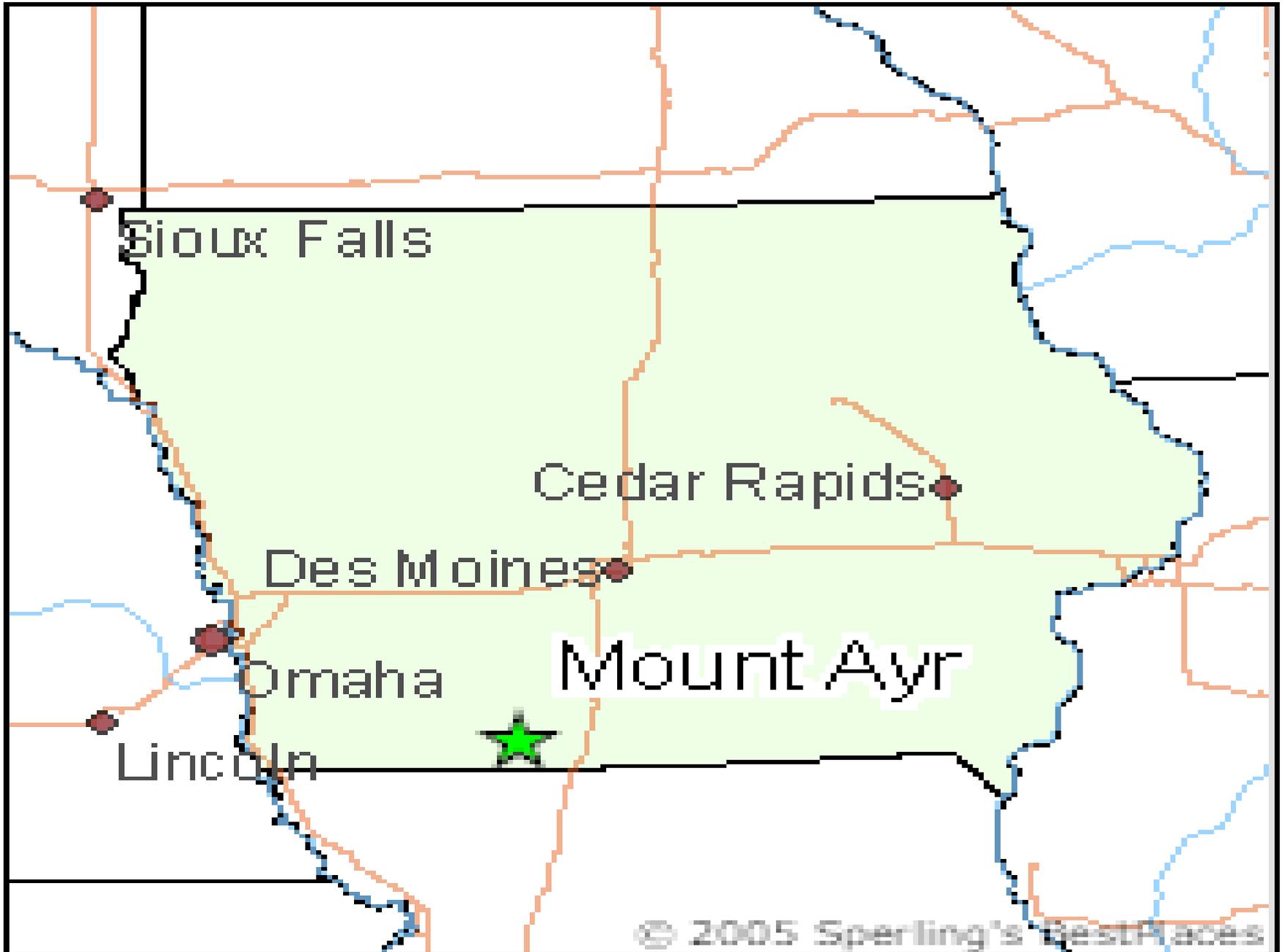
Scheman Building | Ames, Iowa



Active Aging: Living a Healthier Long Life

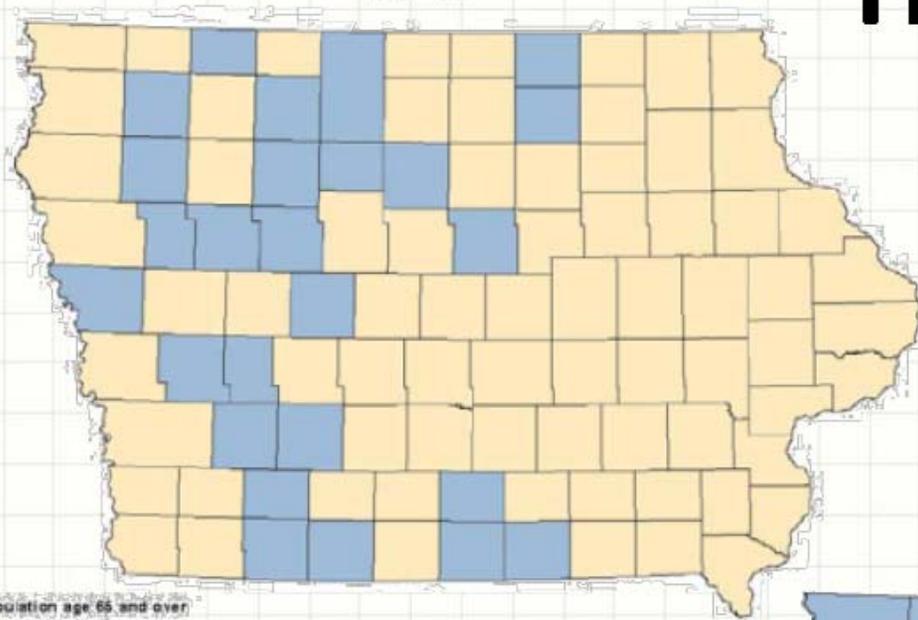
Dr. Shah
Des Moines University

Iowa

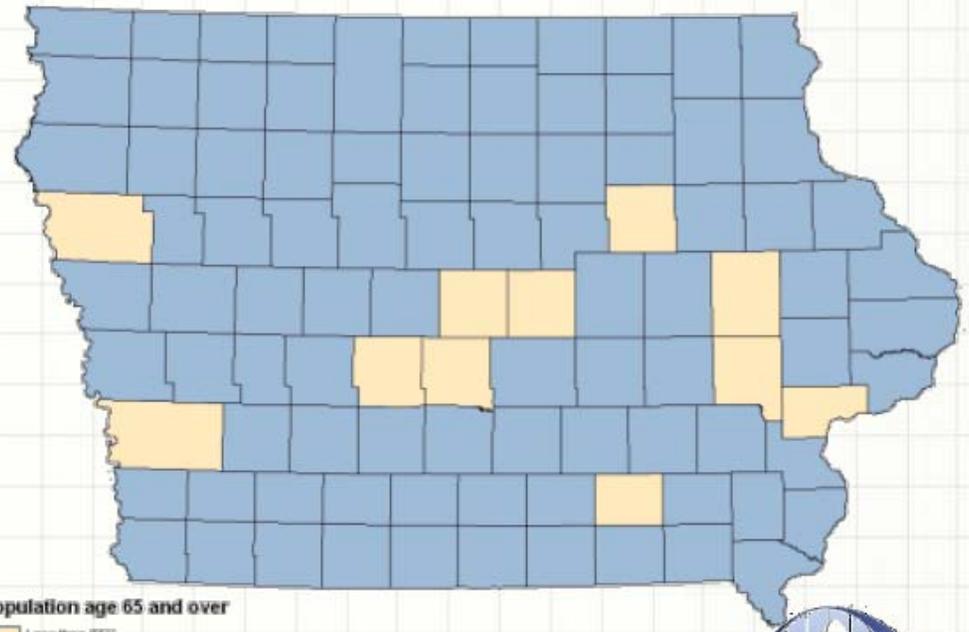


The Silver Tsunami

2010



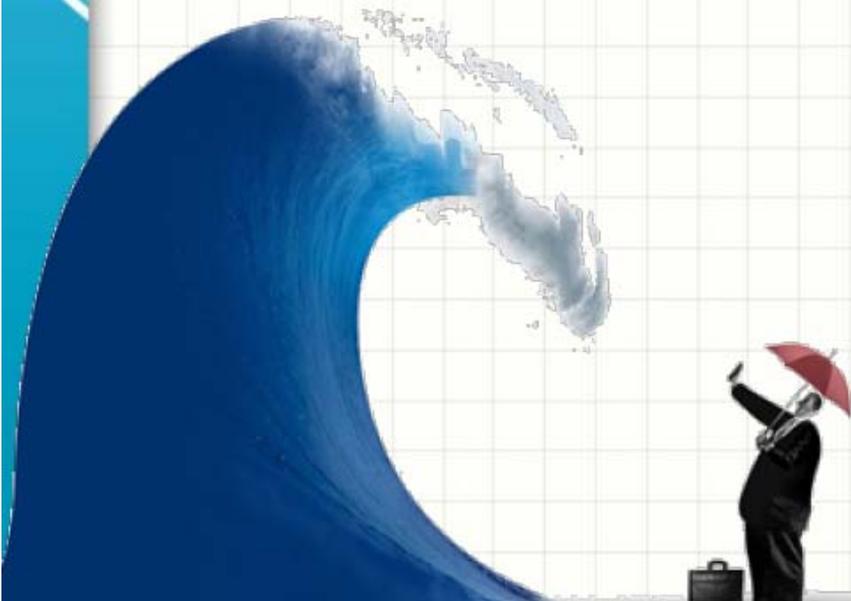
2030



Population age 65 and over



Population age 65 and over



Not Crisis - Opportunity

Active Aging

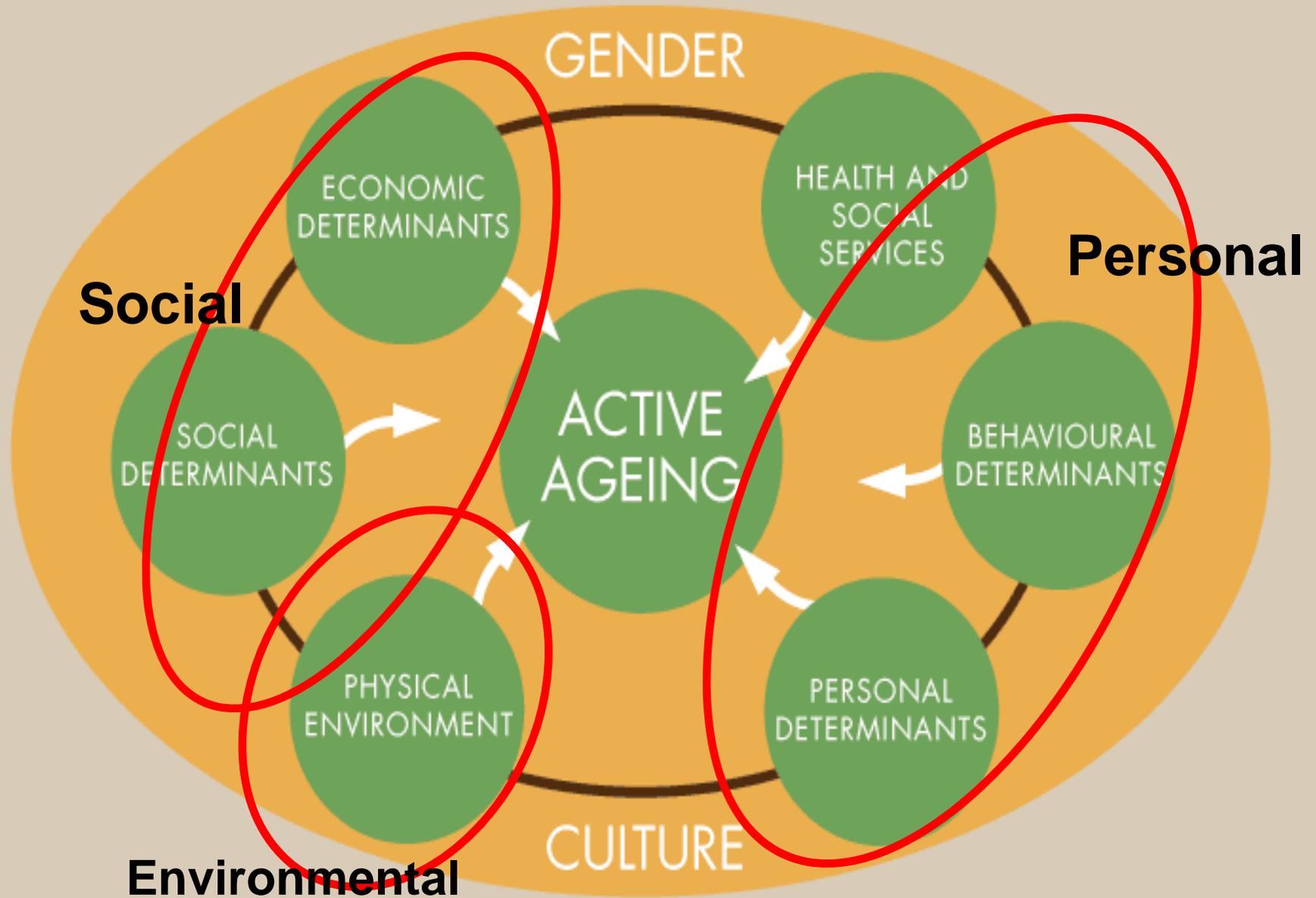


Active Aging

- Realize full potential for physical, social, and mental well-being throughout the life.



THE DETERMINANTS OF ACTIVE AGEING





“A must-read if you want to stay young!”

—MEHMET C. OZ, M.D.

THE
Blue
Zones

**LESSONS FOR LIVING LONGER
FROM THE PEOPLE
WHO'VE LIVED THE LONGEST**

DAN BUETTNER



Blue Zone

- Move
- Right Outlook
- Eat Wisely
- Belong/connect

1. Move Naturally

Right Outlook

2. Know your purpose
3. Down shift

Eat Wisely

4. 80% rule
5. Plant slant
6. Wine@5

Belong

7. Family first
8. Belong
9. Right tribe



1. Move Naturally

Right Outlook

2. Know your purpose
3. Down shift



Eat Wisely

4. 80% rule
5. Plant slant
6. Wine@5



Belong

7. Family first
8. Belong
9. Right tribe



It's new
and
it's always



it!

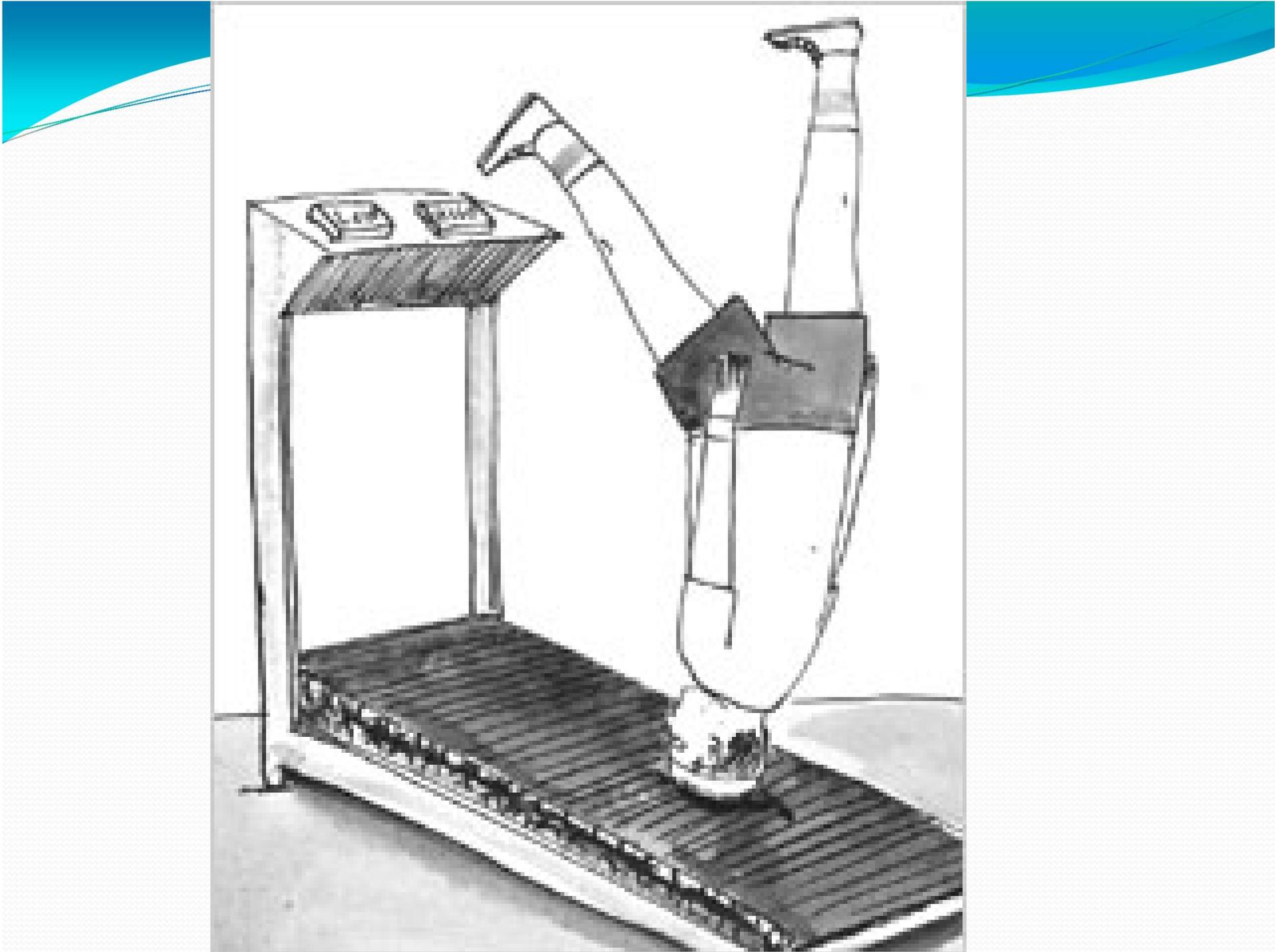
Active aging-Brain

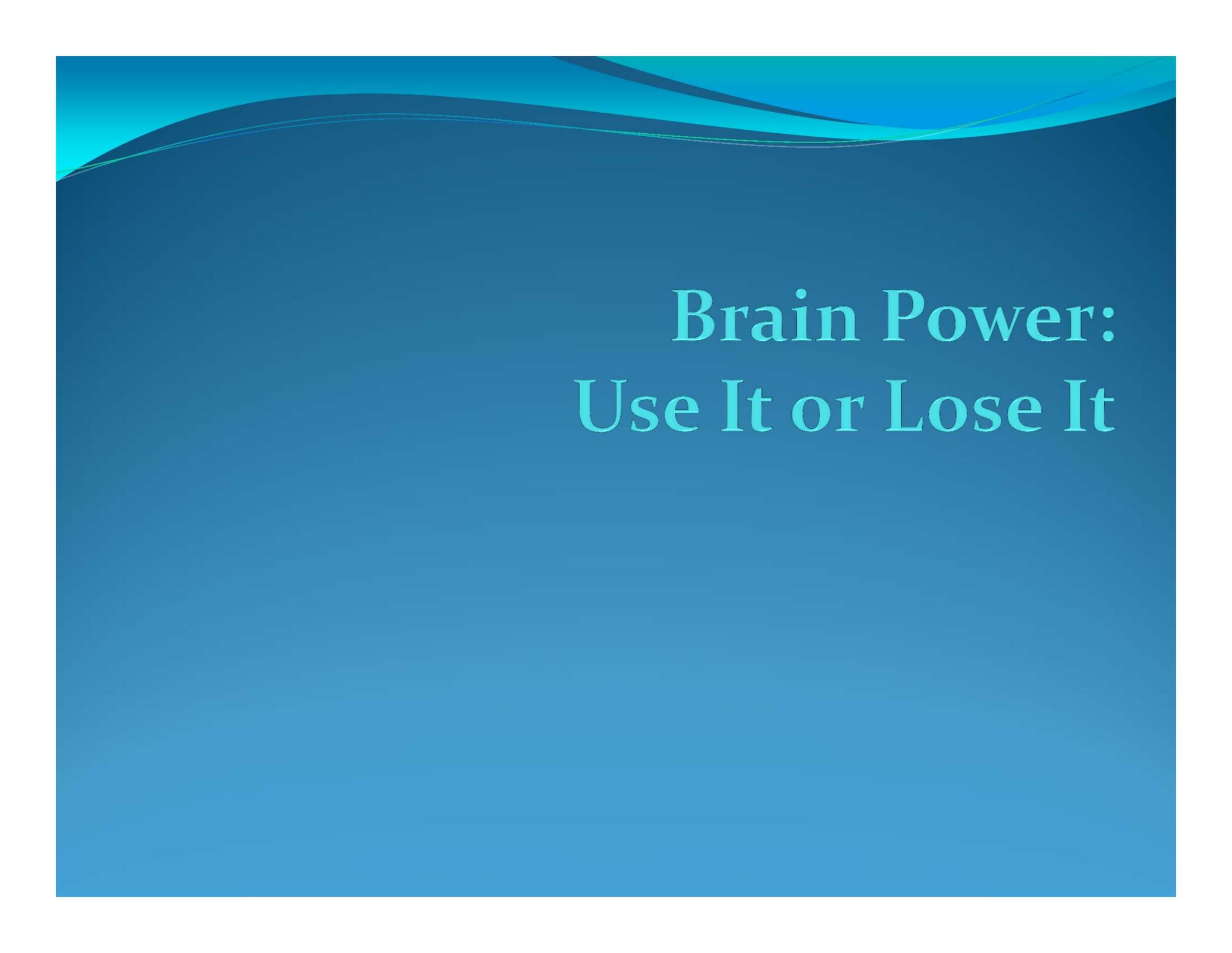
Neuroplasticity

**What works for the Heart
works for the Head**

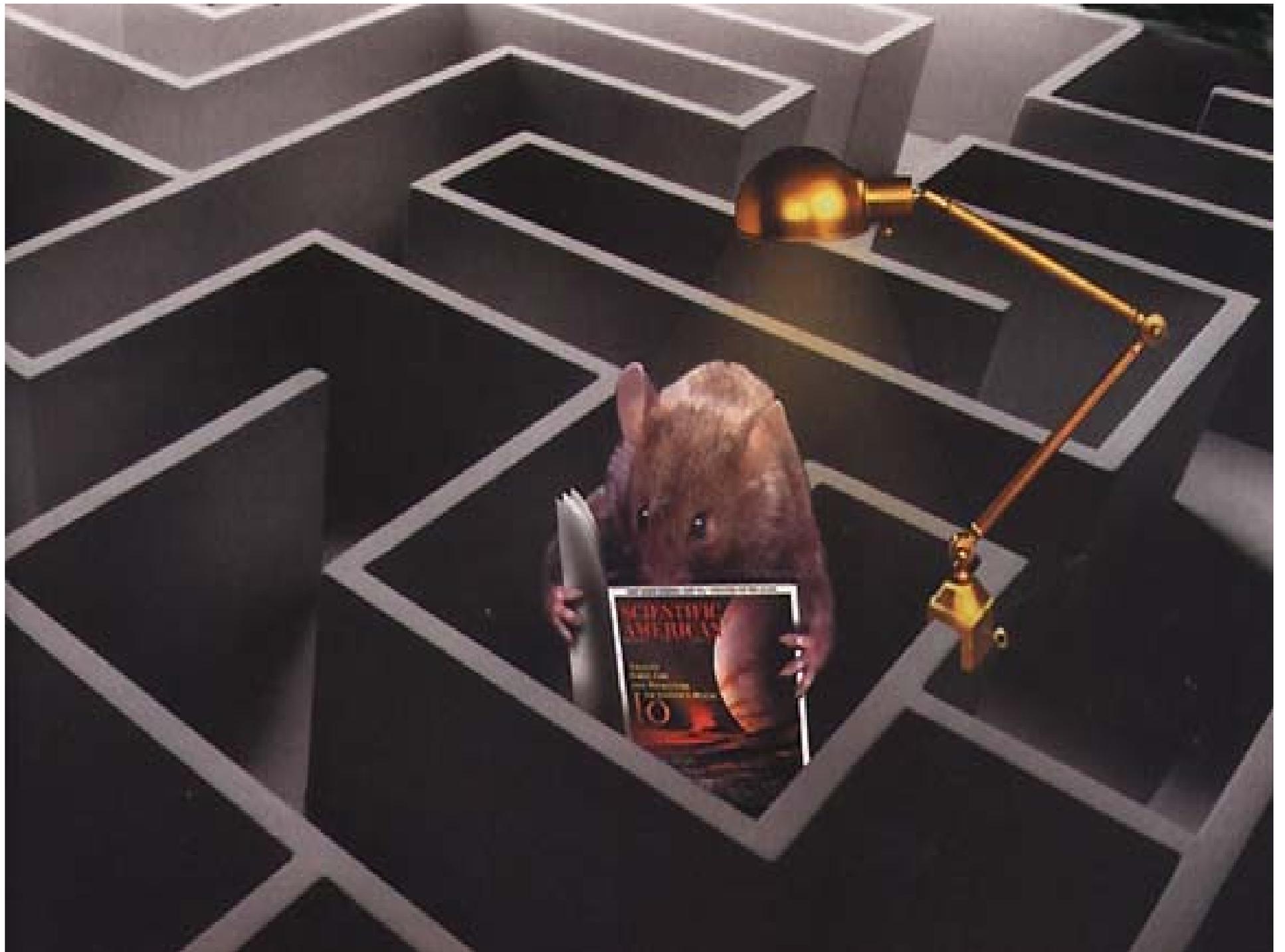


Exercise





Brain Power: Use It or Lose It



Nutrition-Food for Thought

Smart foods

- Blueberries
- Walnuts
- Salmon
- Broccoli
- Olive oil
- Spinach
- Tomatoes
- Red Wine/grape juice
- Dark chocolate/hot coco



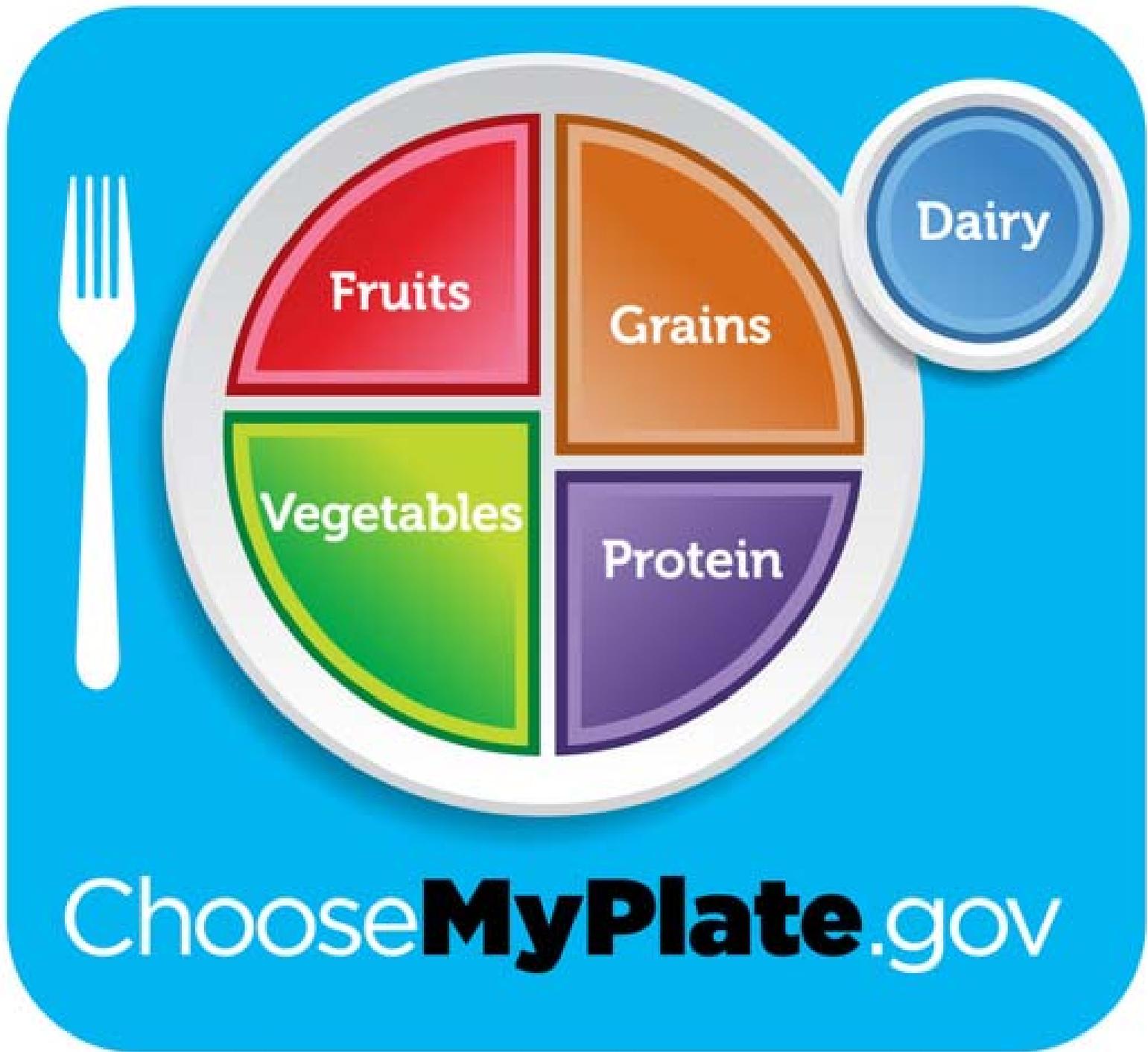
Mediterranean Diet





Mediterranean Diet



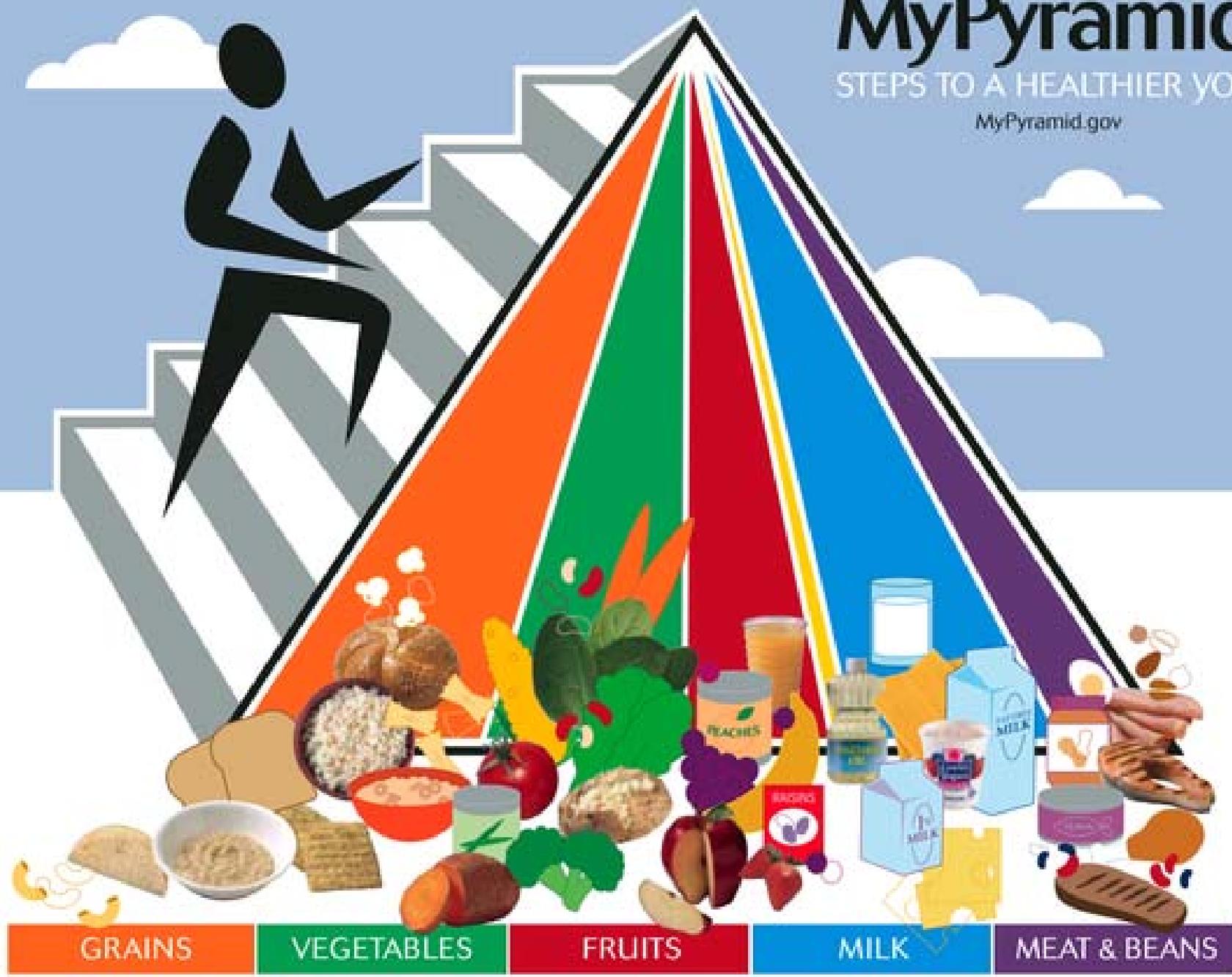


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MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

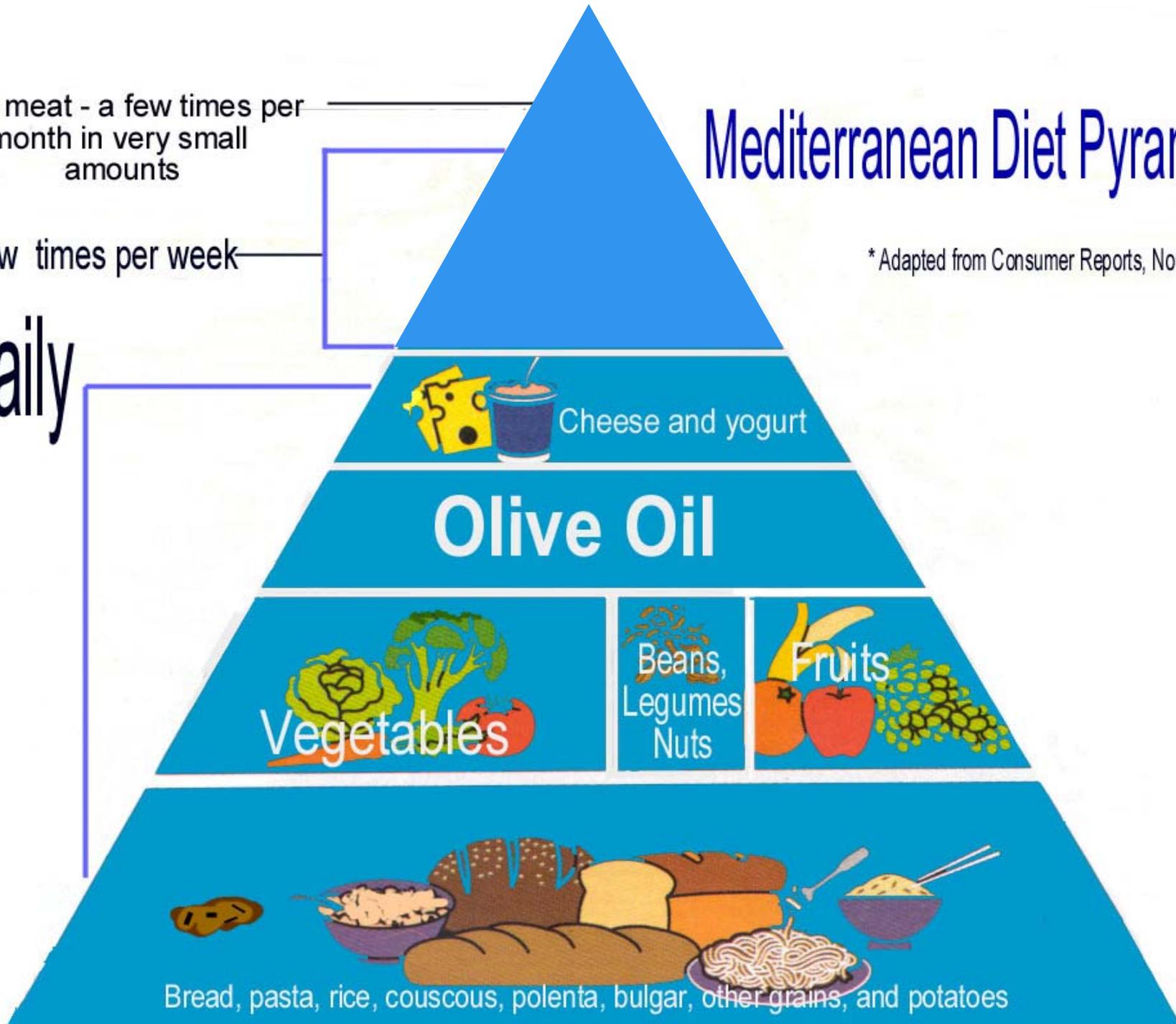
Mediterranean Diet Pyramid*

* Adapted from Consumer Reports, Nov94

Red meat - a few times per month in very small amounts

A few times per week

Daily



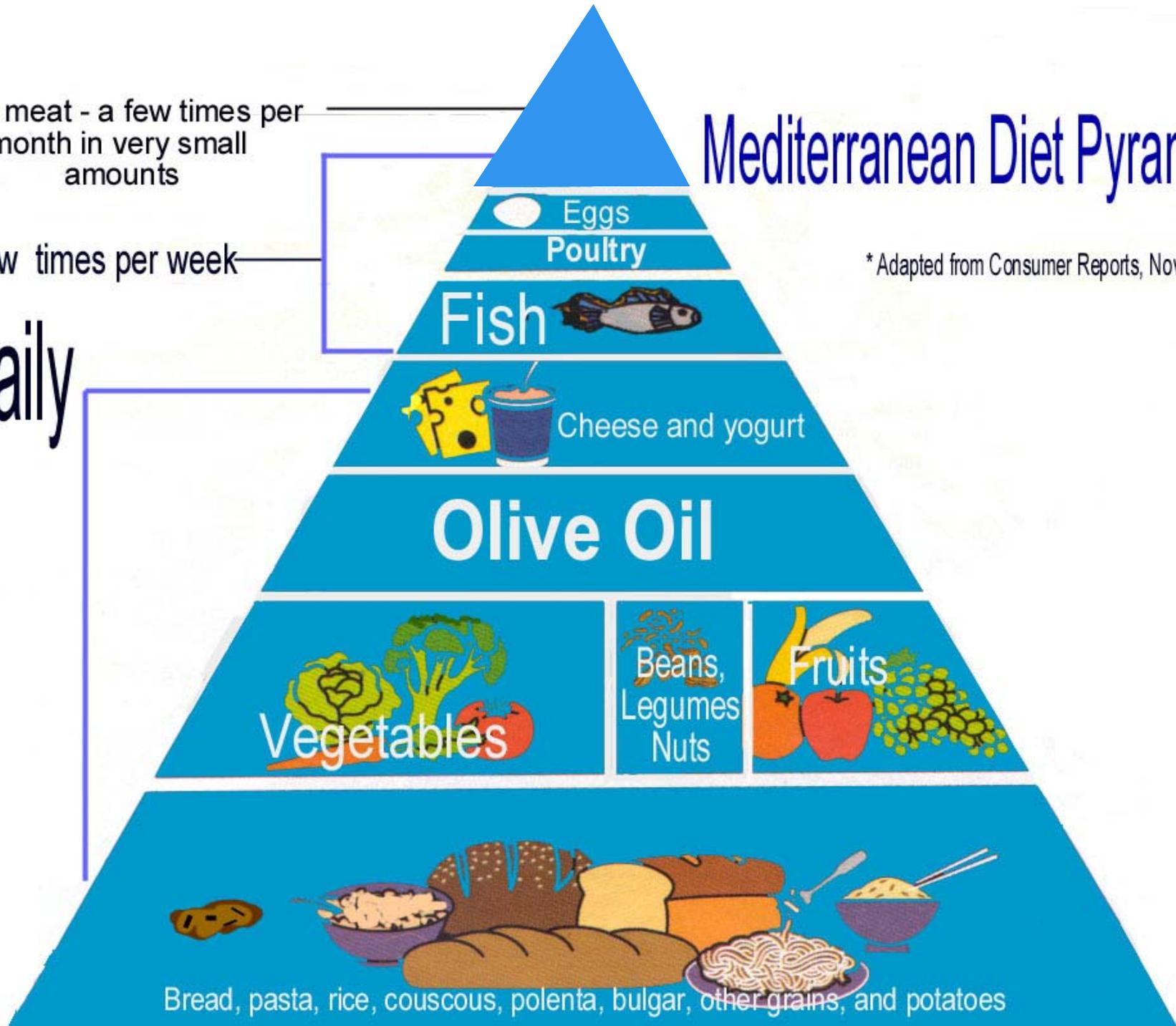
Mediterranean Diet Pyramid*

* Adapted from Consumer Reports, Nov'94

Red meat - a few times per month in very small amounts

A few times per week

Daily



Bread, pasta, rice, couscous, polenta, bulgar, other grains, and potatoes

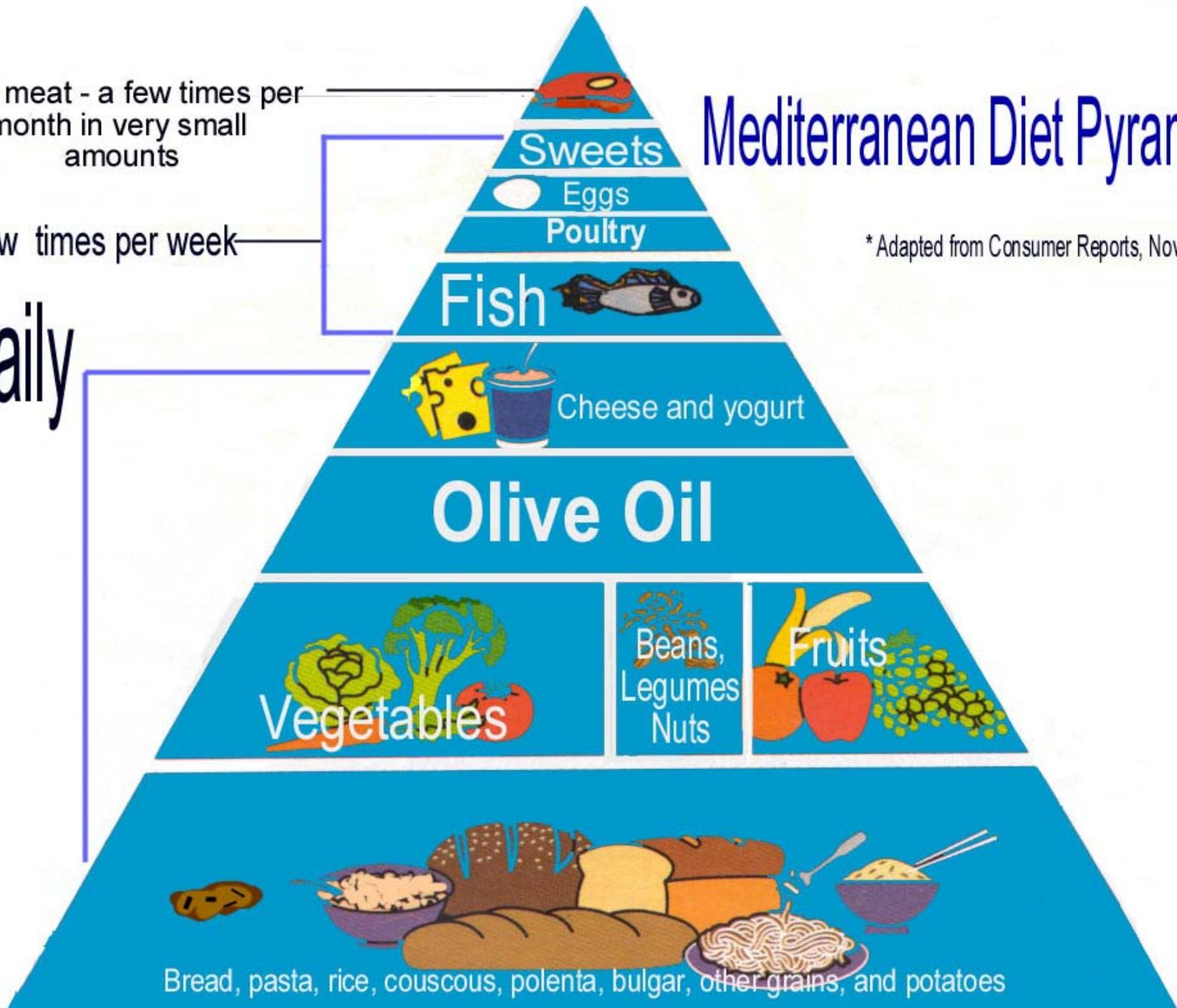
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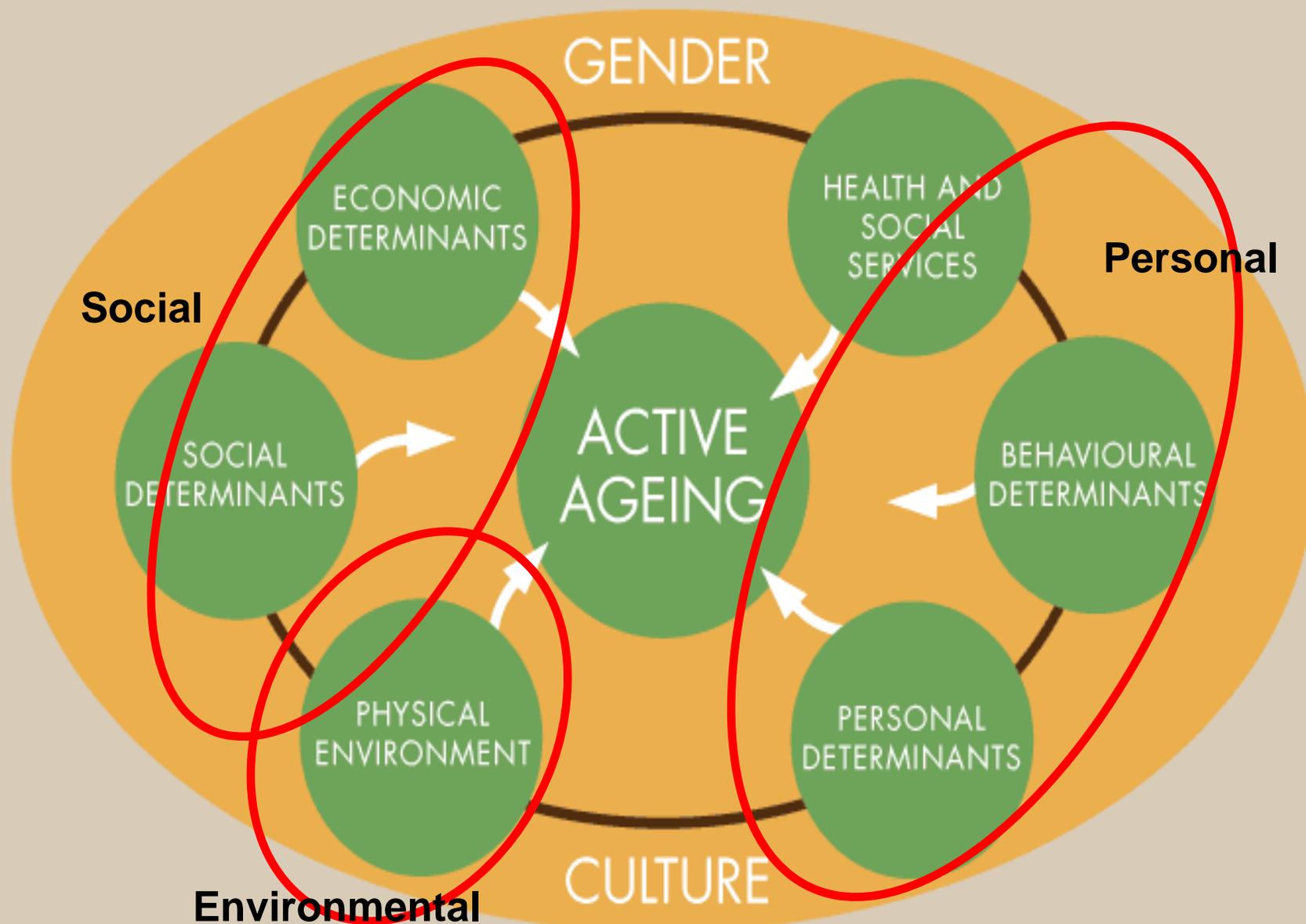




Mediterranean Diet

- 50 % more vegetables and fruits
- Double seafood
- 4 times more olive oil

THE DETERMINANTS OF ACTIVE AGEING





WHO Global Network of Age Friendly Cities



Des Moines named Age-Friendly City

World Health Organization accepts city's membership.

4:21 PM, Oct. 11, 2011 | 2 Comments

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5

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AA+



World Health Organization

your score.
or your credit instantly.

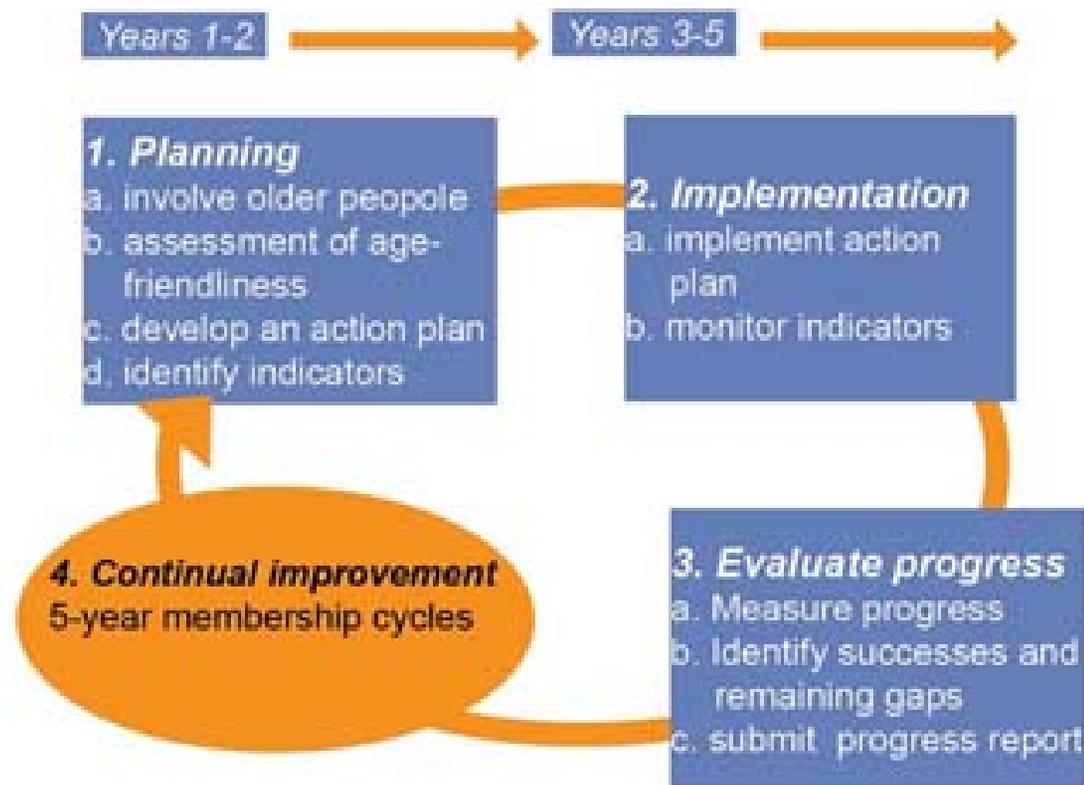


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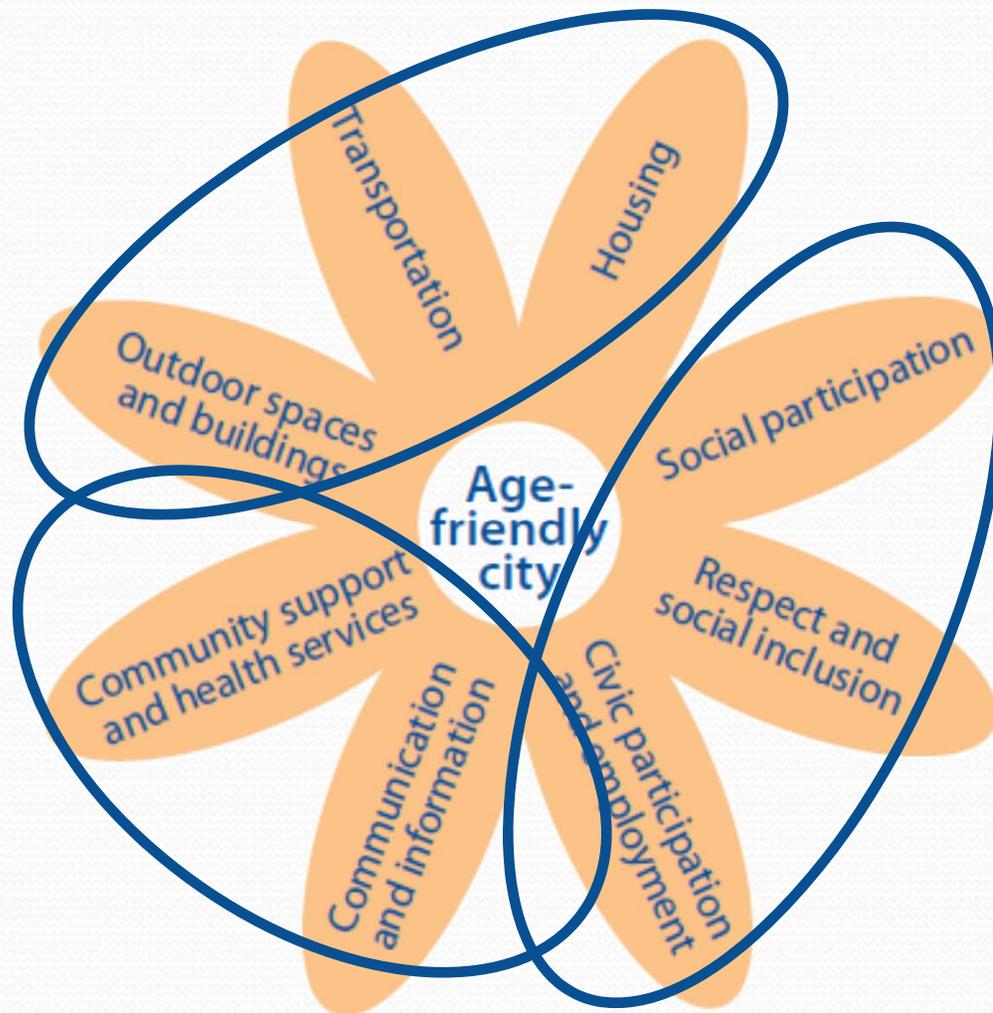


Recommend

Cycle of WHO Global Network of Age-friendly Cities©



Age Friendly City - Eight Areas of Excellence



- Infrastructure
- Social Capital
- Health Services

DSM AFC Advisory Committee

DSM AFC
Executive Committee

Community Presence
AARP Leadership
Planning Team



DES MOINES UNIVERSITY

Infrastructure Work
Group

Social Capital Work
Group

Health Services and
Communications
Work Group

Open Spaces &
Buildings

Social Participation

Health Services &
Community

Transportation

Social Inclusion &
Respect

Communications &
Information

Housing

Civic Participation &
Employment





AFC-Health

- Delivery of health services is coordinated, respectful, user-friendly and focuses on **wellness**



Regional & State Planning Efforts



CAPITAL CROSSROADS
A VISION FORWARD 

THE TOMORROW PLAN
Partnering for a Greener Greater Des Moines



healthiest
— state —
initiative

dart  **Forward**
2035



BLUE ZONES™



healthiest
— state —
initiative





Get Involved in the Healthiest State Initiative

Celebrate Aging

If not NOW , WHEN?

Mining for Options





Value of Connecting

- Your friends affect your health
 - Surround yourself with health-conscious people



Value of Connecting and using your talents

- Volunteers have lower rates of cancer, heart disease, depression and healthcare costs.
- Using your strengths and talents will help you live longer and healthier.
 - May add 7 years to your life