

# The National Ageing Research Institute

## Promoting Healthy Ageing

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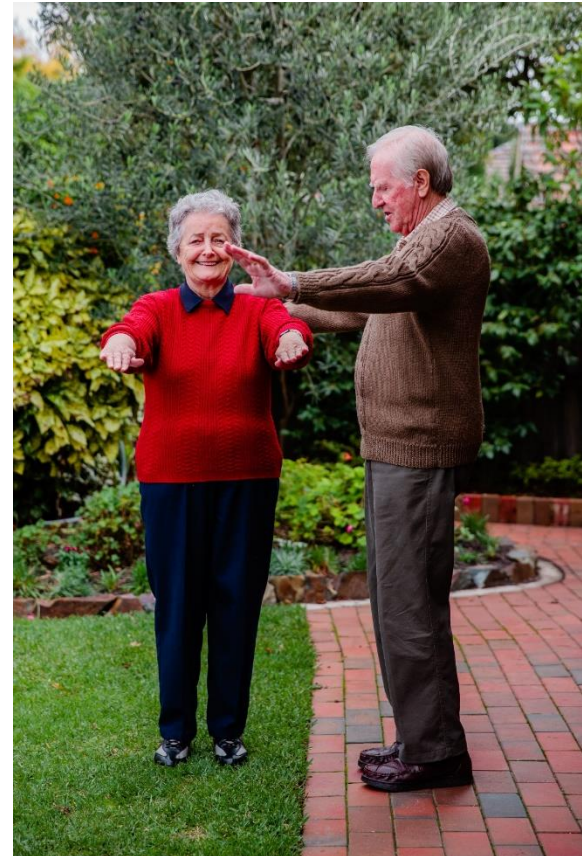
**1<sup>st</sup> June 2020**

# Plan for this evening's talk

- Introduction to NARI
- Tips on healthy ageing
- Link to quiz
- Questions and discussion

# About the National Ageing Research Institute (NARI)

- independent Medical Research Institute (MRI) devoted to research on ageing in Australia
- only research group that **spans clinical and social health issues** for older people
- strong emphasis on **translation into policy and practice** across health and community settings
- Provides evidence base and evaluation for government policies and programs
- **widely networked** across ageing and aged care service, advocacy and research nationally and internationally
- 44 year history and strong reputation



# Mission and vision

- To improve the health and wellbeing of older people through research and research translation into policy and practice
- To be recognised and sought after as the national leader in translational ageing research in Australia

# Significant achievements

- Training of geriatricians and gerontologists across Australia and internationally
- Multi-disciplinary clinics
  - Memory
  - Pain
  - Falls
- Measures for pain, falls risk, person-centred care, cognition
- Aged care assessment services
- Technological solutions for older people
- Culturally diverse and Indigenous elders
- **Healthy Ageing Quiz**

# Healthy Ageing Tips

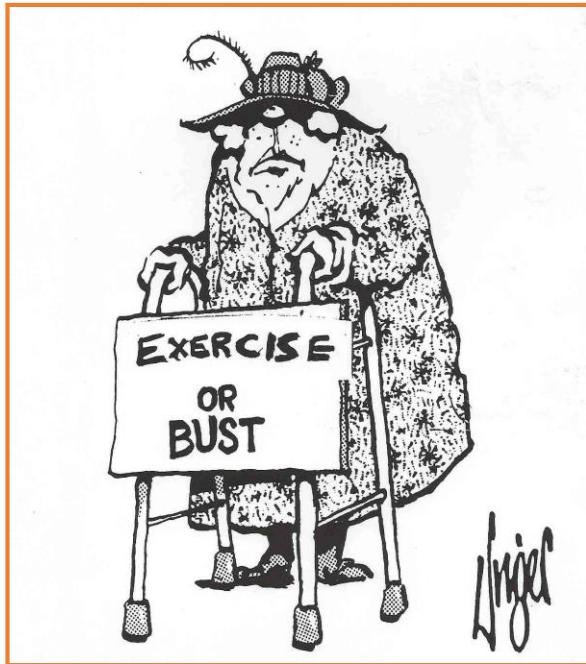


# Why bother?

- Risk of type 2 diabetes
- Risk of stroke and heart attack
- Risk of cancer
- Risk of cognitive decline and dementia
- Reduced muscle strength – functional decline
- All increase with age
- All can be reduced

# Be Physically Active

## National Physical Activity Recommendations for Older Adults



1. Older people should do some form of PA regardless of:
  - Age
  - Weight
  - Health problems
  - Abilities



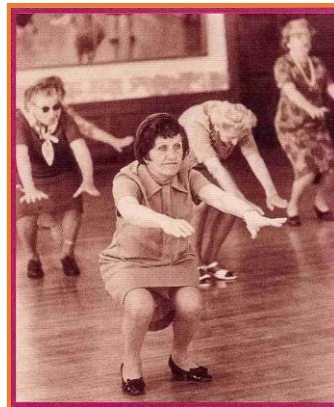
# Physical Activity

2. Older people should be active every day in as many ways as possible.

Include:

- Endurance
- Strength training
- Balance
- Flexibility

3. Older people should accumulate at least 30 minutes of moderate intensity PA on most, preferably all, days.



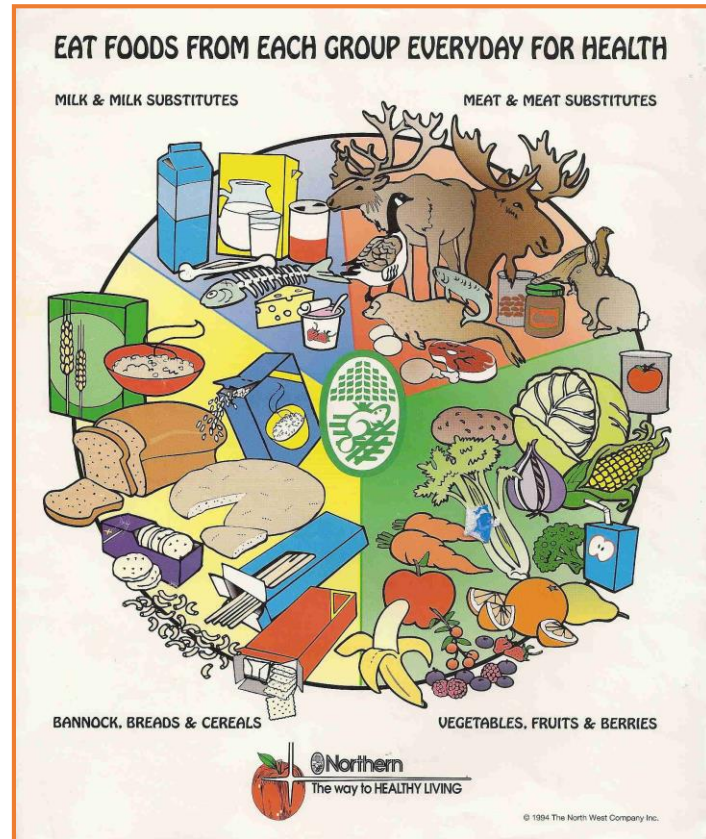
# Physical Activity

4. Older people who have stopped PA, or are starting a new PA, should start at a level that is easily manageable and gradually increase.
5. Older people who have undertaken vigorous PA throughout their lives can continue to do so in a manner suited to their capability.



# Eat a Healthy, Balanced Diet

- Guidelines for healthy eating:
  - 5 veg and 2 fruits
  - Breads, cereals
  - 3 servings of calcium-rich foods
  - Lean meat, fish, eggs
  - Fluids (6-8 per day)
  - Low salt, sugar and fat



# Maintain a Healthy Body Weight



- Body Mass Index (BMI)
  - 20-25 (up to 27 if 65+)
  - $\text{Weight/height}^2$
  - Eg. 70 kg  
1.6 m x 1.6 m  
= 27.3
- Waist circumference not greater than:
  - 80 cm for women
  - 94 cm for men

# Quit Smoking

- Quitline 13 78 48 or speak to your GP



# Use Alcohol Wisely



- Low-risk drinking
  - 2 standard drinks/day
  - 100ml (12%) wine
  - 285ml full strength beer
  - 30ml (40%) spirits
- Precautions
  - Decreased ability to process
  - Interaction with meds



# Take Care of Your Health

- Check-up once/year
- Arthritis, high BP, high cholesterol, heart disease, cancer, depression, diabetes osteoporosis
  - Learn all you can
- Understand the medications you take
- Address sleep problems



# Be Socially Active



- Remain productively engaged
  - Volunteering
  - Work
  - Mind grandkids
- Meet new people
  - Group activities and/or volunteering
- Nurture relationships with family and friends



# Be Mentally Active

- Learn a new skill
- Take up a new hobby
- Take a course
- Read, write, do crosswords
- Be physically & socially active
- See your GP if having memory problems

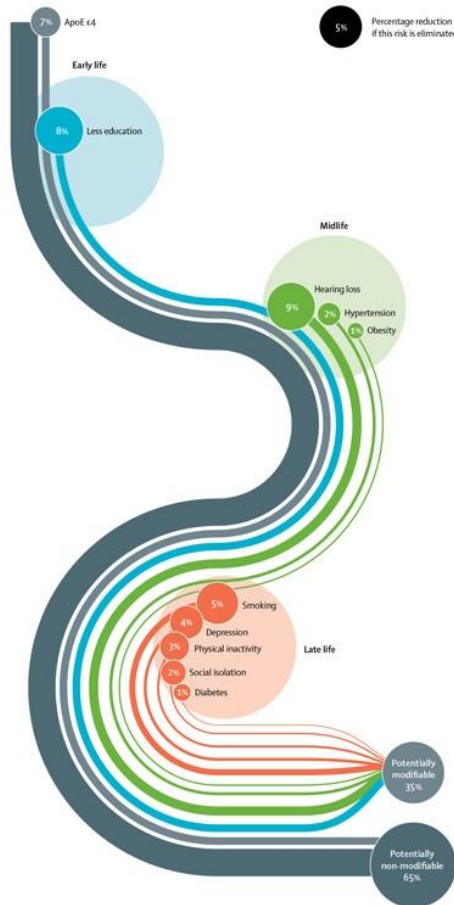


# Be Optimistic



- Have something to look forward to
- Positive attitude
- Open mind
- Plan your retirement
- Focus on what you can do

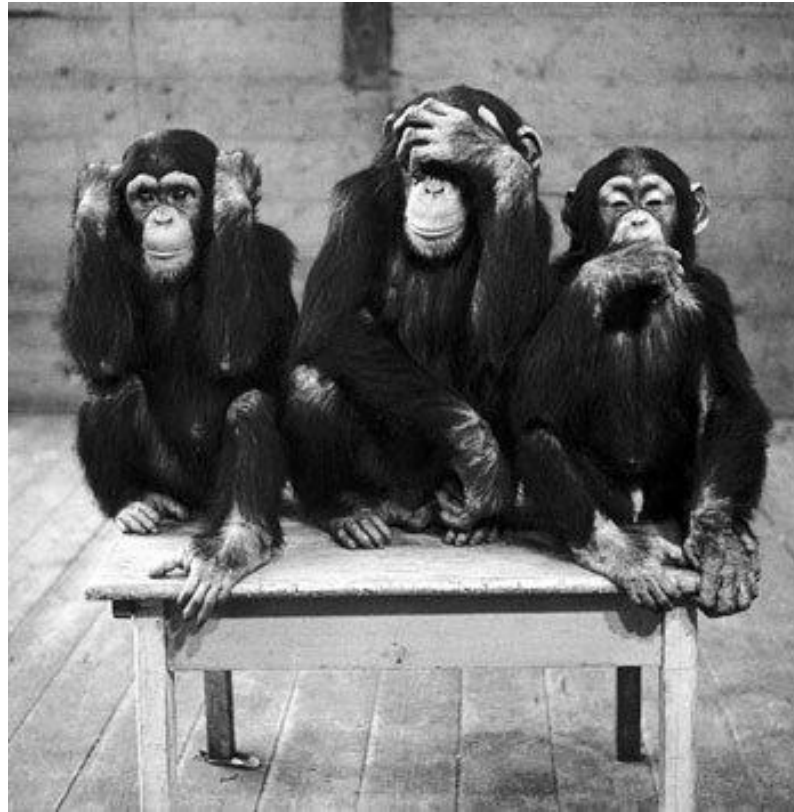
# Latest evidence re dementia risk



- Middle age risk factors
- Hearing loss!

Keep active, eat well,  
stay connected

# Do you really want to know?



[www.nari.net.au/resources/public/healthy-ageing-quiz-testing](http://www.nari.net.au/resources/public/healthy-ageing-quiz-testing)

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