

AGE WELL COURSE SESSION 6

How to 'live' to age well

9 Mar 2023

Resources

The Age-Well Project

Website: <https://agewellproject.com>

Instagram: [@agewellproject](https://www.instagram.com/agewellproject)

Facebook: [@theagewellproject](https://www.facebook.com/theagewellproject)

Susan Saunders Health

Website: <https://susansaundershealth.com>

Instagram and Facebook: @susansaundershealth

Books

[*The Age-Well Project*](#) Easy Ways to Live a Longer, Healthier, Happier Life

[*The Age-Well Plan*](#) The 6-week Programme to Kickstart a Longer, Healthier, Happier Life

Disclaimer

I'm not a doctor or a nurse. I can't prescribe, I can't give you advise on individual health issues. You need to talk to your GP about those. I'm here to guide you to make your own healthy choices, and to coach you to discover what's right for you.

This session is all about my sixth rule for ageing well: review the environment in which your ageing.

SO TONIGHT I WILL :

1. GIVE AN OVERVIEW OF HOW OUR ENVIRONMENT – BOTH INSIDE AND OUTSIDE OUR HOMES IMPACTS AGEING, AND WHAT TO DO ABOUT IT
2. DISCUSS WHAT MAKES AN AGE-FRIENDLY LOCATION IN WHICH TO GET OLDER AND HOW TO PLAN AN AGE-WELL FUTURE

QUIZ: HOW ARE YOU LIVING NOW????

1. How much do you use your car?
2. When did you last use a map or allow yourself to get lost and navigate your way back?
3. How often do you see a tree, in daylight (through a window doesn't count!)
4. How often do you open the windows in your home?
5. Do you use any natural or organic cleaning products?
6. Do you use any natural or organic skincare/bath products?
7. Do you ever eat organic foods? If so, how much?
8. Have you (and your partner) considered your future?
9. What about work? Are you still working?
10. Are you ready for an age-well life?

MY TOP 5 'how to live' LESSONS FOR AGEING WELL:

1. BE AWARE OF OUTDOOR POLLUTION

Research paper referenced here:

Air Pollution and Noncommunicable Diseases

[https://journal.chestnet.org/article/S0012-3692\(18\)32723-5/fulltext](https://journal.chestnet.org/article/S0012-3692(18)32723-5/fulltext)

Exposure to Environmental Pollutants and Their Association with Biomarkers of Aging: A Multipollutant Approach

<https://pubs.acs.org/doi/abs/10.1021/acs.est.8b07141#>

Components of Air Pollution and Cognitive Function in Middle-aged and Older Adults in Los Angeles

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3946571/>

Road proximity, air pollution, noise, green space and neurologic disease incidence: a population-based cohort study

<https://ehjournal.biomedcentral.com/articles/10.1186/s12940-020-0565-4>

Characterisation of nanoparticle emissions and exposure at traffic intersections through fast-response mobile and sequential measurements

<https://www.sciencedirect.com/science/article/abs/pii/S1352231015001193?via%3Dihub>

EAT TO BEAT POLLUTION:

Multiple nutrients appear to play a role in helping our lungs fight the good fight against air pollution. Try to eat some or all of these this week:

- [] Vitamin C: kiwi fruit, citrus fruit, peppers
- [] Carotenoids: carrot, sweet potato, squash, watermelon
- [] Vitamin E: avocado, nuts
- [] omega-3 fatty acids: oily fish, nuts and eggs
- [] Choline: eggs, liver, peanuts, tofu, broccoli
- [] B vitamins: whole grains, wheatgerm, leafy greens, liver, eggs
- [] Genistein¹: soy and soy products such as tempeh and tofu

2. TACKLE INDOOR POLLUTION

Research papers referenced here:

Indoor Air Quality and Health

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5707925/>

Not Just Dirt: Toxic Chemicals in Indoor Dust

<https://www.nrdc.org/resources/not-just-dirt-toxic-chemicals-indoor-dust>

Cleaning at home and at work in relation to lung function decline and airway obstruction

<https://www.thoracic.org/about/newsroom/press-releases/resources/women-cleaners-lung-function.pdf>

¹ https://ehp.niehs.nih.gov/doi/full/10.1289/ehp.8700?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dpubmed

3. **PLASTICS, NOT FANTASTIC**

Research papers referenced here:

Current Insights into Monitoring, Bioaccumulation, and Potential Health Effects of Microplastics Present in the Food Chain

<https://www.mdpi.com/2304-8158/9/1/72/htm>

An assessment of the toxicity of polypropylene microplastics in human derived cells

<https://www.sciencedirect.com/science/article/pii/S0048969719320832>

4. **PESTICIDES**

The Pesticide Action Network produces a list of the 'Dirty Dozen' for the UK

<https://www.pan-uk.org/dirty-dozen/>

5. **LOOK AFTER YOUR SKIN**

Research paper referenced here:

An insight into toxicity and human-health-related adverse consequences of cosmeceuticals — A review

<https://www.sciencedirect.com/science/article/pii/S0048969719312525>

The skin aging exposome

[https://www.ijdsjournal.com/article/S0923-1811\(16\)30816-7/fulltext](https://www.ijdsjournal.com/article/S0923-1811(16)30816-7/fulltext)

BONUS:

The World Health Organisation has created a Global Age-friendly Cities guide which examined eight areas of urban living worldwide.

Have a think about how well served your local area is with these key amenities –

- outdoor spaces and buildings
- transportation
- housing
- social participation
- respect and social inclusion
- civic participation and employment
- communication and information
- community support and health services