

# STAYWELL

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## IPSC HEALTH AND FITNESS DAY ACTIVITIES

### Fun Walk



Date: Wednesday, May 17  
Time: Noon (walk 25-30 minutes)  
Location: Reception Desk  
Walk: Designated walking path by on-site reservoir (1.56 or 2.56 miles—your choice)

All participants will receive a T-shirt (moisture-wicking and a few cotton are available.)

T-shirts will not be available for early pick up, but will be accessible in the Admin reception area that day beginning at 11:45. Shift workers and spouses may come and walk on site May 17 or walk for 30 minutes at a location and time of their choice. Upon completing the walk, contact Brian Coles to receive a T-shirt.

## NUTRITION AND PREVENTATIVE HEALTH

Nutrition impacts every aspect of a living organism. Fatigue, illness, energy, sleep, digestion, depression, brain function, mood, muscle function, organs, circulation, etc., can all be improved or diminished by what is eaten. When a person has an issue with or is struggling with his/her body, it is usually the result of inadequate nutrition. This can be the result of missing nutrients in the diet, too much of certain foods, or the body has a



genetic malfunction that cannot properly use the nutrients consumed, leading to inadequate function. Below is research information on how nutrition has been proven through scientific studies to impact a person's health, lifespan, and function.

### Life Expectancy

In 2015, life expectancy in the United States fell for the first time in many years. While the drop was not big, the number of increased deaths was significant. The average life expectancy dropped from 78.9 years to 78.8 years. For men it dropped from 76.5 to 76.3 years, and for women it dropped from 81.3 to 81.2 years. Many of the reasons for this decrease came from eight of the top ten causes of death. Mortality from heart disease, stroke, Alzheimer's disease, respiratory disease, kidney disease, and diabetes all increased. Deaths from unintentional injuries and suicides also increased.

### Body Mass Indexing

A common form of assessment for health is Body Mass Indexing (BMI). BMI is a measurement of weight in relation to height. A BMI of 18.5-24.9 is considered normal. A BMI of 25-29.9 is considered overweight. Obesity is considered a BMI of 30 or more. When BMI increases, so does the risk of death. Researchers found that each additional increase of five in the BMI score transformed into a 30 percent increase in any cause of death. For heart disease and



stroke, it increases 40 percent. The result is between 60 and 120 percent when it comes to liver and kidney disease or if someone has diabetes. Cancer and lung disease increase 10 percent and 20 percent respectively.

## Sleep

Problems with sleep can be directly related to poor nutrition, lack of serotonin, lack of melatonin, and neurotransmitters that come from and are developed depending on the foods that are consumed. Researchers studied 21,000 twins for more than 22 years. They looked at differences in sleep habits and how this impacted life expectancy. The findings were interesting. If an individual slept at least seven hours each night, they lived longer. Even more interesting was this result: for individuals who slept an average of more than eight hours, the risk of death increased by 24 percent. The biggest surprise was if an individual used sleep aid medications, his/her risk of death increased by 33 percent.



## Carbs vs. Protein Diets

Carbs vs. proteins is a popular topic. Here are some interesting known facts. The top eight countries with the highest life expectancy eat carbohydrate/low protein-based diets which is similar to the popular Mediterranean Diet (fruits, vegetables, beans, high-fiber breads, whole grains, fish, nuts, olive oil, limited meat, cheese, and sweets). Countries that are not known for the Mediterranean Diet, but that have subcultures that follow similar diets also benefit. The life expectancy for men will increase by 8 years and women's will increase by 15 years. Two examples are the Seventh Day Adventists Church and the Church of Jesus Christ of Latter day Saints (Mormons). These two religions have been studied for decades. Both have health codes but not strict diets. Both populations live significantly longer than the general population by eight to nine years for men



and five to six years for women. As a matter of fact, when compared with the top eight countries for life expectancy, Mormons are second at 86 years and Seventh Day Adventists are third at 84.5 years on the list.

## Countries with Highest Life Expectancy

1. Monaco: 89.63 years
2. Macau: 84.46 years
3. Japan: 84.19 years
4. Singapore 84.07 years
5. San Marino: 83.12 years
6. Andorra: 82.58 years
7. Hong Kong: 82.20 years
8. Australia: 81.98 years



In contrast, a 2014 study looked at people consuming high-, medium-, or low-protein diets. Participants in the 50 to 65 age group who reported a high-protein intake had a 75 percent increase in overall mortality. These people were also four times more likely to die from cancer during the following 18 years than those people who consumed a low-protein diet. A high-protein diet was also associated with a five-fold increase in diabetes-related deaths across all ages. The moderate-protein diet was associated with a three-fold increase in cancer mortality compared to the low-protein diet.

### Sources:

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