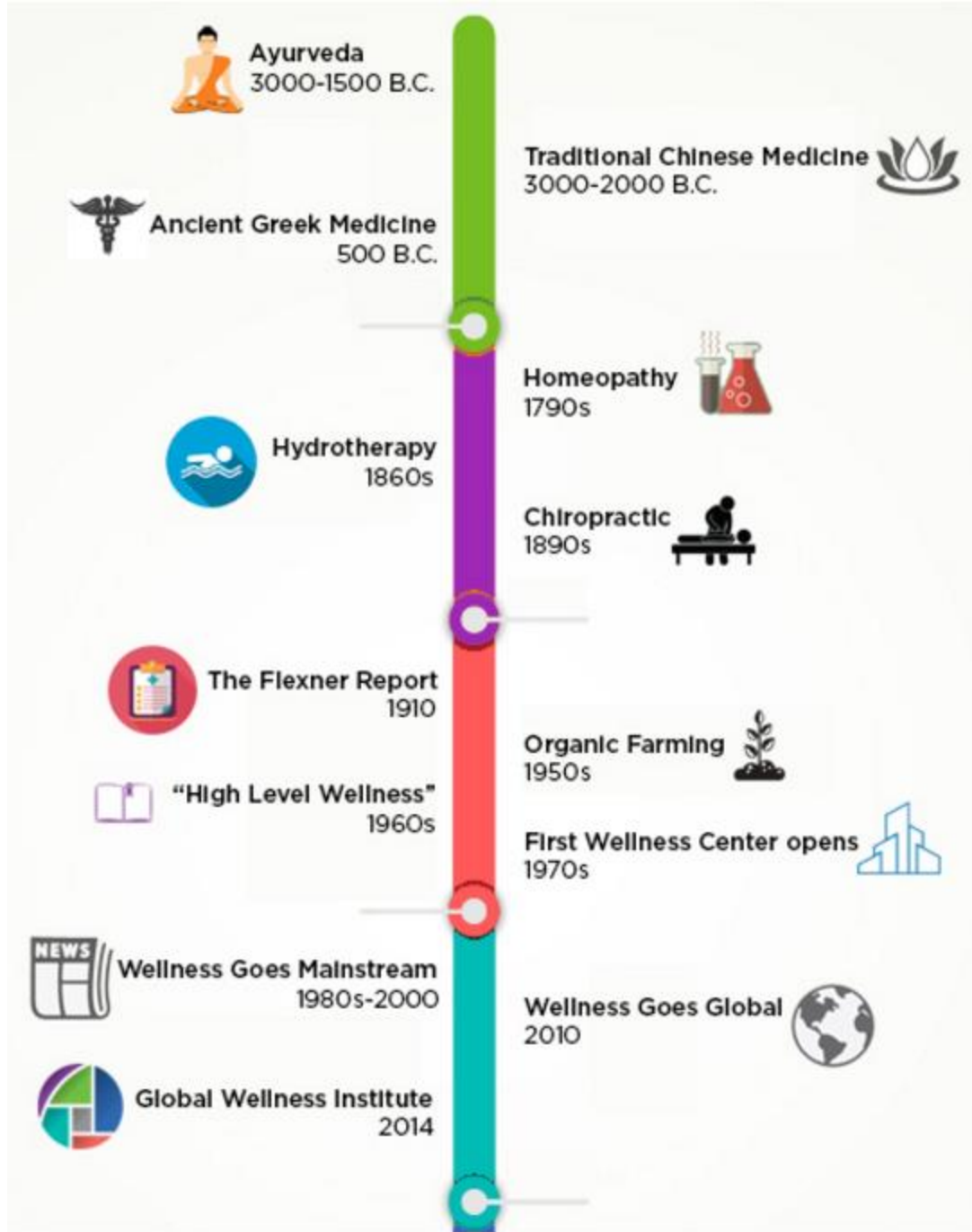


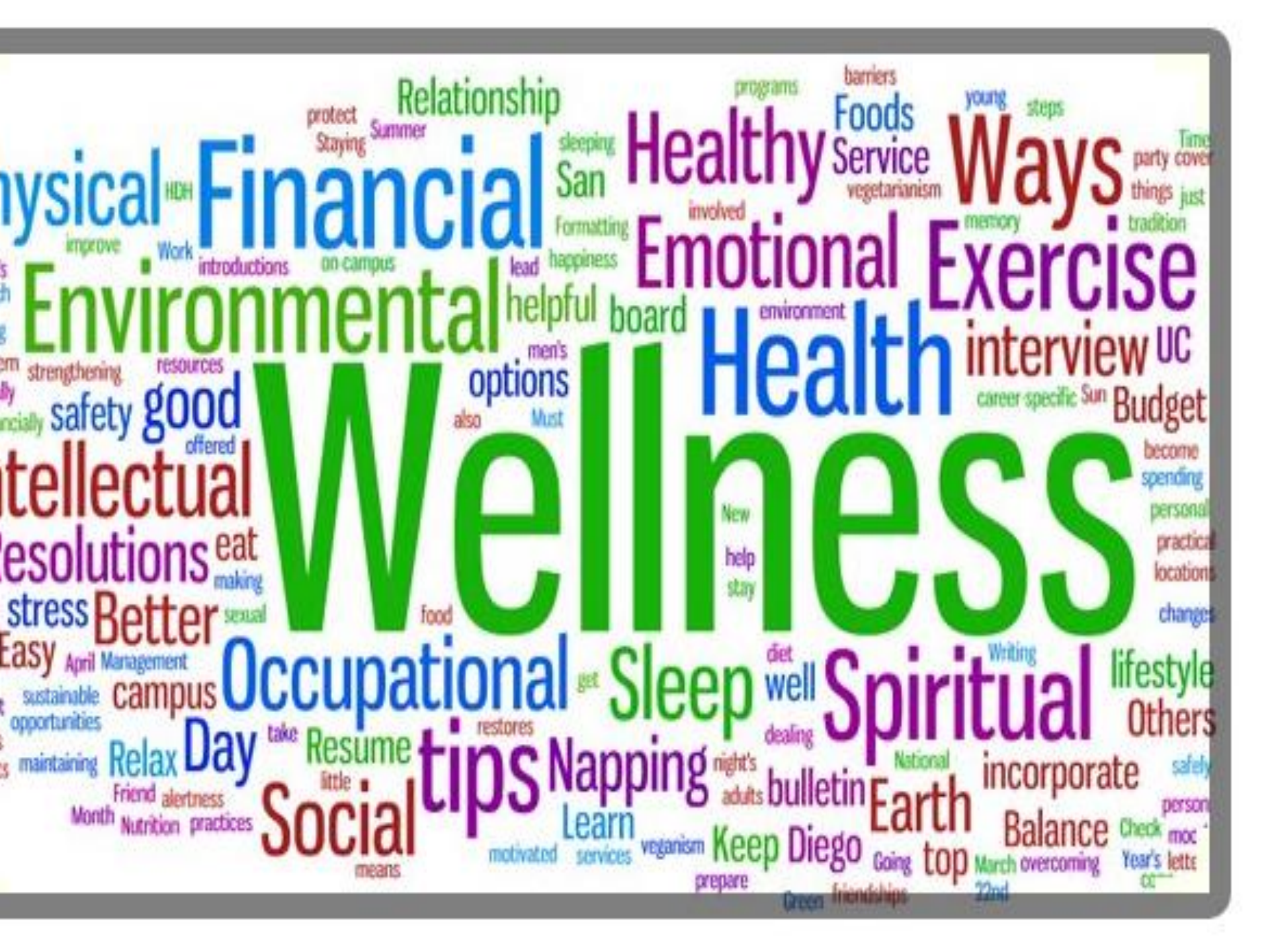
What is Wellness? – A Panoramic View

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July 25, 2017**



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Eight Dimensions of Wellness

Eight Dimensions of Wellness



Mindful Emotional
Wellness FEELINGS
Emotional
Mindful
POSITIVE
EXPERIENCE Optimism
Emotic



Wellness Occupational
Career GOALS TALENTS
Occupational
Work
TALENTS Occupation
Wellness



Intellectual
Academic SKILLS
Intellectual
Wellness
CREATIVITY
Intellectual
Academic
Intellectual



Environmental
Nature
Environmental AWARE
viro
Environmental
Wellness
ENVIRONMENTAL Nature
NATURAL Environmental



Financial **Financial**
Money **BUDGET**
expenses **Finances**
Budget **MANAGE**
EXPENSES *Financial*
MONEY **Expenses**



Friends Social
Groups Social
FAMILY
Social
Family Relati
SOCIAL
SOCIAL Friends
Group:



Spiritual Spiritual
Inner Wellness RELAXAT
Spiritual
Inner faith
SPIRITUAL
SPIRITUAL Religious Wellne



Behavior Physical **Physical**
Mental WELLNESS
Physical **Activity.**
Nutrition **Physic**
PHYSICAL
WELLNESS *Physical*
Activit

**Do you know
YOUR numbers?**



Serum Index	Desired Range	Significant Risk
Lipid Panel		
Total Cholesterol	<200 mg/dL	↑ CVD
LDL-Cholesterol	<100 mg/dL	↑ CVD
HDL-Cholesterol	>40 mg/dL men >50 mg/dL women	↓ CVD
Triglycerides	≤ 150 mg/dL	↑ Dyslipidemia, CVD, Glucose Intolerance, and Type 2 DM
Fasting Glucose	70-100 mg/dL	≥ 126 mg/dL diagnostic for DM. ≥ 110-126 mg/dL impaired fasting glucose; possible marker for insulin resistance.
Blood Pressure	< 120/80 mg Hg	↑ CVD
Waist Circumference	< 35 inches women < 40 inches men	↑ Dyslipidemia, CVD, Glucose Intolerance, and Type 2 DM
Body Mass Index	18-25	↑ Dyslipidemia, Hypertension, DM, Gallstones



**High Cholesterol
can lead to:**

- Heart disease/heart attack
- Stroke
- Aortic aneurysm
- High blood pressure

**High blood
pressure can lead
to:**

- Heart disease/heart attack
- Stroke
- Heart failure
- Kidney disease

**Diabetes can lead
to:**

- Heart disease
- Stroke
- blindness
- Kidney failure
- Loss of toes, feet,
or legs

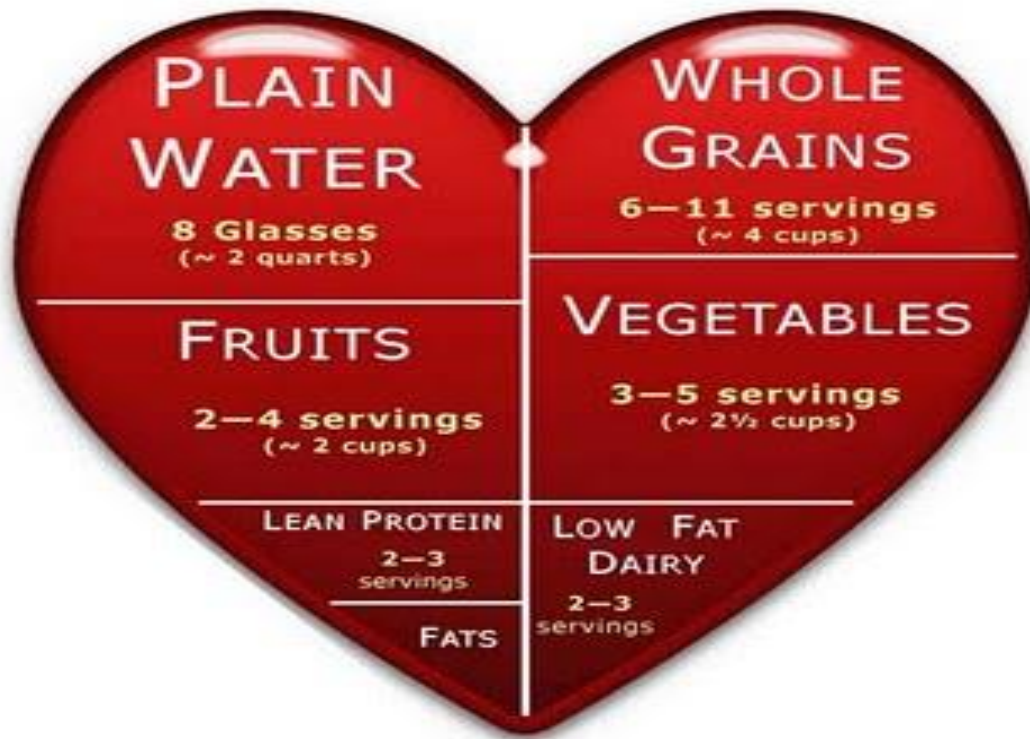
**Don't smoke or use ANY
form of tobacco!**



Tobacco can lead to:

- Heart disease/heart attacks
- Stroke
- Cancer(s)
 - lung, bladder, blood (acute myeloid leukemia), rectal, esophagus, kidney and uterine, larynx, oropharynx, pancreas or stomach
- In pregnancy
 - pre-term delivery, stillborn, low birth weight, SIDS, ectopic pregnancy, orofacial clefts in infants
- Sexual
 - sexual dysfunction in men
 - Decreased sperm count/infertility
- Women
 - decreased bone health in women post menopausal

Eat a HEART healthy diet !



Heart Healthy Diet includes:

- Low saturated fats
- Low trans fats
- Low cholesterol
- Low fat or fat free milk, chees, and yogurt
- High fiber foods
- Fresh vegetable and fruit
- Low salt
- Low sugar

Adequate Exercise



Inadequate exercise/activity can lead to:

- Heart disease/heart attack
- Stroke
- Diabetes/type 2
- Obesity
- Depression
- Some cancers

AVOID EXCESS



Consequences of drinking too much:

- Reduces inhibitions
- Slurred speech
- Motor impairment
- Confusion
- Memory and concentration problems

Alcohol effects on the body:

- Heart disease (cardiomyopathy, arrhythmia)
- Stroke
- High blood pressure
- Liver disorder
- Pancreas disorder
- Cancer – mouth, esophagus, throat, liver, breast
- Impaired immune system



...ASSESS RISKY BEHAVIOR

Risky behavior can include:

- Not wearing a helmet
- Not wearing a seatbelt
- Fast reckless driving
- Illicit drug use
- I V drug use
- Unprotected sex (in some instances)

GETTING ENOUGH SLEEP?



Sleep insufficiency can lead to:

- Reduces quality of life and productivity
- Increased stress
- Secondary risk(s) from decreased memory/concentration and decreased overall functioning

Immunization



Vaccine preventable diseases:

- Influenza
- Pneumococcal
- Shingles
- Pertussis

SUN PROTECTION



Health effects of UV radiation excess:

- Skin cancer
- Premature aging or other skin damage
- Cataracts or eye damage
- Immune system suppression



TIME FOR A
CHECK-UP!

CHOOSE

CHOOSE WELLNESS
WELLNESS

Resources

1. Center for Disease Control and Prevention
2. National Health and Nutrition Examination Survey
3. National Heart, Lung and Blood Institute
4. National Institute of Health
5. University of California Davis/Wellness Counseling Service
6. Global Wellness Institute