



Making the best of your post-work life

Owning your health and wellbeing

16/07/2020

OBJECTIVE OF THE WEBINAR SERIES



- Equipping participants to prepare for life after work while in active service.
- Providing information on how to access your pension benefits at retirement and the documentations required.
- Delivering key insights on how to prepare for a healthy and wealthy life.



Owning your health and wellbeing in active service and at retirement

Doctor Ehi Iden

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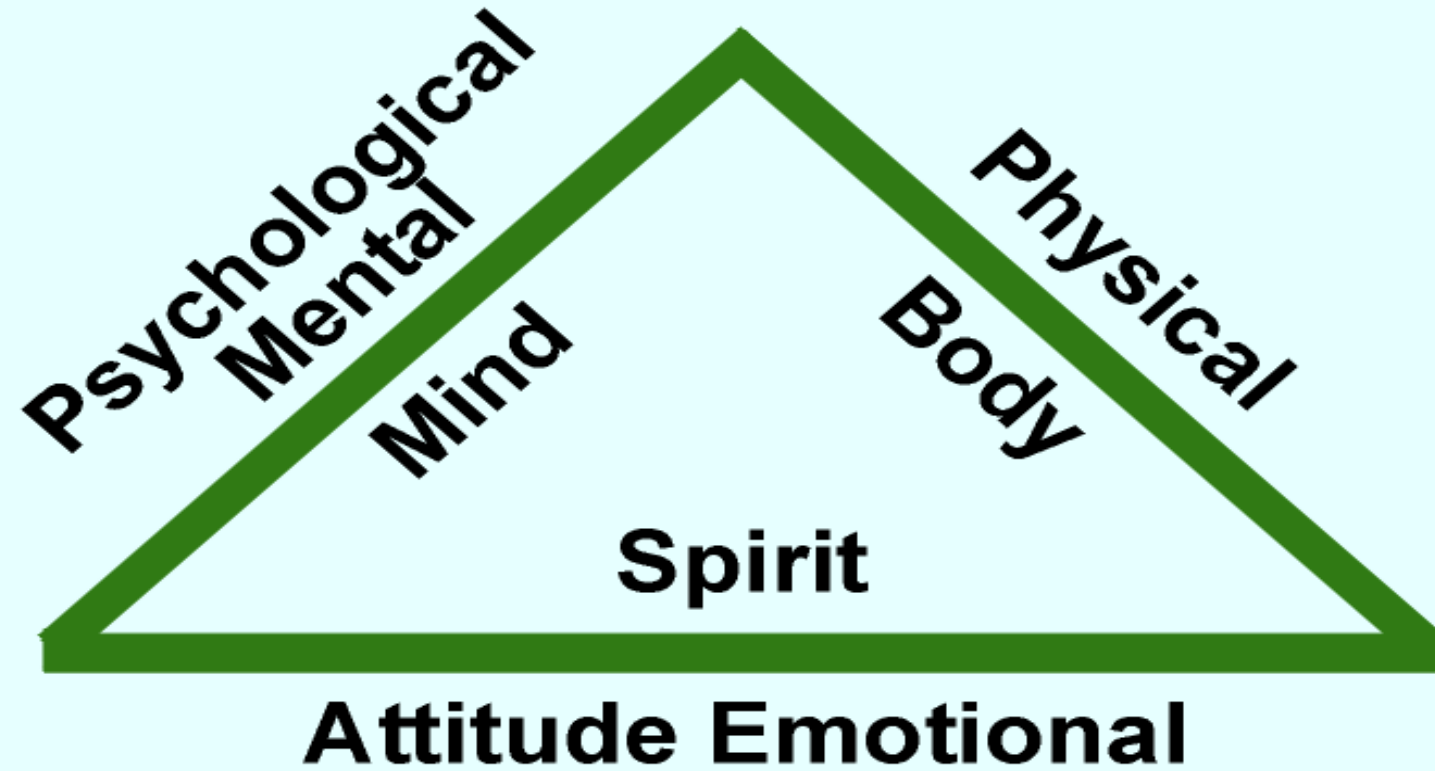


BASIC DEFINITIONS

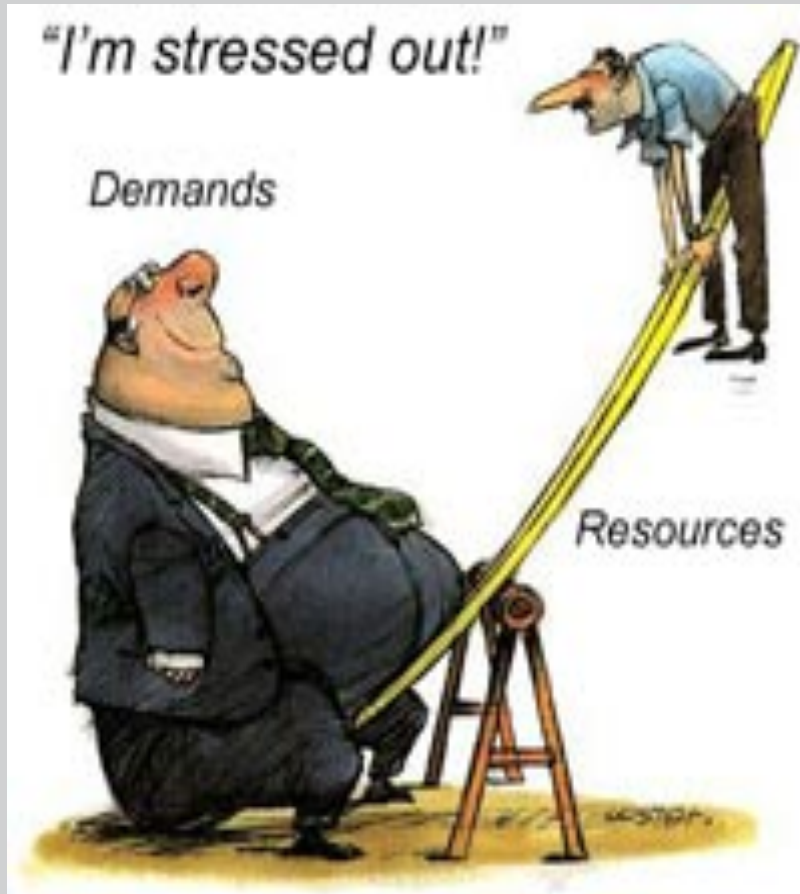
- What is Health? “a state of complete physical, mental and social wellbeing and not mere absence of disease or infirmity”. (WHO 1948 Constitution)
- Wellness involves choices about our lives and priorities that determine our lifestyles.



WELLNESS MODEL



THE IMBALANCE THEORY



- "Stress is the physiological response to external factors **perceived** as threatening loss, harm or misfortune or as creating **demands** that exceed **resources** and capabilities"
<https://www.destressify.com>



WORK HOURS AND STRESS

The average work hour per week has increased since 1970's, while leisure time has decreased by 37% - Louis Harris Poll, 1999





TIME SPENT AT WORKPLACE AND AT HOME

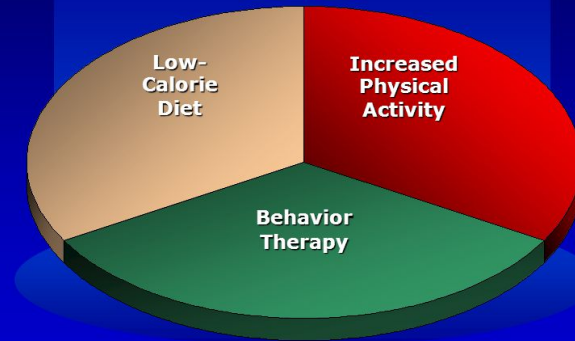
	5.00am – 7.00am	8.00am – 5.00pm	7.00pm – 11.00pm	11.00pm – 5.00am
Home (Active)	Yes		Yes	
Workplace (Active)		Yes		
Home (Sleep)				Yes
	2 Hours	9 Hours	4 Hours	6 Hours



Change your
lifestyle and
improve your
health.



Lifestyle Modification





MAKING HEALTH PERSONAL

In developing health actions and setting personal goals ask yourself the following questions:

- Do you have parents or siblings who are unhealthy or have diabetes?
- What are your concerns? Is this motivating you to make changes in your health and wellness plan?
- Think of the outcomes you may expect if you made changes to your life style.
- While you focus on positive changes and outcomes, also look at the possible negative effect if these changes are not made.

DIETARY PATTERN & PHYSICAL ACTIVITY





PSYCHOLOGY OF EATING

- **Eating** disorders happen as a result of severe disturbances in **eating** behaviour, such as unhealthy reduction of food intake or extreme overeating.
- **Eating** disorders frequently occur together with other psychiatric illness such as depression, substance abuse, or anxiety disorders.



EATING BEHAVIOUR: WHY DO WE EAT?

- **Hunger:** The biological and physiological phenomenon that drives us to get food. Hunger is not **SPECIFIC**
- **Appetite:** The psychological desire to consume **SPECIFIC** food. It is aroused by environmental cues as smell, sight, touch, taste etc.
- **SATIETY:** The feeling of fullness

THE RAT EXPERIMENT



HEALTHY FOOD CHOICES IN DISEASE REDUCTION



10 leading causes of death in the world according to 2012 report:

- Heart diseases
- Stroke
- Lower respiratory infection

These are all linked to nutrition

Nutrition plays a very important role in dealing with infection (immunity)

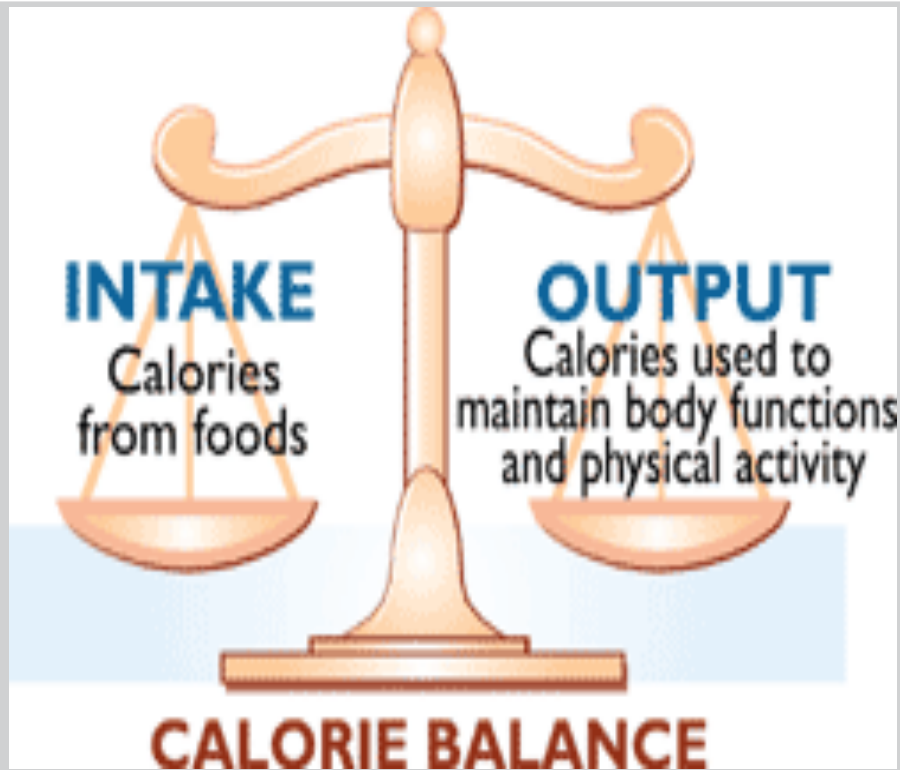


FACTORS DRIVING EATING

- Feeling of fullness
- Emotions
- Health and medication
- Social cultural influences



ENERGY BALANCE





PHYSICAL INACTIVITY AND HEALTH RISKS

- **Physical Activity:** Intentional and unintentional activities that are part of your everyday life.
- **Sedentary:** This is the act of not doing any physical activity, otherwise referred to as “**arm chair sentence**”.
- **Physical Activity:** Any bodily movement produced by skeletal muscle that requires energy expenditure. (WHO)
- Sitting time has been associated with increased risk of obesity, heart disease, diabetes, high blood pressure, immunity and other disease states
- “Exercise is medicine and Doctors should prescribe it”
America College of Sports Medicine



CREATING A HEALTHY OFFICE

- Do not hide the fruits, make them visible.
- Re-appropriate your pantry budget to offer more of fruits



- Hack the meeting norm
- Do stand-Up meetings
- Walking meeting for one-on-one meetings





CREATING A HEALTHY OFFICE OR HOME

- Hydrate and Re-hydrate
- Establish water stations
- Celebrate hydration



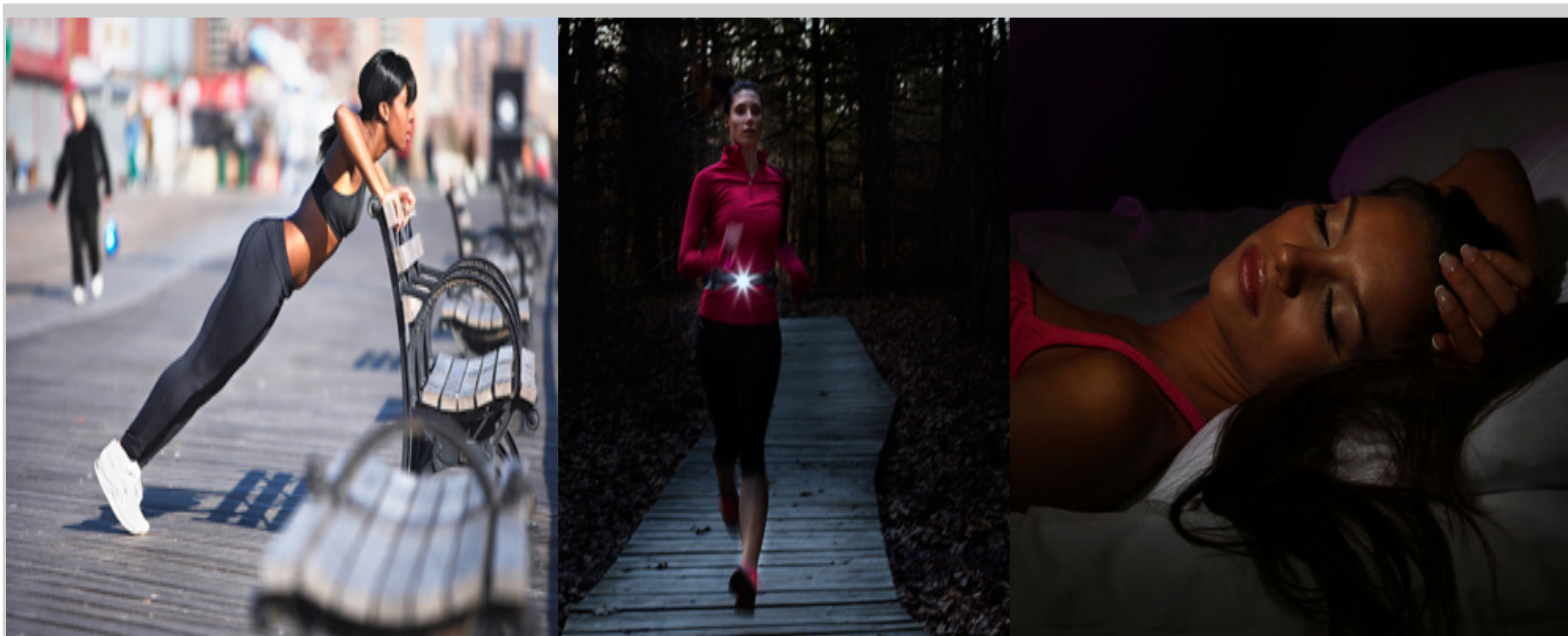
- Use the stairs
- Make stair ways visible and attractive
- Use “fitness-on-the-go” approach



THE CHOICE WE MAKE, BE YOURSELF



KNOW WHAT HAPPENS BEHIND CLOSED DOORS



2008 AMERICAN PHYSICAL ACTIVITY GUIDELINES



- **Children:** At least 60 minutes of physical activities daily
- **Adult:** At least 150 minutes per week



SEDENTARY BEHAVIOUR



Sitting Opportunities in 24 Hours







WHAT IS SLEEP?

- Sleep is a condition of body and mind which typically reoccurs for several hours every night, in which the nervous system is inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended.



SLEEP



- Lack of sleep results in situations where certain functions of the brain do not perform well
- Sleep brings healing to the brain

Adequate sleep improves:

- Learning
- Problem solving and decision making
- Improves emotional health
- It keeps organs healthy and regulate hormones
- Inadequate sleep reduces immunity and make us susceptible to infections
- Inadequate sleep also impacts on your day performance and safety



HOW MUCH SLEEP IS NEEDED -NSF

Classification	Age	Recommended Hours of Sleep
The Elderly	>65 years	7 – 8 Hours
Adults	26 – 64 years	7 – 9 Hours
Young Adults	18 – 25 years	7 – 9 Hours
Teenagers	14 – 17 years	8 – 10 Hours
School Age	6 – 13 years	9 – 11 Hours
Pre-School Age	3 – 5 years	10 – 13 Hours
Toddlers	1 – 2 years	11 – 14 Hours
Infants	4 – 11 months	12 – 15 Hours
New-born	0 – 3 months	14 – 17 Hours



IMPROVING YOUR SLEEP

- Practice sleep hygiene
- Schedule your meals and physical activities
- Avoid caffeine 4-6 hours before bed time
- Avoid electronics at night
- Do not eat large or high fat meals 2 - 3 hours before bed time
- What you eat, what you do, and when you do them can impact on your sleep
- Long term consequence of inadequate sleep can lead to clinical depression, heart attack, obesity and type-2 diabetes

OBESITY AND HEALTH RISKS





BMI NEW CLASSIFICATION

- Dietary pattern
- Physical inactivity

BMI Classification

- < 18 = Underweight
- $18.5 - 24.9$ = Normal Weight
- $25 - 29.9$ = Overweight
- $30 - 34.9$ = Class 1 obesity
- $35 - 39.9$ = Class 2 obesity
- >40 and above = Class 3 obesity (morbid obesity)



NATURE NURTURE EFFECT OF OBESITY

- A child with non obese parent has 10% chance of being obese
- A child with one obese parent has 40% chance of being obese
- A child with both obese parents has 80% chance of being obese

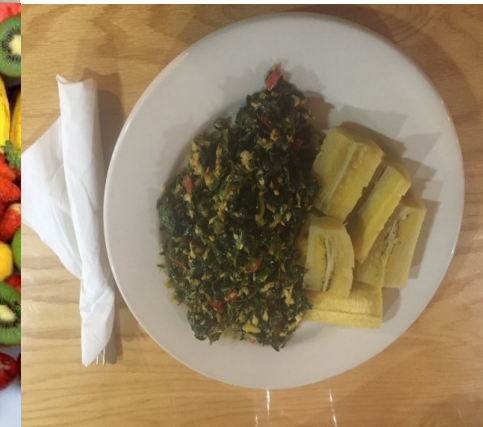
It is our responsibility to know this and do something about it.





HEALTHY CHOICES AND HEALTHY CHANGES

- ❖ Eat real food. Eliminate processed foods that tend to be high in sugar
- ❖ Choose a balanced diet
- ❖ Fill up on fibre
- ❖ Do not skip breakfast
- ❖ Eat when you're hungry—and be mindful
- ❖ Be dedicated, determined and disciplined—and allow for mistakes
- ❖ Wear a pedometer, target 10KPD
- ❖ Keep a journal
- ❖ Allow yourself a treat now and then—don't deprive yourself





Healthy Food for Life

The Food Pyramid guide to every day food choices for adults, teenagers and children aged five and over





MAKE YOUR PLATE COLOURFUL



DIET AND OCTOGENARIANS



KEEP THE CUPS PLAIN, NO COLOUR



NOT IN YOUR BEST INTEREST





CHRONIC DISEASES

- Hypertension: The key risk for cardiovascular diseases. Just another name for high blood pressure, expressed with two numbers: Systolic/Diastolic. **NO WARNING SIGNS!!!**



Stages of Hypertension

Category	Systolic		Diastolic
Normal	< 120	and	< 80
Prehypertension	120-139	or	80-89
High Blood Pressure/Hypertension			
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	≥ 160	or	≥ 100

© hypertension-personal-guide.com



CHRONIC DISEASES

Risk factors

Dietary Approach to Stop Hypertension (DASH)

- **Non-Modifiable:** Family history, age etc.
- **Modifiable risk factors:** Obesity, physical inactivity, dietary choices, alcohol abuse, stress, inadequate sleep and smoking.



CHRONIC DISEASES



This is a chronic disease marked by high level of sugar (glucose).

When sugar stays high or when body cells are not able to use up the sugar, so it stays around the blood.

Mostly caused by abnormality in how insulin functions, how insulin is produced or both



THE CHOICE IS YOURS TO MAKE





REFERENCE

- <http://care.diabetesjournals.org/content/39/5/653>
- http://www.nbcnews.com/id/18660422/ns/health-heart_health/t/blood-pressure-rising-around-globe/#.WW4ofojyvIU
- <https://www.slideshare.net/medicinedoctorinchd/hypertension-management>

The obvious changes in health sector as it relates to the novel COVID-19

Doctor Jatto Sylvanus



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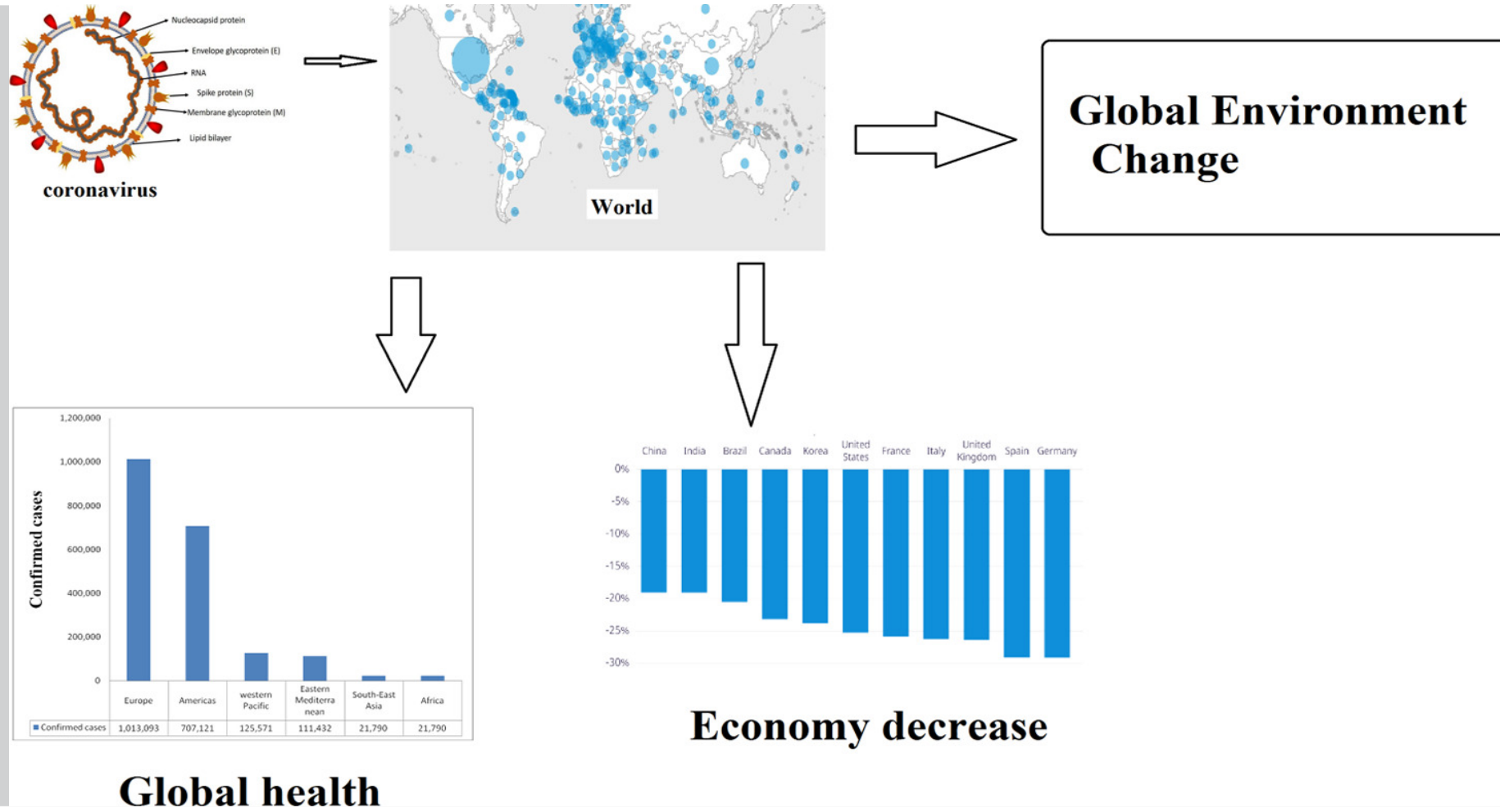


THE OBVIOUS CHANGES IN HEALTH SECTOR AS IT RELATES TO THE NOVEL COVID-19

- Covid-19 disease originated in December 2019, Wuhan, Hubei Province, China.
- WHO declared the COVID-19 pandemic as a global health emergency.
- It affected society and global economy.
- It also affected global environment.



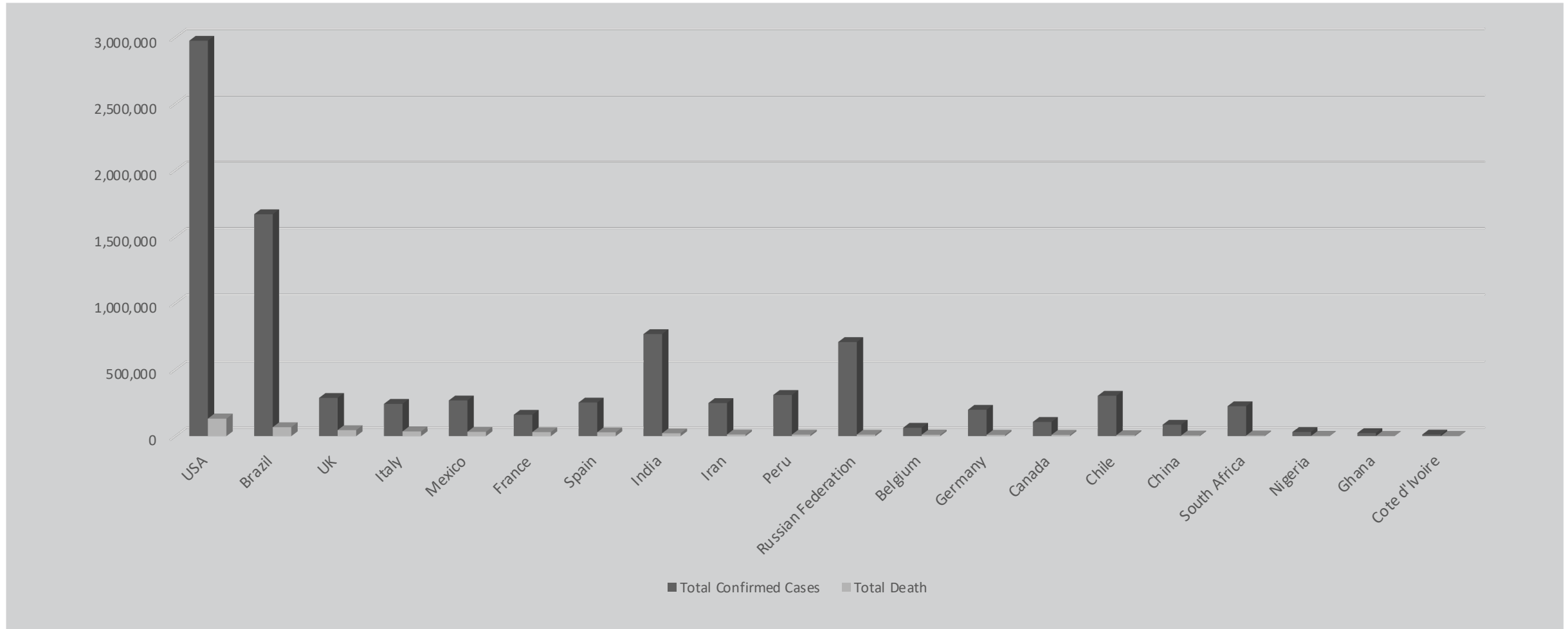
THE OBVIOUS CHANGES IN HEALTH SECTOR AS IT RELATES TO THE NOVEL COVID-19





COVID-19 PANDEMIC –

TOP 16 COUNTRIES WITH HIGHEST DEATH COMPARED TO FOUR (4) AFRICAN COUNTRIES INCLUDING NIGERIA



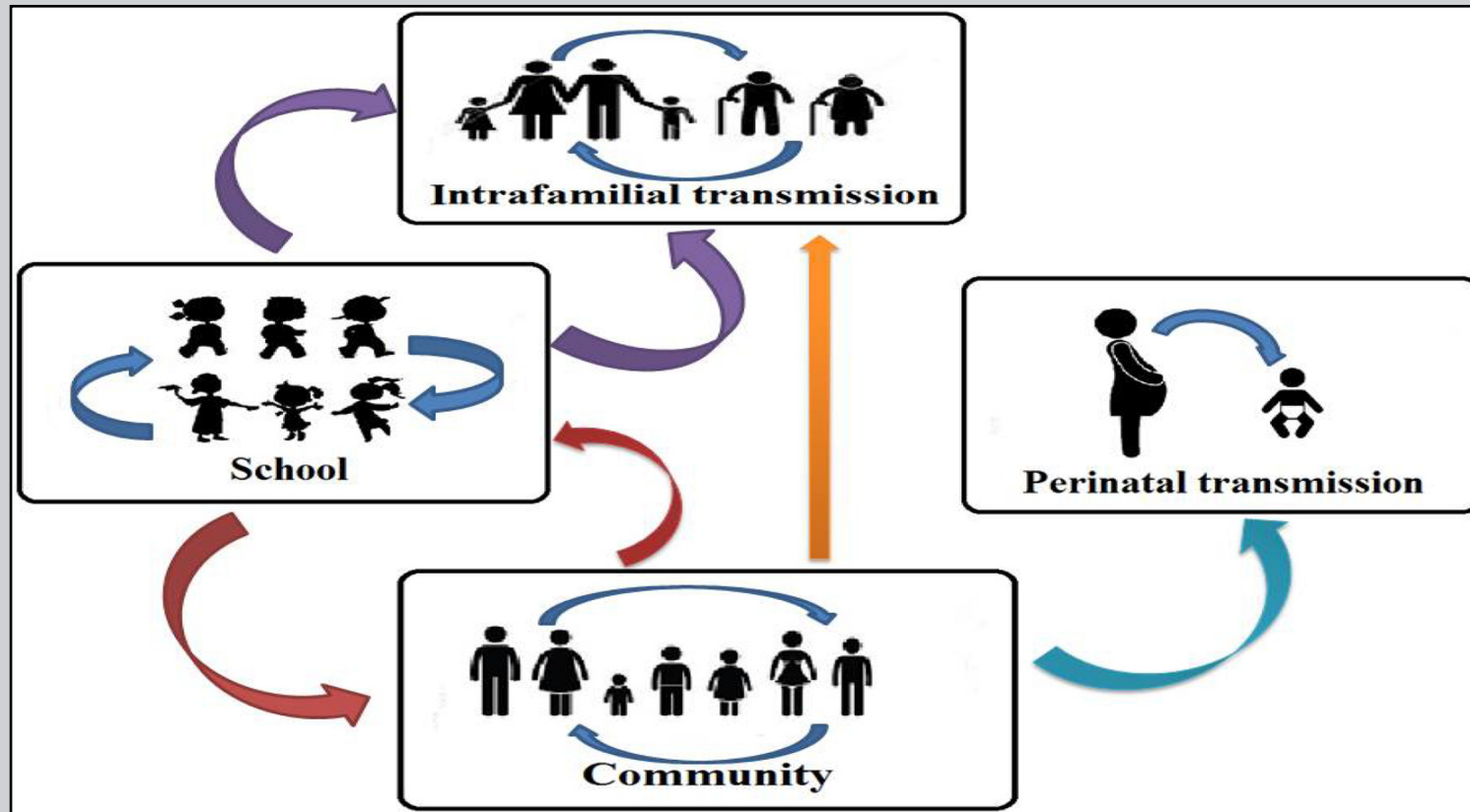
COVID-19 AND GLOBAL HEALTH



- This virus is highly infectious and can be transmitted through droplets and close contact.
- The human to the human spreading of the virus occurs due to close contact with an infected person exposed to coughing, sneezing, respiratory droplets or aerosols. These aerosols can penetrate the human body (respiratory system) via inhalation through nose or mouth.
- The clinical spectrum for individuals with COVID-19 infection ranges from mild or non-specific signs and symptoms of acute respiratory illness such as fever, cough, fatigue, shortness of breath, to severe pneumonia with respiratory failure and septic shock, which are very similar to other coronavirus diseases.
- The presenting features of COVID-19 disease in adults are pronounced.



TRANSMISSION DYNAMICS OF SARS-COV-2 INFECTION IN PEOPLE





WHAT COVID-19 DATA IN NIGERIA IS SAYING

- NCDC- Statistics show the major drivers of COVID19 spread are the younger populations, however people with underlying medical conditions & the elderly are most vulnerable. We must Take Responsibility to keep them safe.
- At least, 1 out of every 10 persons over 50 years old who had COVID19 died from it in Nigeria. Please Take Responsibility today to protect yourself, your loved ones and the elderly around you and in our society. COVID 19 is real.
- NCDC emphasized a fact from our data- most cases are in people aged 20-40, while most deaths are in those >50. We do not blame any age-group as COVID19 affects our lives in different ways. We must work together to protect each other, especially our elderly & vulnerable.
- **NCDC** - COVID19 Nigeria data shows that infected people over 64 years are 23 times more likely to die from COVID19 than the younger people Take Responsibility to protect others. You might have the virus and show no symptoms, but the elderly might not be that lucky



THE OBVIOUS CHANGES IN HEALTH SECTOR AS IT RELATES TO THE NOVEL COVID-19

- It showed we have never been ready or prepared for any major health challenge like the pandemic.
- It showed the inadequacy of our healthcare system.
- Frontline Healthcare workers are exposed and at risk. Need to protect themselves. NO PPEs
- Brought more stringent measure before you can access medical care
- A new (Novel) virus that healthcare workers are unfamiliar with in terms of treatment.
- Limited known treatment options available. No magic treatment. Your immunity is key.
- No vaccine yet
- Preventive measures are evolving but are key to our safety as we start to understand the virus
- More investment in the healthcare sector required as seen in action of federal and state government.
- More research needed to eventually combat the COVID 19 pandemic



CONCLUSION

- It is indispensable to control the source of disease, cut off the transmission path, and use the existing drugs & means to control the progress of the disease proactively.
- Like all the preceding disasters on the earth, let all be optimistic enough that, human beings will definitely win over the pandemic in due course of time.
- We must take responsibility for ourselves, loved ones and others around us.



THANK YOU

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