

Add Years to Your Life and Life to Your Years

Henry N. Williford

Japan – 83
Switzerland – 82
Australia – 81
Italy – 81
Iceland – 81
Israel – 81
France – 81
Sweden – 81
Spain – 81
Singapore – 81
Norway – 81
Canada – 81
Andorra – 80
Austria – 80
Netherlands – 80
New Zealand – 80
Korea – 80
Ireland – 80
Germany – 80
United Kingdom – 80
Belgium – 79

Life Expectancy of Industrialized Nations

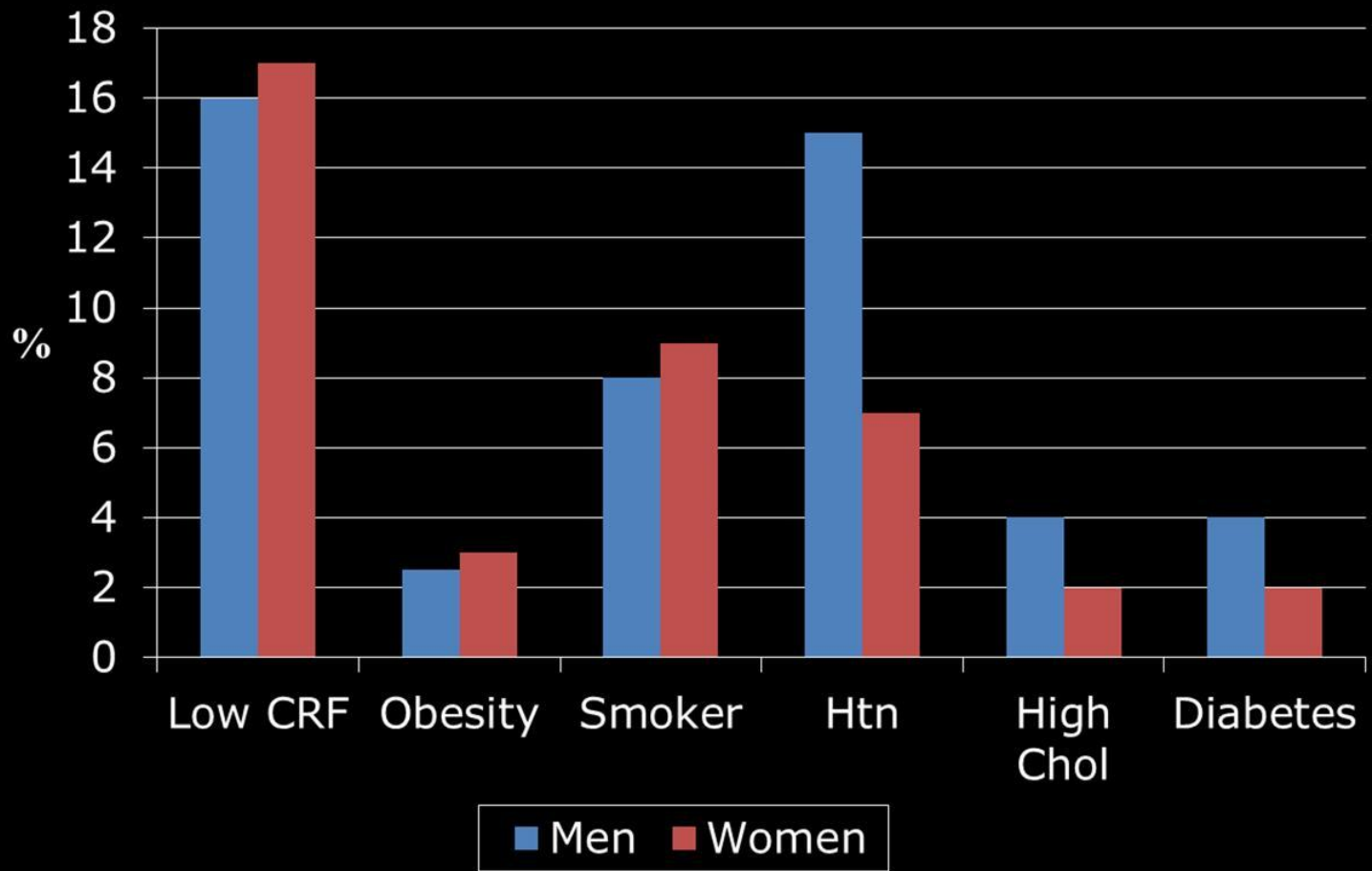
2012 Life Expectancy Annual
Review of Public Health

Finland – 79
Luxembourg – 79
Greece – 79
Liechtenstein – 79
Malta – 79
Cyprus – 79
Portugal – 79
Slovenia – 79
Costa Rica – 79
Cuba – 79
Chile – 79
Denmark – 78
United States – 78
Qatar – 78

Life Expectancy In Alabama

- Alabama = 75.1 yrs.
- Nationwide = 78.6 yrs.

Death Prevention: Attributable Deaths (%) From Risk Factors

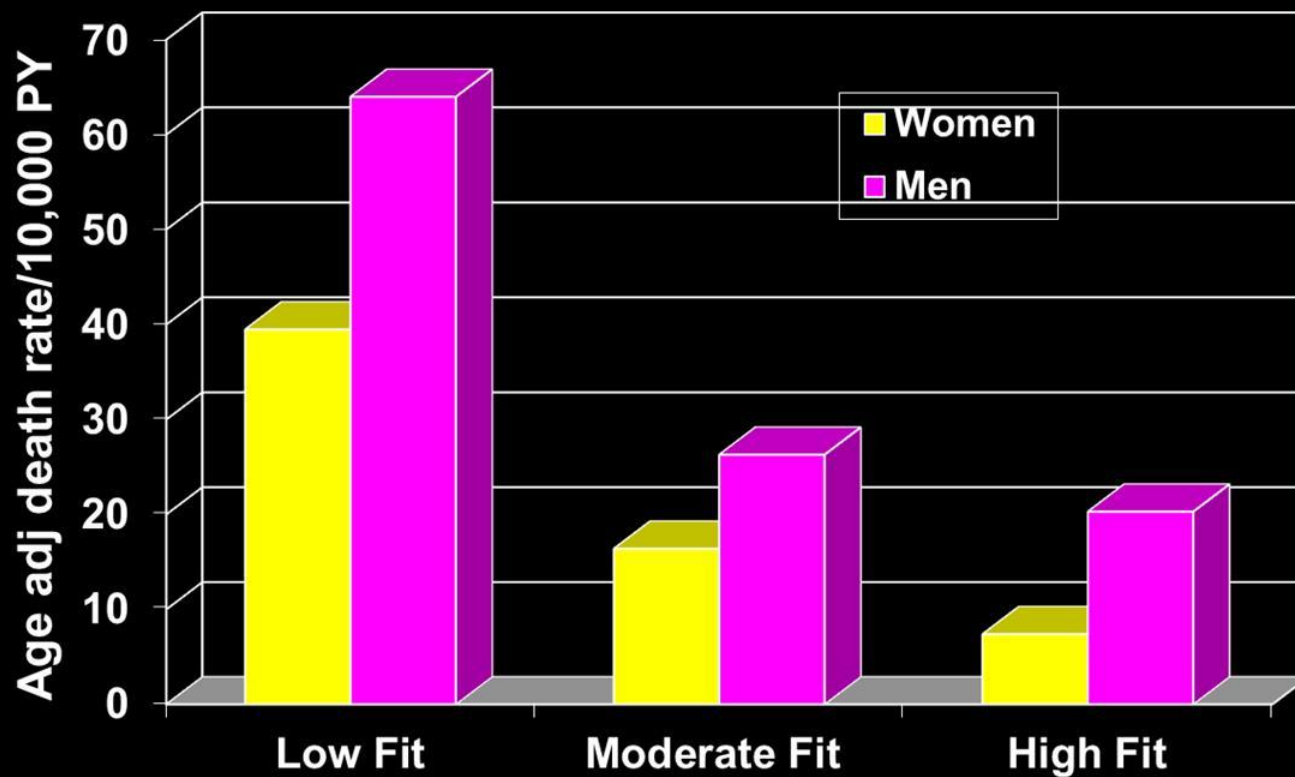


Aerobics Center Longitudinal Study (ACLS), Cooper Institute
•40,842 men; 12,943 women

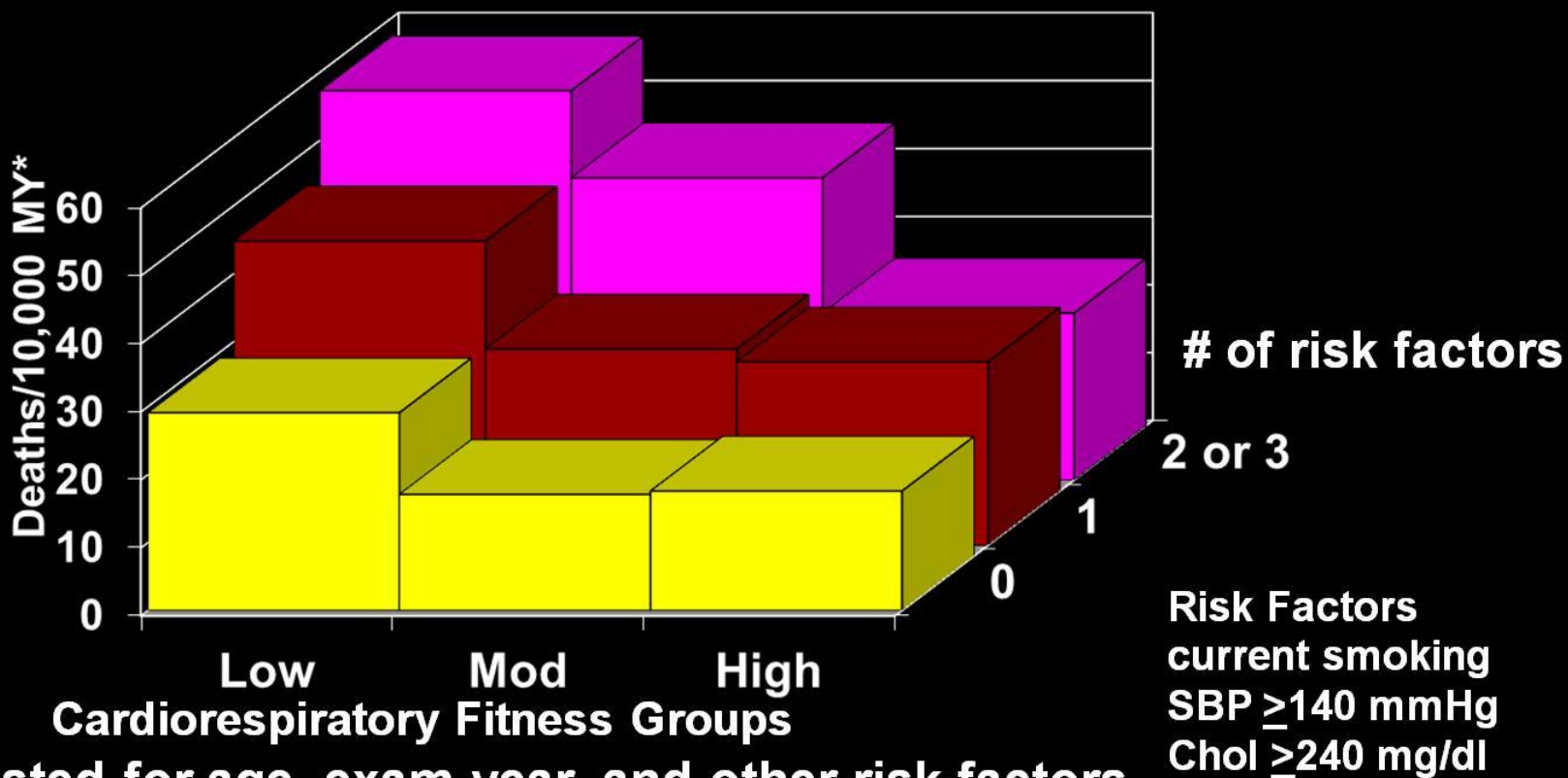




All-Cause Death Rates by CRF Categories—3,120 Women and 10,224 Men—Aerobic Center Study

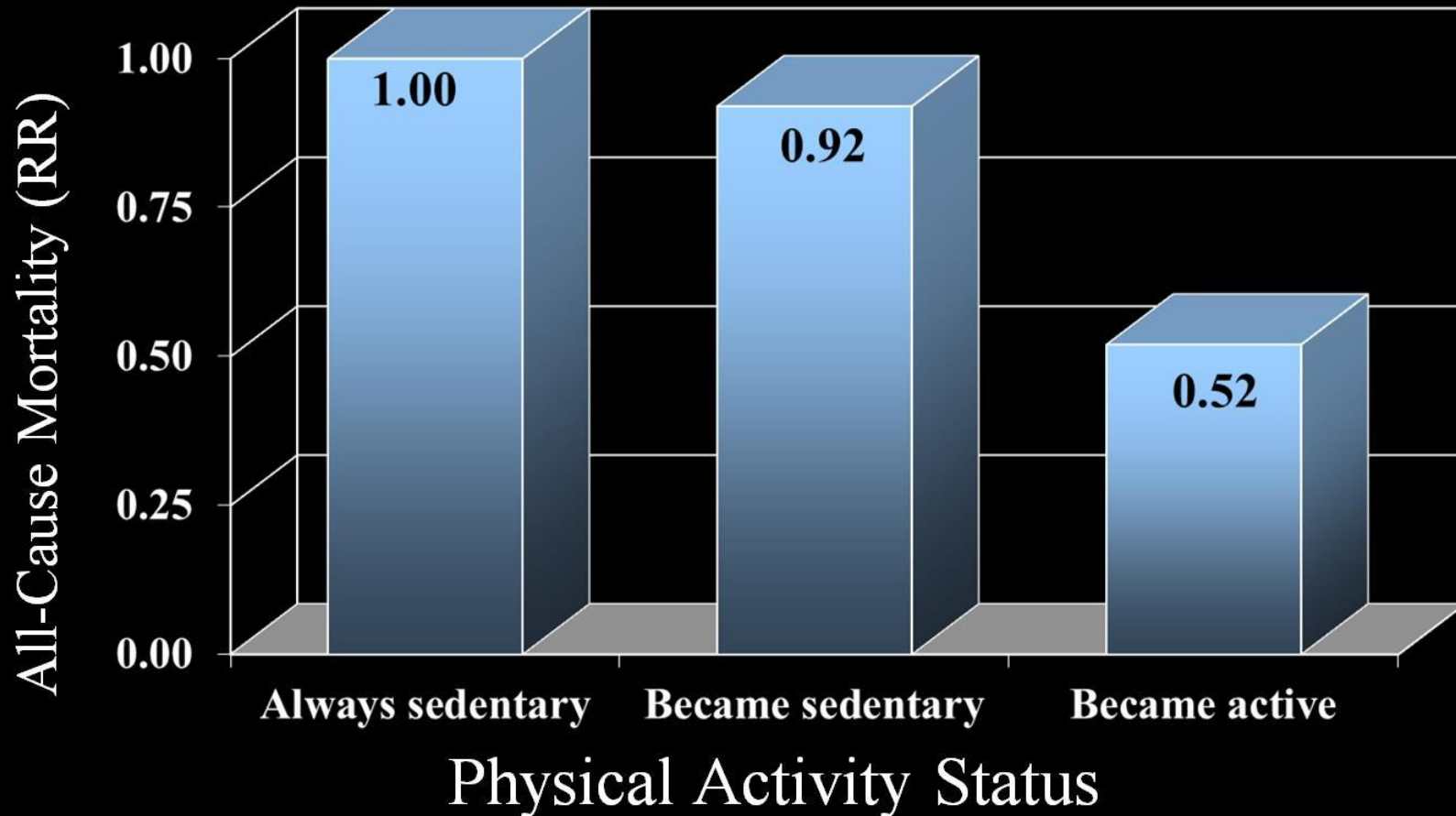


Cardiorespiratory Fitness, Risk Factors and All-Cause Mortality, Men, ACLS



*Adjusted for age, exam year, and other risk factors

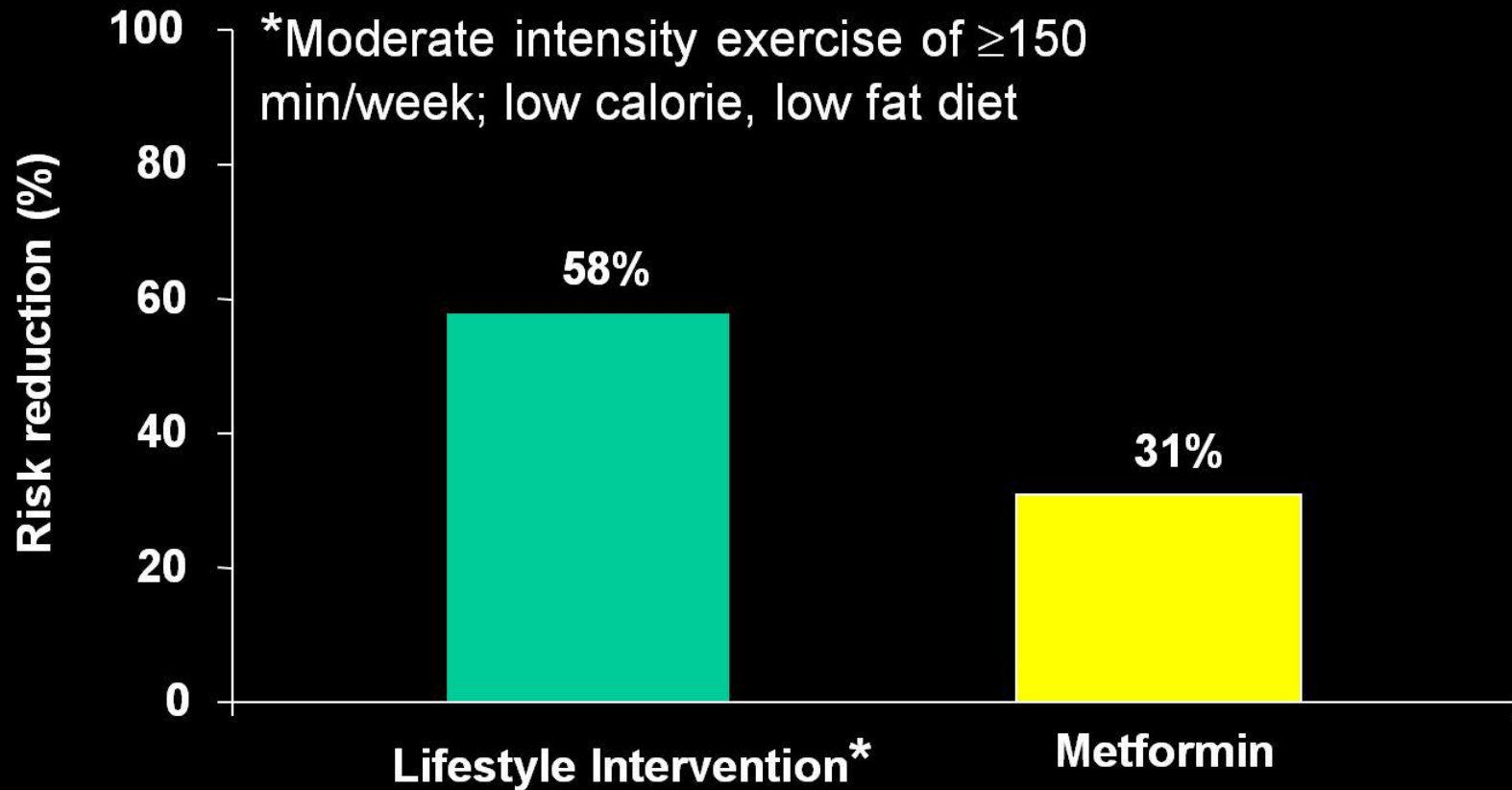
Physical Activity and Mortality Risk



n=7553 tracked 12.5 yrs.

JAMA 289:2383, May 14, 2003

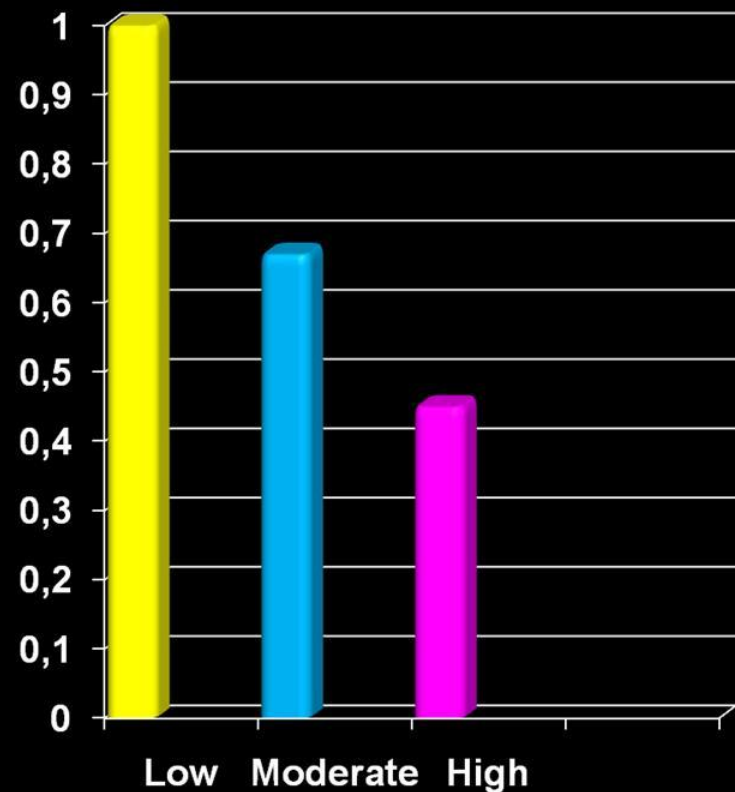
Reduction in Risk of Developing Diabetes in Comparison with Controls



CRF and Breast Cancer Mortality

- 14,551 women, ages 20-83 years
- Completed exam 1970-2001
- Followed for breast cancer mortality to 12/31/2003
- 68 breast cancer deaths in average follow-up of 16 years
- Odds ratio adjusted for age, BMI, smoking, alcohol intake, abnormal ECT, health status, family history, & hormone use

Odds Ratio

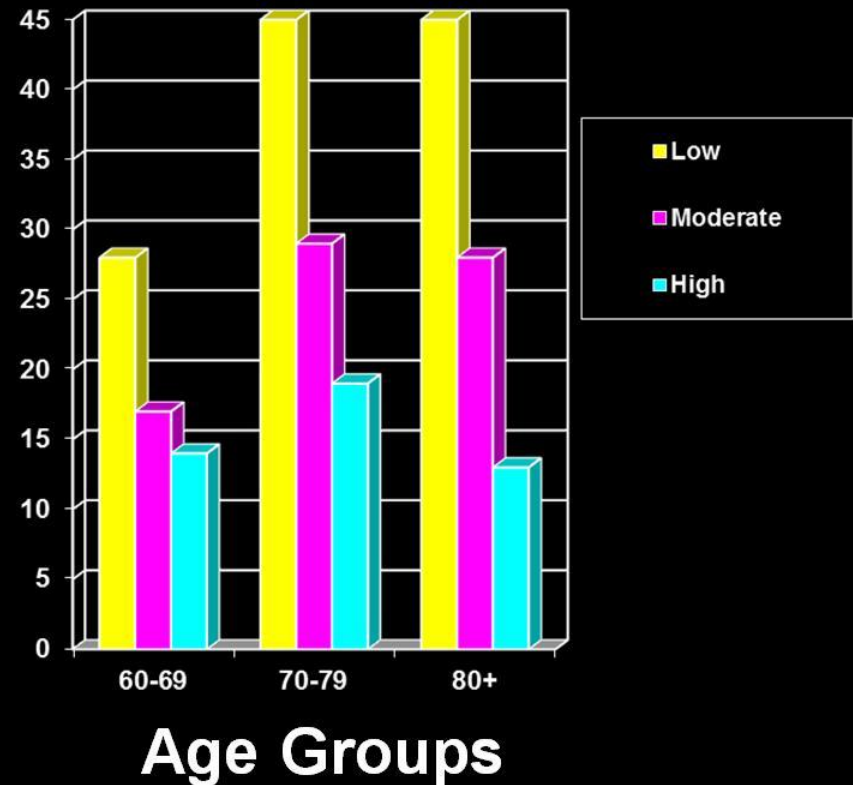


p for trend=0.04

Cardiorespiratory Fitness and All-Cause Mortality, Women and Men ≥ 60 Years of Age

- 4060 women and men greater than 60 years
- 989 died during ~14 years of follow-up
- ~25% were women
- Death rates adjusted for age, sex, and exam year

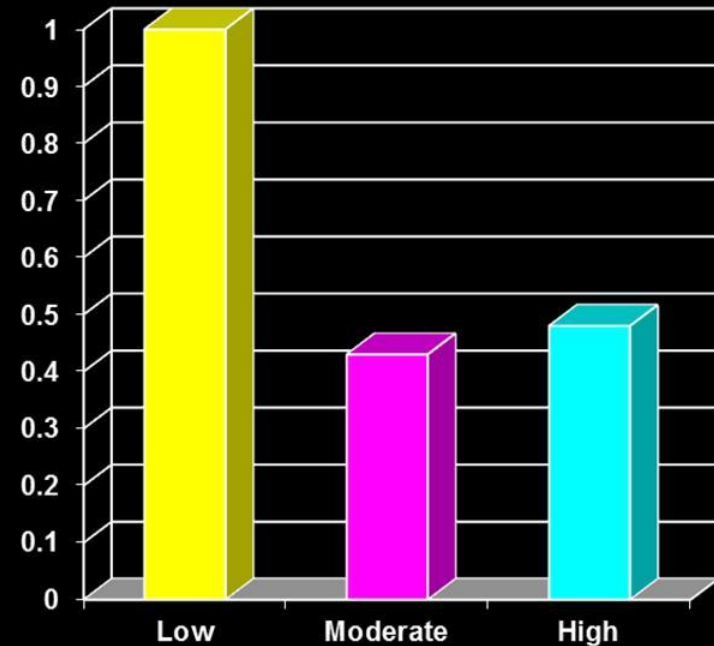
All-Cause death rates/1,000 PY



Cardiorespiratory Fitness and Risk of Dementia, ACLS

- 59,960 women and men
- Followed for 16.9 years after clinic exam
- 4,108 individuals died
 - 161 with dementia listed on the death certificate
- Hazard ratio adjusted for age, sex, exam yr., BMI, smoking, alcohol, abnormal ECG, history of hypertension, diabetes, abnormal lipids, and health status

Hazard Ratio



Fitness Categories

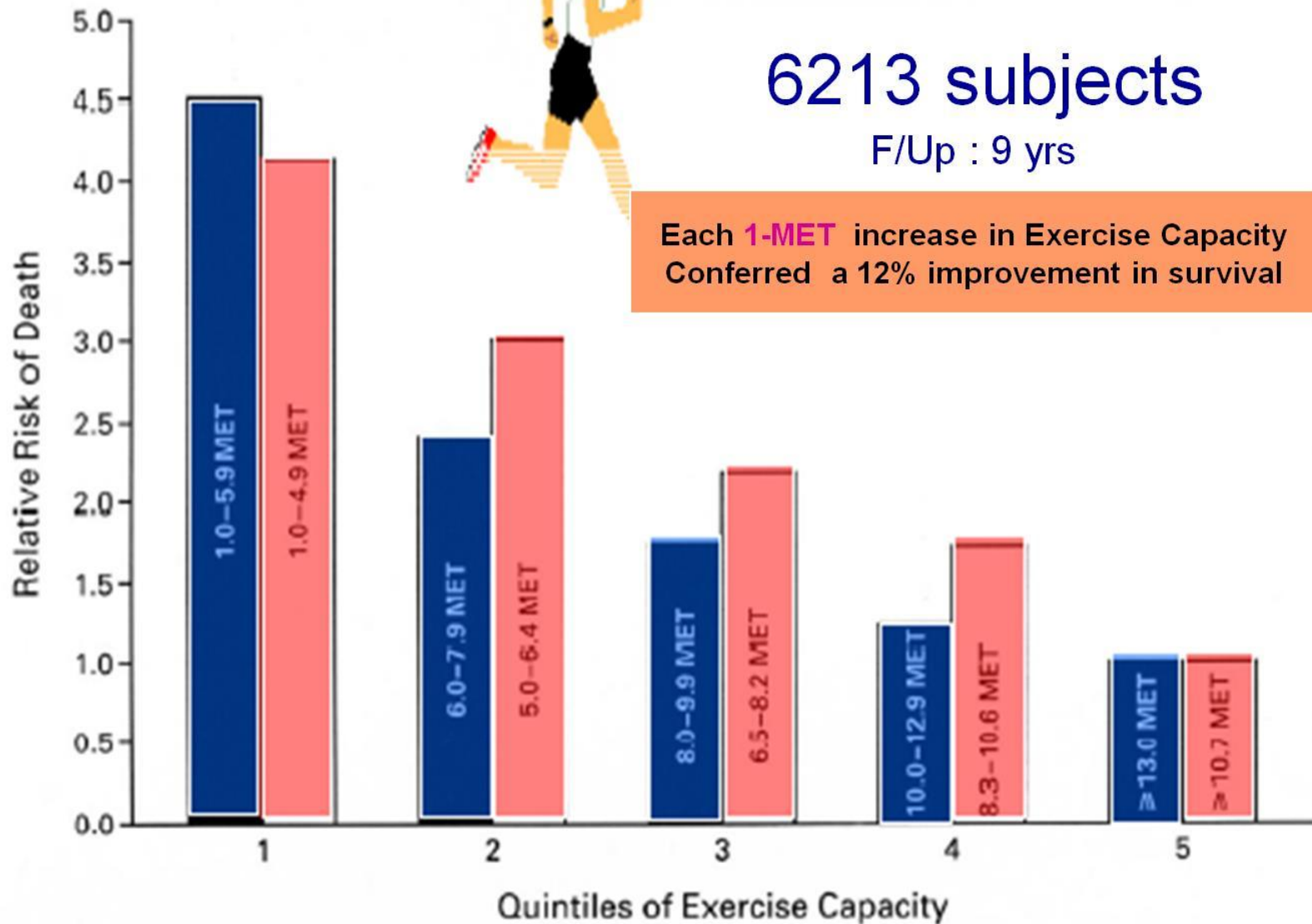
P for trend=0.002



6213 subjects

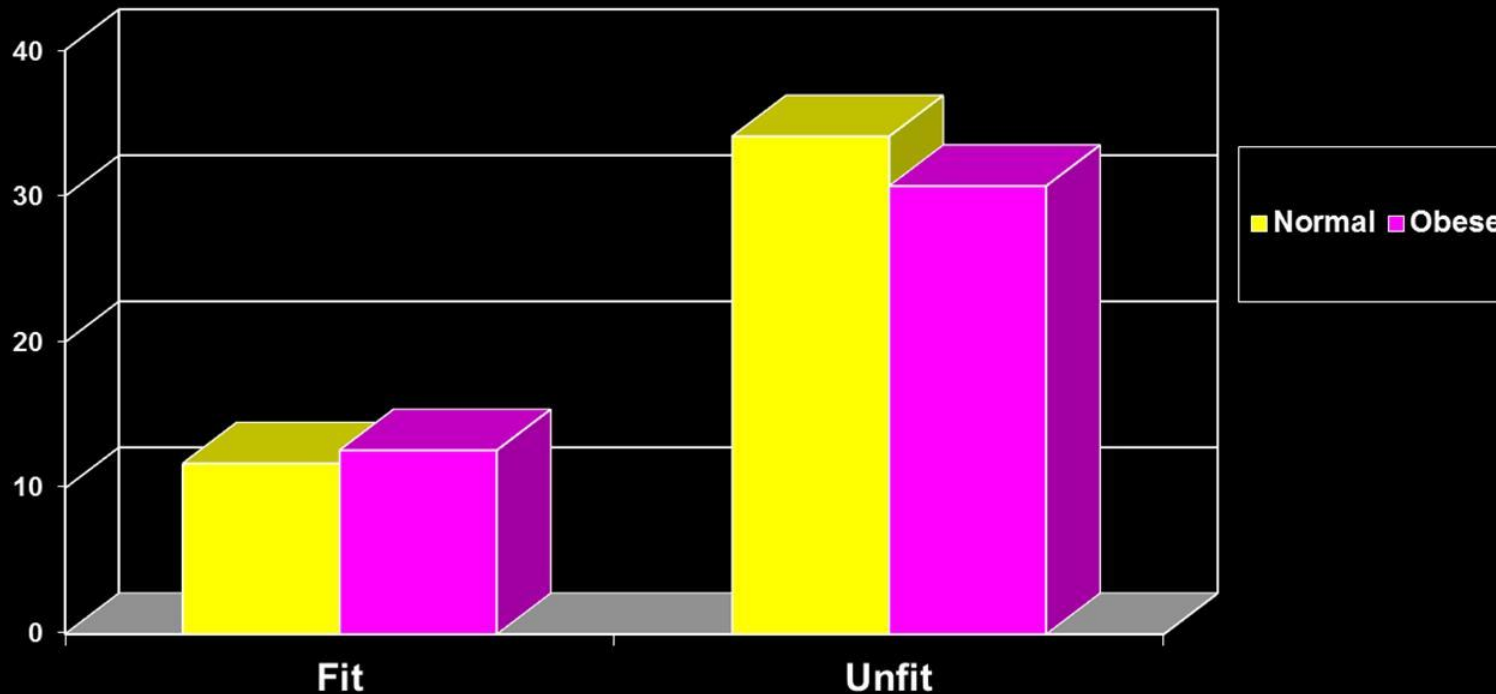
F/Up : 9 yrs

Each 1-MET increase in Exercise Capacity
Conferred a 12% improvement in survival



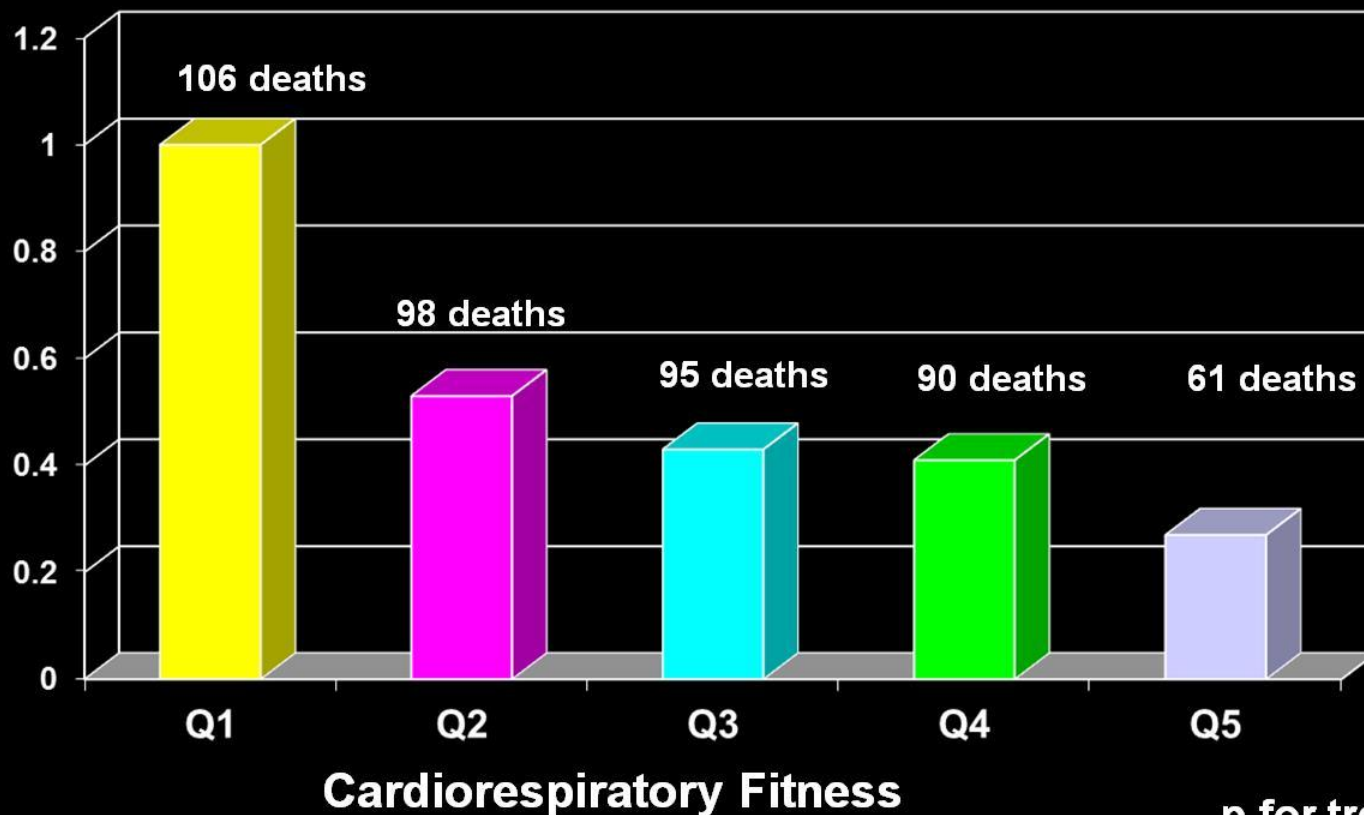
Joint Associations of CRF and % Body Fat with All-cause Mortality, ACLS Adults 60+

Death rate/1,000 person-years



Rates adjusted for age, sex and exam year

Multivariate + % Body Fat adjusted HR of All-Cause Mortality by Fitness Groups, ACLS, 2603 Adults 60+

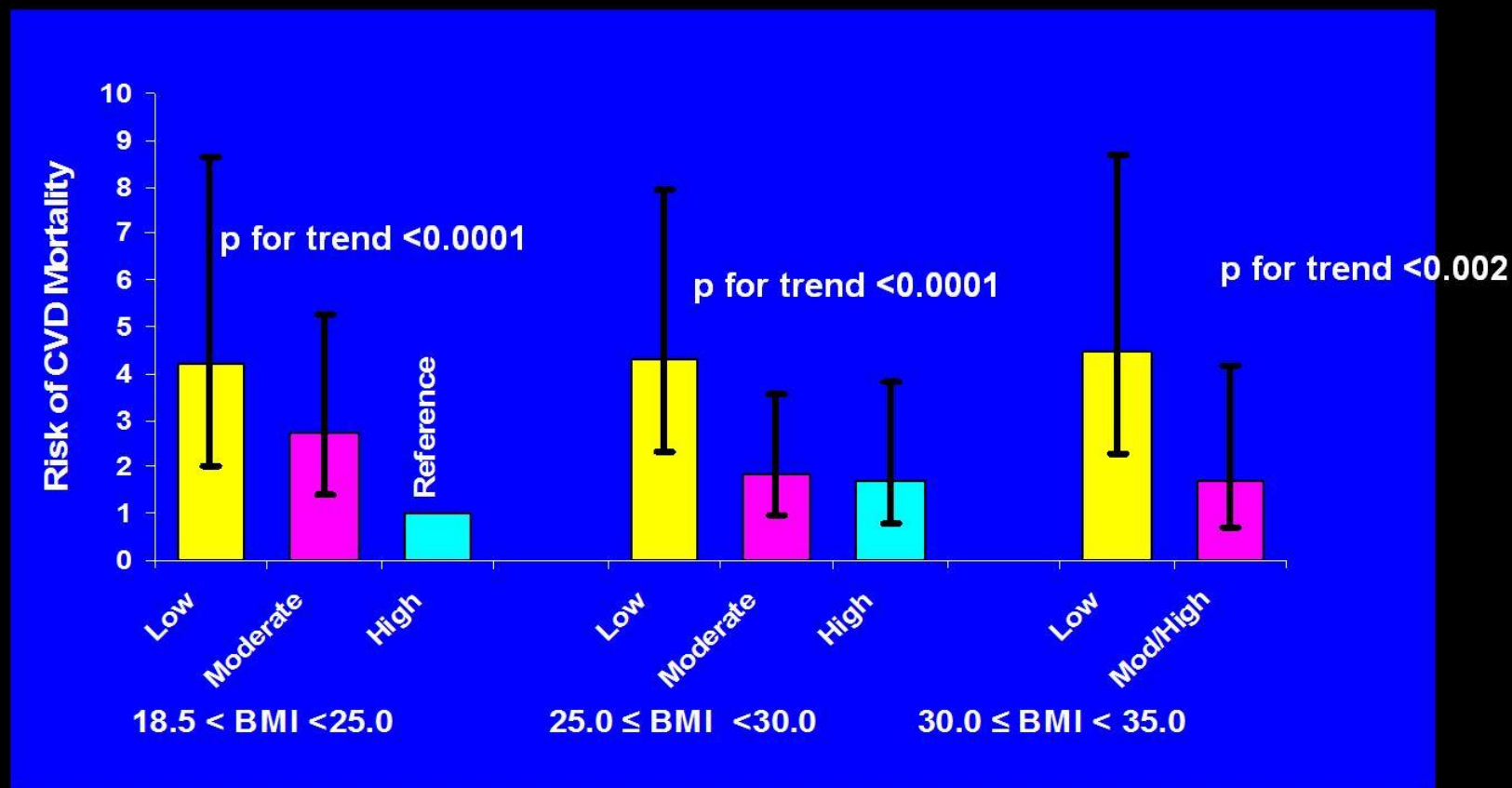


p for trend <math>< 0.001</math>

*Adjusted for age, exam year, smoking, abnormal exercise ECG, baseline health conditions, and percent body fat

Sui M et al. *JAMA* 2007; 298:2507-16

CVD Mortality Risk* by Fitness and BMI Categories, 2316 Men with Diabetes, 179 CVD Deaths



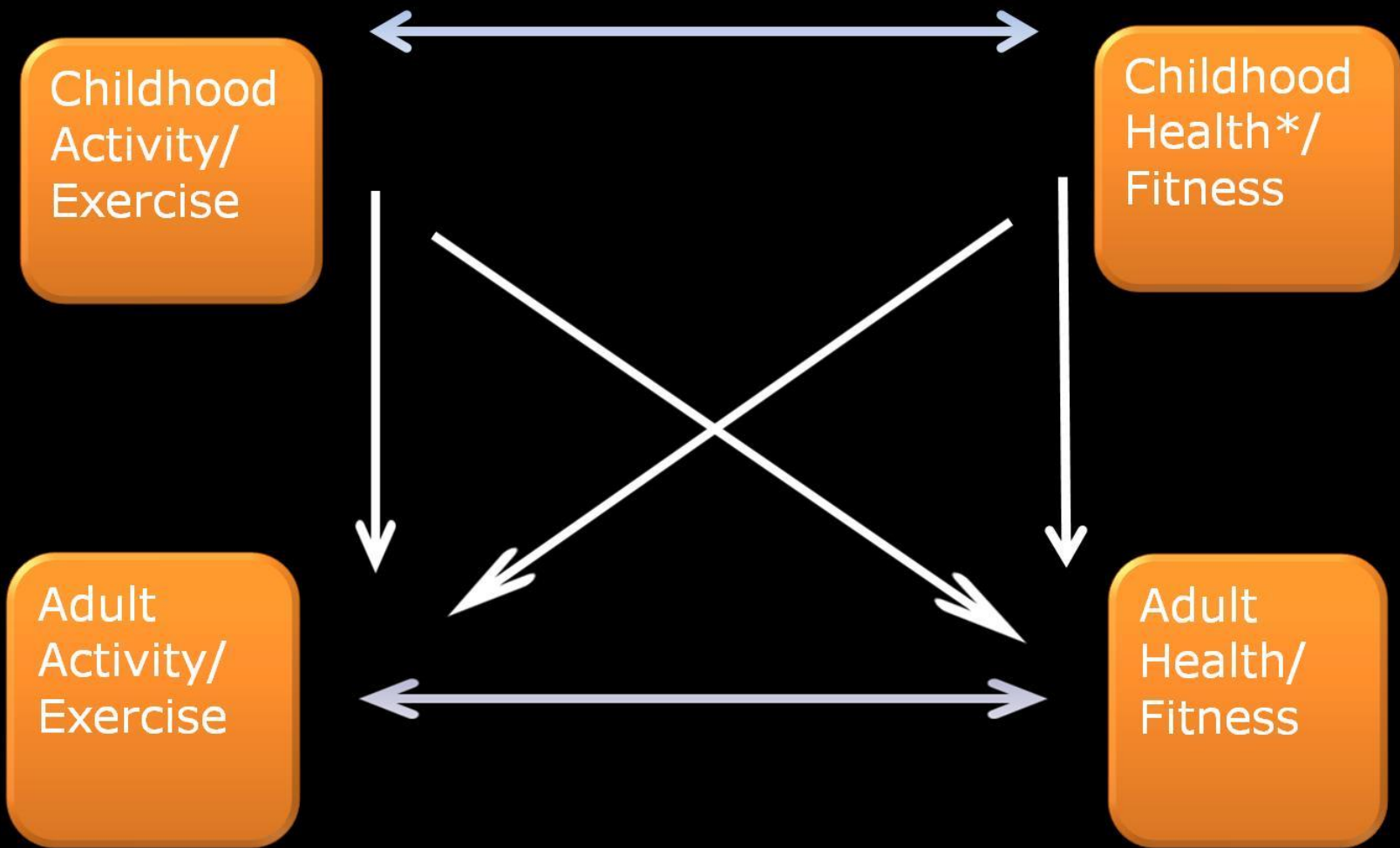
*Adj for age and examination year

Church TS, et al. *Arch Int Med* 2005; 165:2114

- Quote October 14, 2004:

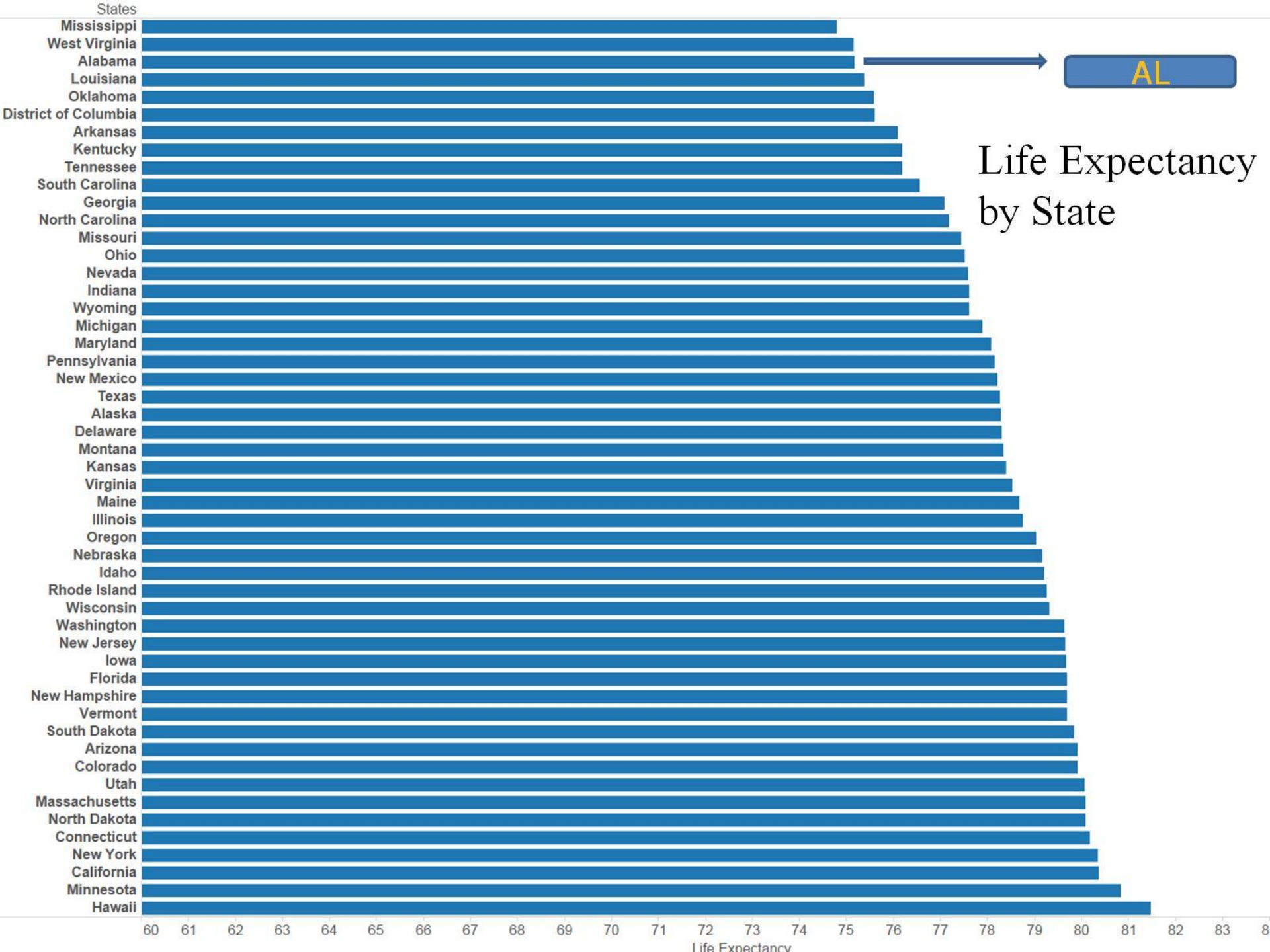
“Training Minds Losing Bodies”

Dr. Donald Williamson,
Department Of Public Health

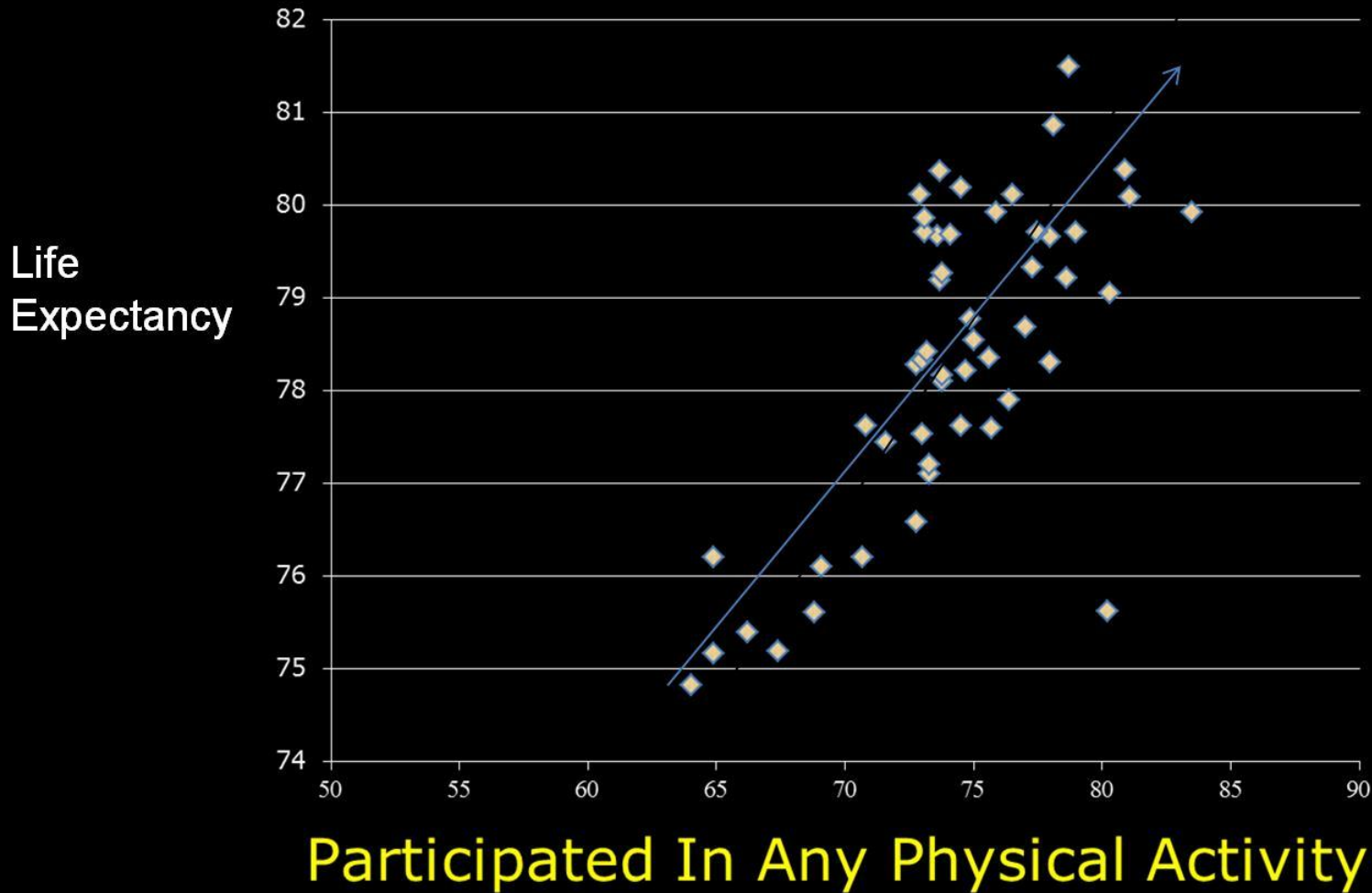


***Cardio fitness, Leaner, > BMD, Behavioral (habits), Strength, Flexibility, Endurance, BP, HDL, Lipids, Metabolic Syndrome, Diabetes, etc.**

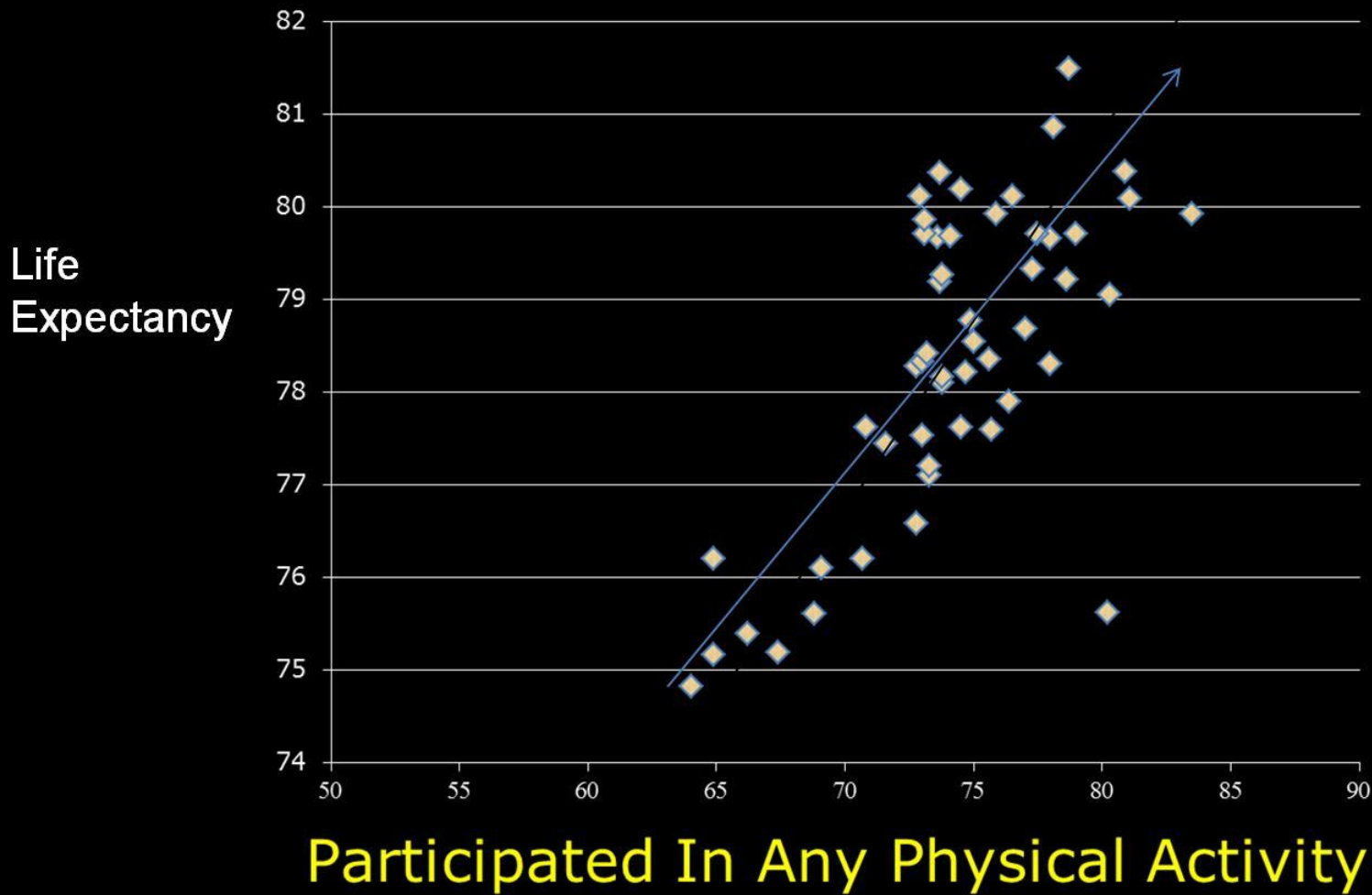
Boremham & Riddoch, J. Spt. Sci. (2001), Phy act., fitness and health of children.
Modified, H. Williford.



State Life Expectancy Related to Physical Activity (CDC Data) By H. Williford

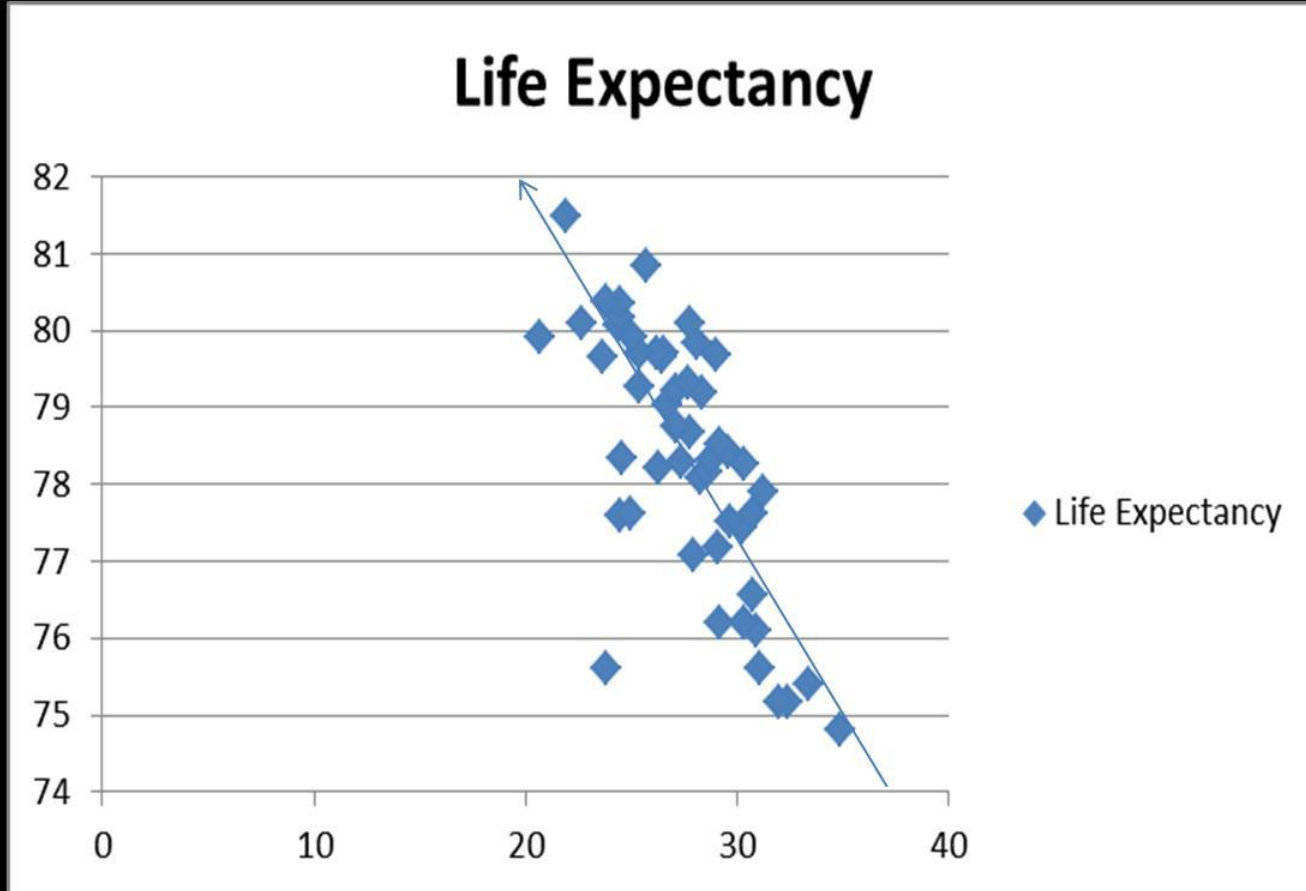


State Life Expectancy Related to Physical Activity (CDC Data) By H. Williford



State Data: Life Expectancy Correlated With Population Obesity

Life
Expectancy



Percent Obese

post
card

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Alabama

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feeling skinny by comparison.

som^{ee}cards

Well Being (Gallup Poll)

Alabama Rank 45

Well-being index score: 64.2

Life expectancy: 75.2 years (3rd lowest)

Obesity: 30.4% (5th highest)

**Median household income: \$41,415
(5th lowest)**

**Adult population with high school diploma
or higher: 82.7% (5th lowest).**



**CHANGE
AHEAD**





Oprah Marathon Time: 4:29:15 =
10:16 / mile pace

National Average for women is 4:52.







Leadership





ALABAMA'S WELLNESS
HEALTHY FAMILIES, HEALTHY
SCHOOLS, HEALTHY COMMUNITIES
SAVE THE DATE! PELHAM CIVIC COMPLEX
500 Amphlettwood Road, Pelham, Alabama 36168
TUESDAY, OCTOBER 29, 2013 8AM UNTIL 4PM

The Alabama Obesity Task Force invites you to a one-day wellness summit with solutions for creating a healthier environment to live, learn, and play.

For: school professionals • community leaders
health care providers • health professionals in all
medical and public health areas • government
officials • concerned citizens.

Cost: \$10 per person, this health included.
Registration coming soon!
Visit www.alta.org/obesity for
more information.

OBESITY
Task Force





GOVERNOR'S COMMISSION ON Physical Fitness & Sports



Alabama State Department of Education



NASPE Standard 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.



I participate in my school's physical fitness assessment program (i.e. Fitnessgram or equivalent). I value and understand how physical fitness affects my body.



STAGES OF CHANGE







Nutrition

Physical Activity



Nutrition

Physical Activity

Nutrition &
Physical Activity
Knowledge/
Practice

Supplements

Weight Loss/
Healthy
Weight

Seniors
Youth
Special Pop.

Metabolism

Training
Conditioning
Physical
Fitness

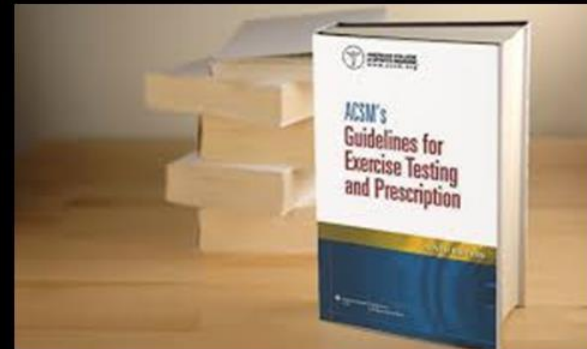
Body
Composition

Clinical
Areas:
Health/
Disease

Nutrition Exercise Knowledge

- Physicians
- Coaches
- Educators
- Personal Trainers
- Health Professionals
- Media
- Public

ACSM Consumer Information



Nutrition and Exercise Related Concerns

- Poorly conducted research studies
- Fraud
- Deceit
- Misinformation
- False Claims
- Quackery



FDA Consumer Health Administration

Beware of Fraudulent Weight-Loss 'Dietary Supplements'



Magic diet pill? Melt your fat away! Diet and exercise not required!

Enough like these so weight loss products tempt consumers looking for a quick and easy way to shed pounds.

As these products claim, they use an "innovative" formula to burn fat, suppress appetite, and block absorption of the body's stored fat. And, as a result, they claim to allow consumers to lose weight without dieting or exercising. These products are marketed as "miraculous" and "revolutionary" and are often advertised in magazines, on television, and on the Internet.

These products are not approved by the FDA and may contain harmful ingredients. Consumers should be aware of the risks and long-term consequences of using these products. They are not safe and may cause serious health problems. They are not approved by the FDA and may contain harmful ingredients.




New!

Miracle Cure!

Truly amazing!
Works in minutes!
Guaranteed!



Boosts the Immune System*
Supports Breast, Prostate,
Cardiovascular, Vision,
Skin & Colon Health*
Bioavailable DIM
Dietary Supplement



COCAINE TOOTHACHE DROPS

Instantaneous Cure!
PRICE 15 CENTS.
Prepared by the
LLOYD MANUFACTURING CO.
219 HUDSON AVE., ALBANY, N. Y.
For sale by all Druggists.
(Registered March 1905.) See other side.

"Lowers your blood sugar naturally!"

Diabetes Natural Miracle



RED FLAGS

"Effective treatment to relieve all symptoms of diabetes!"

Dr. Mehmet Oz



NEW WEIGHT LOSS SOLUTION



"This miracle pill can Burn Fat FAST!"

DR. OZ

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Dr Oz Best Weight Loss Garcinia Cambogia



Weight Less



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the doctor OZ DIET

"Miracle in a bottle"



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Dr. Mercola

- You can eliminate the most common cancer with a fruit.
- Your body might be loaded with a toxic poison that your doctor hasn't talked to you about, but, don't worry, Dr. Mercola has a "simple solution" to eliminate these "dangerous toxins."
- Eggplant cream can cure skin cancer.
- Amalgam fillings release mercury that causes "brain fog," but you can cure yourself with algae.
- "Grounding" (i.e., walking barefoot and/or sleeping on a sheet or mat that is connected to ground with wire) will significantly improve your health.

Endorsed Food and/or Beverage Sports Organization/Team Athlete Name (2010).

Sprite, Glaceau (Vitamin water), McDonald's, PowerAde, NBA/Miami Heat LeBron James

Gatorade, General Mills Wheaties Fuel Cereal, Nabisco, Pepsi-Cola, FL, Denver Broncos Peyton Manning

Kraft Oreo, Gatorade, Nabisco 100 Calorie, Pack Snacks, Got Milk? WTA tennis Serena Williams

Glaceau (Vitamin water), McDonald's, PowerAde, NBA/LA Clippers Chris Paul

Gatorade, Kemps, Pepsi-Cola. MLB/Minnesota Twins Joe Mauer

Amp Energy, Mountain Dew, Hellmann's Mayonnaise, NASCAR Dale Earnhardt, Jr

Gatorade, Dempsters Bread, Tim Hortons NHL/Pittsburgh Penguins Sidney Crosby

Red Bull, Dew Tour, Dew Tour Wendy's Invitational Sponsored Event, Dew Tour, Skateboarding Ryan Sheckler

Burger King, Coca-Cola, McDonald's, NASCAR driver Tony Stewart

Coca-Cola, America's Milk Processor, Nabisco (Oreos). Speed skater Apolo Anton Ohno

Subway, PowerAde MLB/Philadelphia Phillies Ryan Howard

Pediatrics, Athlete Endorsements in Food Marketing, M. Bragg., et al. Oct. 7, 2013

THANK YOU FOR
YOUR ATTENTION
AND
PARTICIPATION