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Mr. Lozano 8:30-9:45

Kin 175-1001

10/20/2017

Age has been the single most cumbersome and accepted cause of death to almost all living species on this planet. With age comes the downward spiral of a living organism’s functionality. These diseases are often by products of the organism’s environment, lifestyle, and surrounding culture. An interesting study that was analyzed by 60 minutes went in depth on a small population of 90-year-old plus individuals located at a retirement home turned city complex. The findings included information on supplement influences, social factors, lifestyle risks, and physical activity.

This study went in depth on the lifestyles and dietary living of individuals located in a retirement home that existed back in the 1970’s. The trigger to this study involved researcher who happened to come across the health files of this retirement community, called Leisure World, which went in depth on the thousands of residents and their diet exercise, vitamins and activities. This allowed the scientist to begin an epidemiological study analyzing the files and searching for the still living individuals to evaluate their existing health status. The study involved analyzing these individuals who chose to participate once every 6 months to test their physical and mental capabilities. An extremely interesting factor that the scientists discovered was that supplements played no vital role in benefiting the individual’s lifespan. They also discovered that many of the individuals choose not to take any supplements at all. The one major finding they made was that individuals who consumed the equivalent of two cups of coffee were more likely to live longer and healthier lives than those who consumed more or none. Several other factors have led to these individuals living longer, most importantly, their social lives.

When searching in depth into the social factors that kept these individuals alive past the age of 90, researchers discovered that strong social connections directly correlated with longevity. Having a busy and rich social life keeps the mind active and decreases the risk of cognitive downfall and diseases such as Alzheimer’s, dementia, cognitive downfall. They also discovered that having an active love life lead to longevity within these individuals. These strong relationships led the increased cognitive effects correlated with strong socialization skills nd memory performance. Other factors were also found to strike major impacts on life longevity, more specifically, exercise.

Many of these individuals living in such a social setting were found to also be participating in frequent bouts of physical activity. The researchers discovered that individuals who participated in at least 45 minutes of physical activity daily led to the most benefit, even when compared to 3 hours of physical activity. This activity leads to a maintained bone density and ability to rely on one’s own physical capability. One extremely sad fact that I learned from this video was the major impact mental decline in these old individuals. Diseases such as Alzheimer’s were shown in the individuals of the study. The saddest part of this was the fact that the individuals knew they were losing their cognitive ability, reporting feelings such as depression and frustration in one’s own cognitive ability.

This video was particularly eye opening for me to analyze my own life now as it is, and the habits I’d like to practice increasing my own longevity. The problem of the elderly in America will only increase, and Americans must address this issue sooner rather than later. I draw pity towards the elderly from this video, and it has forever changed my outlook for the better towards my opinion of the abilities of the elderly.