An elderly couple is walking away from the camera on a stone path in a garden. The man is wearing a light green jacket and tan trousers, and the woman is wearing a light green jacket, a blue skirt, and is using a red walking stick. The path is made of stone slabs and is surrounded by lush green plants and a brick wall on the right.

How to live (and want) to be 100

John Whyte, MD, MPH | CEO, American Medical Association



Quiz time

Are you?

☐ **Male** 2 points

☐ **Age 60-64** 1 point

☐ **Age 65-69** 2 points

☐ **Age 70-74** 3 points

☐ **Age 75-79** 4 points

☐ **Age 80-84** 5 points

☐ **Age > 85** 7 points





☐ **Current tobacco use** 2 points

☐ **Thin or normal weight** 1 point

☐ **Diabetes** 1 point

☐ **Non-skin cancer** 2 points

☐ **Use of oxygen** 2 points

☐ **Heart failure** 2 points

☐ **Difficulty bathing** 2 points

Do You Have?

- ☐ **Difficulty managing money** 2 points
- ☐ **Difficulty walking several blocks** 2 points
- ☐ **Difficulty pushing/pulling large objects** 1 point





Tally up your points!



10-year mortality

Points	Predicted mortality
0	<3%
2	5%
4	12%
6	27%
8	48%
12	81%
>14	93%

Lifespan

76

Men

81

Women

70

Black male

77

Black women

78

Hispanic male

83

Hispanic women





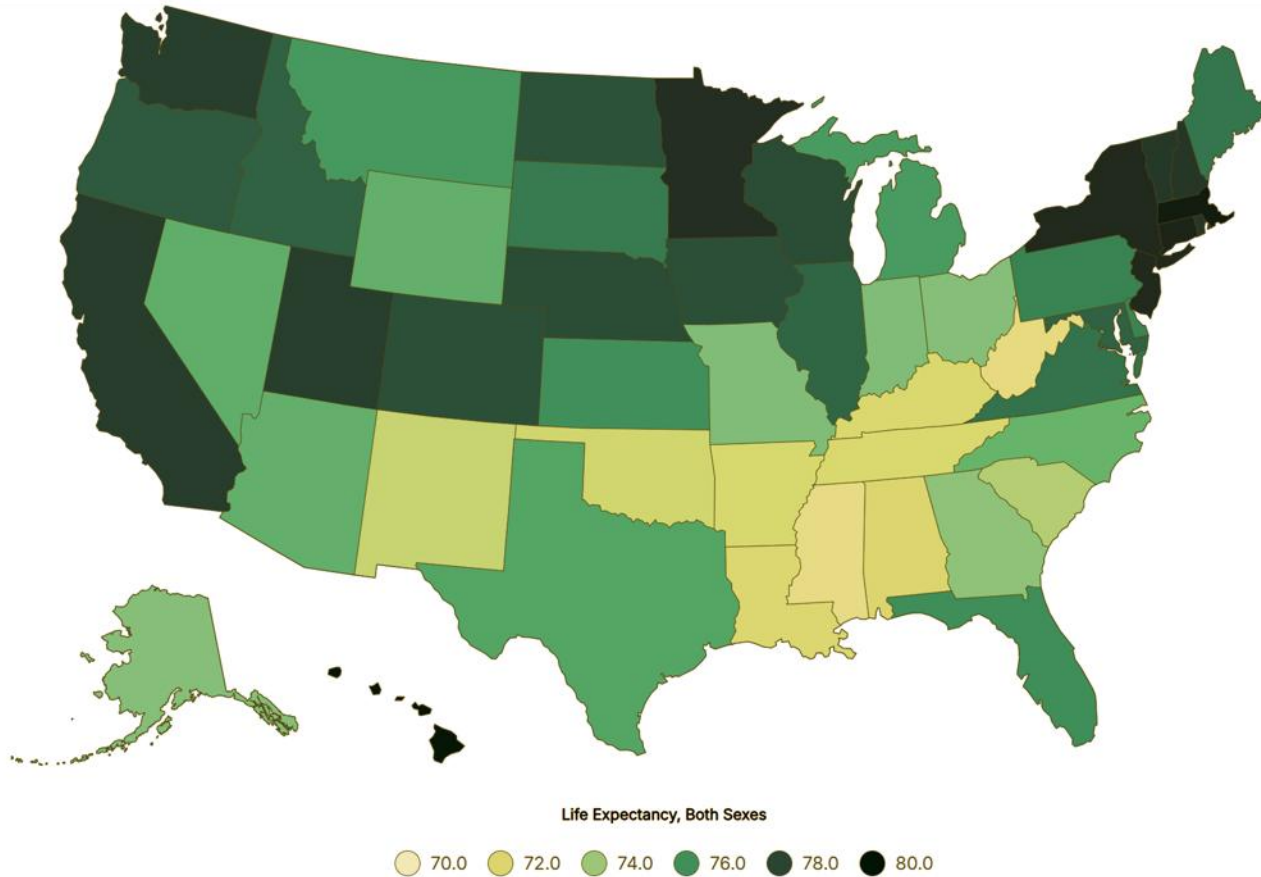
Blue zones

Areas with the high concentrations of active centenarians.



Life Expectancy

by State 2025



Characteristics of Centenarians



Almost half
of centenarians
surveyed
see it as a
positive thing



Over 70%
rate their
health as good



75% reported
no problems
with dementia

Characteristics of Centenarians



Many reported being mobile and able to get out



Only 3% of centenarians think they had an influence on living so long



Characteristics of Centenarians



Reside in
larger
households



Live close
to their
offspring



Eat
vegetables
regularly



Have
optimistic
views



Educated



Married



What is lifestyle?

- ☒ Food
- ☒ Physical Activity
- ☒ Social Interactions
- ☒ Mental Outlook

Diet dictates health



Dis-moi ce que
tu manges, je te
dirai ce que tu es.





Food is medicine

Focus on Patterns of Eating

Decrease your heart disease risk

WHAT TO EAT

Eat More Fruit

Reach for fruits with a dark color—blue, purple, and red—to get the most bang for your buck.

Eat More Fish

Try replacing one serving of meat a week with a serving of fish.

Drink More

Coffee Drinking 1-2 cups a day may lower your risk of type 2 diabetes by up to 10 percent.

Eat More Fiber-rich vegetables

Especially non-starchy vegetables like broccoli, carrots, and leafy greens.

WHAT TO AVOID

Eat Less Processed meats

They tend to be high in fat and heavy on salt and preservatives.

Eat Less Refined grains

Think breads, crackers, baked goods, and white rice.

Eat Less Alcohol

You don't have to cut it out. Just make sure you stay within the moderate range.

Eat Less Sugar-sweetened beverages

Try flavored or sparkling water with no added sugar instead.



Superfood



Does java work?



What about wine?

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Intermittent fasting

Supplements



- “Natural”
- Probiotics
- Garlic
- Fiber
- Omega-3 fatty acids
- CoQ10
- Vitamin D
- Calcium
- Magnesium

Exercise



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American Heart Association

150-200

minutes of
moderate-intensity

OR

75-150

minutes of
vigorous physical
activity every week



Spectrum of cardio and strength exercises

	CARDIO	STRENGTH
MODERATE	Brisk walking Light jogging Elliptical machine Swimming Cleaning house Gardening Doubles tennis	Squats Bicep curls Modified pushups Forearm plank Resistance training Pilates Yoga
VIGOROUS	Running Stair climbing Cycling Singles tennis Racquetball Jump rope Hiking uphill	Burpees Weightlifting Handstands Kettlebells Martial arts Shoveling snow Mountain climbing





The classic battle

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A man with a grey beard and a woman are dancing in a studio. The man is wearing a plaid shirt over a grey t-shirt and khaki pants. The woman is wearing a light-colored long-sleeved shirt. They are both smiling and have their arms raised. The background is a simple room with a track light fixture on the ceiling and a wooden chair in the background.

Movement

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A photograph of a person sitting on a blue yoga mat on a grassy area. The person is wearing a bright pink long-sleeved top and matching leggings. Their hands are clasped together in a meditative gesture, resting on their knees. The background is slightly blurred, showing another person in a grey top also sitting on a mat. The overall scene suggests a peaceful outdoor yoga or meditation session.

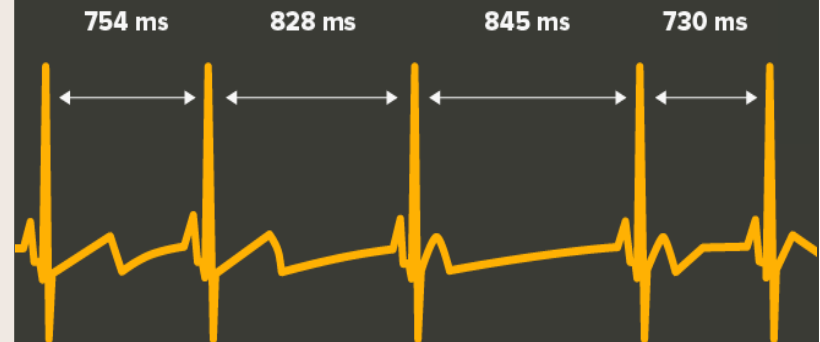
Mind-body Connection

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Depression

- ✓ Inflammation
- ✓ Endothelial dysfunction
- ✓ Heart rate variability

Heart Rate Variability



Depression

PHQ-2 Screening Instrument for Depression

Over the past two weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

Scoring: A score of 3 or more is considered a positive result. The PHQ-9 (Table 3) or a clinical interview should be completed for patients who screen positive.

PHQ = Patient Health Questionnaire.

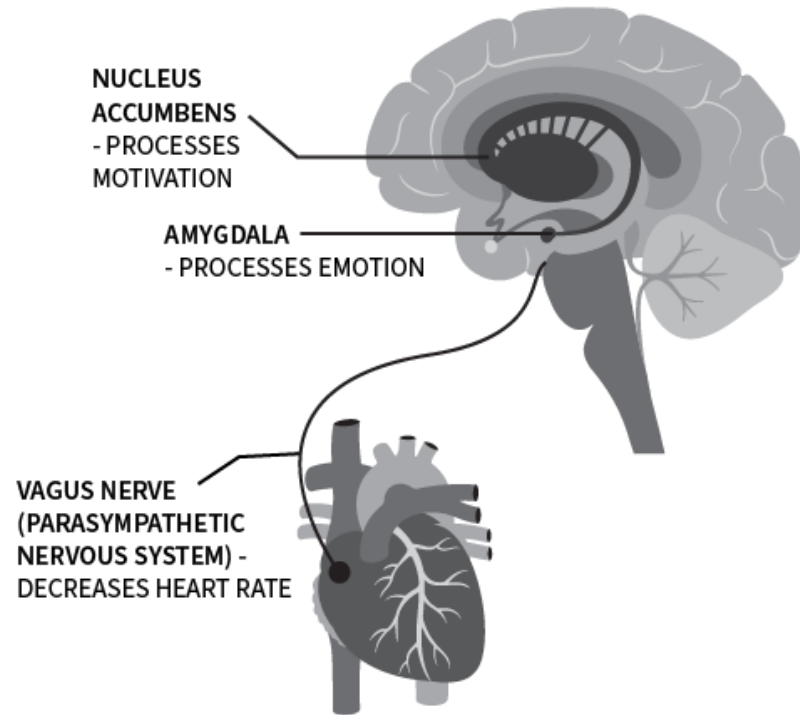
Stress busters

- Take a break from decisions
- Connect with others
- Pet your dog or cat
- Write out a to-do list (only 3 items!)
- Take time to recharge
- Laugh
- Sing
- Curb the clutter
- Set boundaries
- Try mindfulness
- Practice gratitude
- Seek professional help



Gratitude and the Brain

GRATITUDE POSITIVELY IMPACTS AREAS OF THE BRAIN



Bathe in the forest

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Sleep changes as we age

Sleep less efficient

Quality decreases

Less deep sleep; awake more often

Fewer dreams (decrease REM)

Only 15 min to fall asleep



Sleep matters!

Adequate sleep improves memory

Helps consolidate memories

Improved mood

Reduces stress

Primes body's natural defenses against disease



Adequate Sleep



Establish a regular sleep in the evening and wake-up time in the morning.



Avoid exercising within an hour of bedtime.



Do not drink fluids within 2 hours of bedtime. No alcohol!



Insulate your bedroom against loud noise.



Keep your bedroom temperature on the cool side.



Keep room on the dark side. Establish a tech-free zone.



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Dr. Whyte's Tips to Longevity

01 Healthy eating

02 Embrace java

03 Walk

04 Good night's sleep

05 Be purposeful

06 Stay positive

07 Stay connected

08 Get screened

Role of Medications

Why am I taking it?

Will I need to take it for the rest of my life?

What are the potential side effects?

How do I know if the medication is working?

Are there any special instructions for taking this medication?

Are there activities I should avoid while taking it?

When do we re-evaluate if I still need to be on it, or need a change?



Q&A