

Adult & Public Health

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Take care of your mind,
your body will thank you.
Take care of your body,
your mind will thank you.



Phase 3 lecture, 2023 - 2024

academic year, spring semester

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Learning objectives....

At the end of this lecture, students are expected to ;

- Describe **Adulthood** within the life span,
- Reply the basic questions on essential **Adult Health** problems,
- Recognise the relative importance of Adult period within the integrity of Public Health services,
- Motivate students for Promoting and Preventing Adult health,
- Realise the contribution of adulthood health for the elderly
- Conceive the productivity of adults within entire economy



Who is Adult ??

- ❖ An **adult** is a human or other animal (*living being!*) that has reached full growth.
- ❖ In **human** context, the term «**adult**» has meanings associated with social and legal concepts.
- ❖ In contrast to a "**minor(ity)**" (<18 years age), a legal adult is a person who has attained the age of **majority** (>18 years age) and is therefore regarded as ***independent, self-sufficient & responsible.***

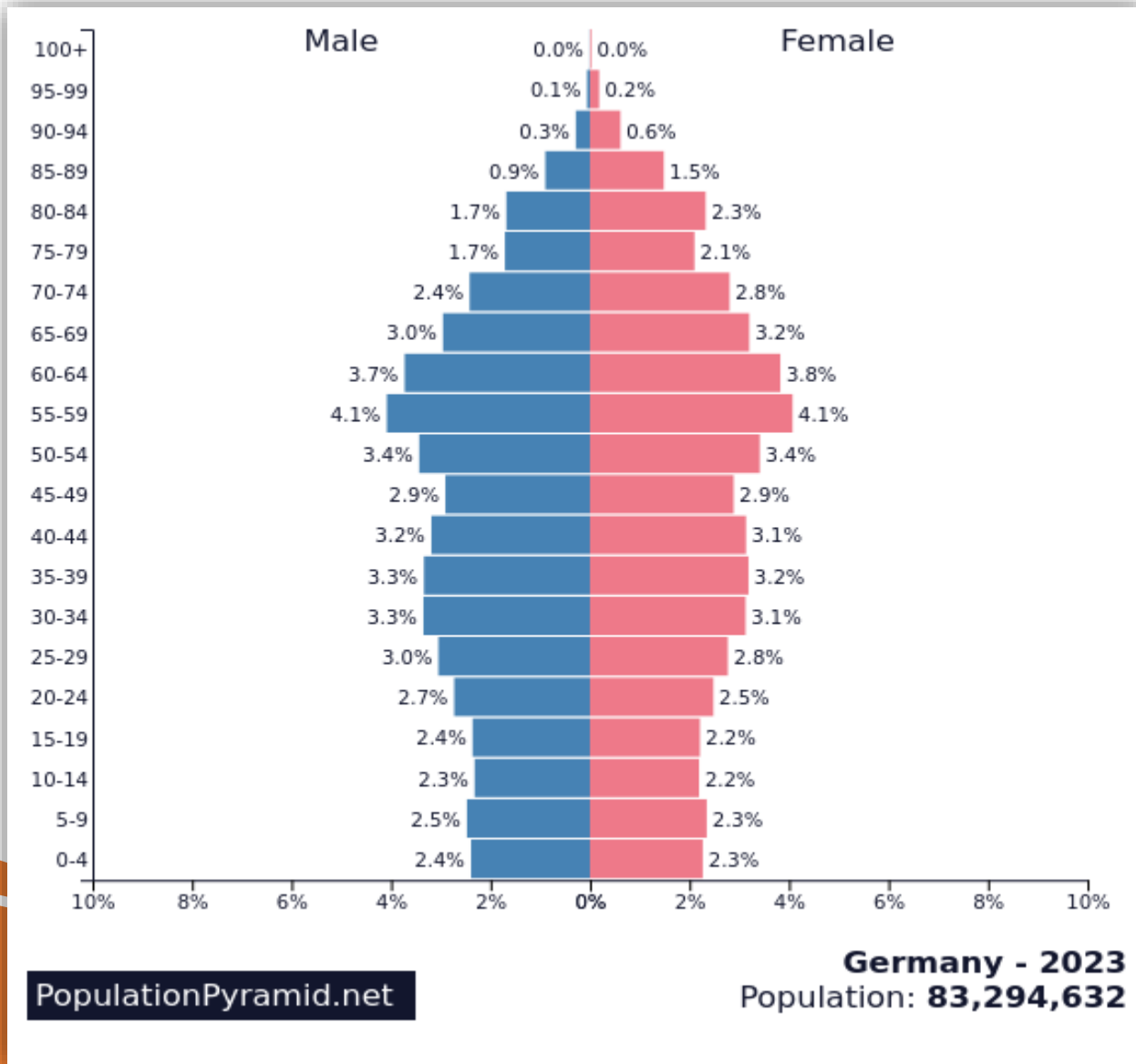
Americans are Living Longer and in Greater Numbers

- ❑ The population of older Americans is growing and living longer than ever. As a group, they are living active lives and contributing to the economy. The added years to the lifespans have resulted in a longer middle age—extending the period when workers are at their ***most productive and creative***.
- ❑ *10,000 people are turning 65 a day*
- ❑ 80 percent of people age 50 and older plan to work past 65
- ❑ *People over 50 in the US contribute \$7.6 tr to economy annually.*

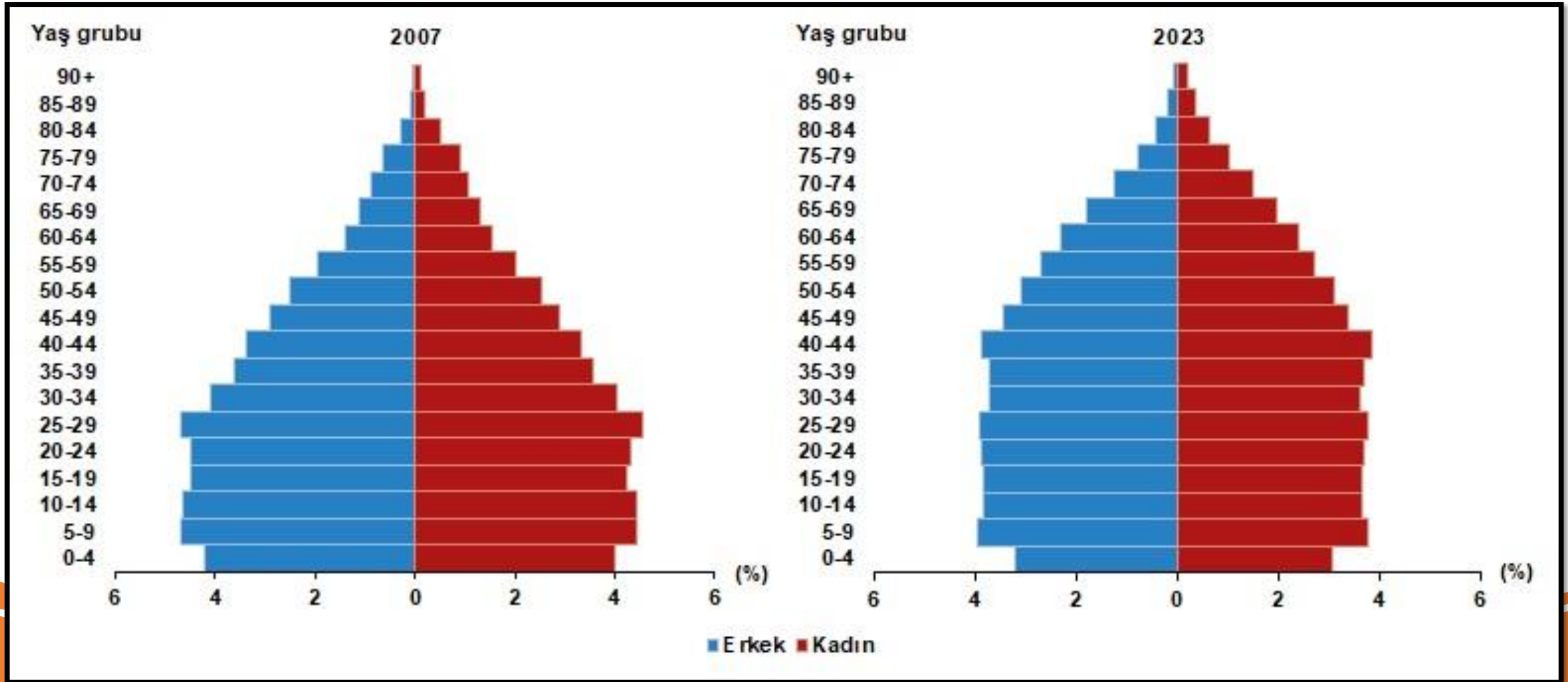
Aging Brings Challenges

- Aging brings an increase in the prevalence of chronic diseases, such as hypertension, diabetes, arthritis, and dementia.
- *For ex. **Alzheimer's disease**, the most common type of **dementia**, is the 5th leading cause of death among older Americans.*
- Older **adults** also face more challenges with everyday living activities.
- *80 % of older adults have at least one chronic health condition.*
- 1 in 3 older adults has limitations in activities such as preparing meals and housekeeping.

Population pyramids World & Germany- 2023

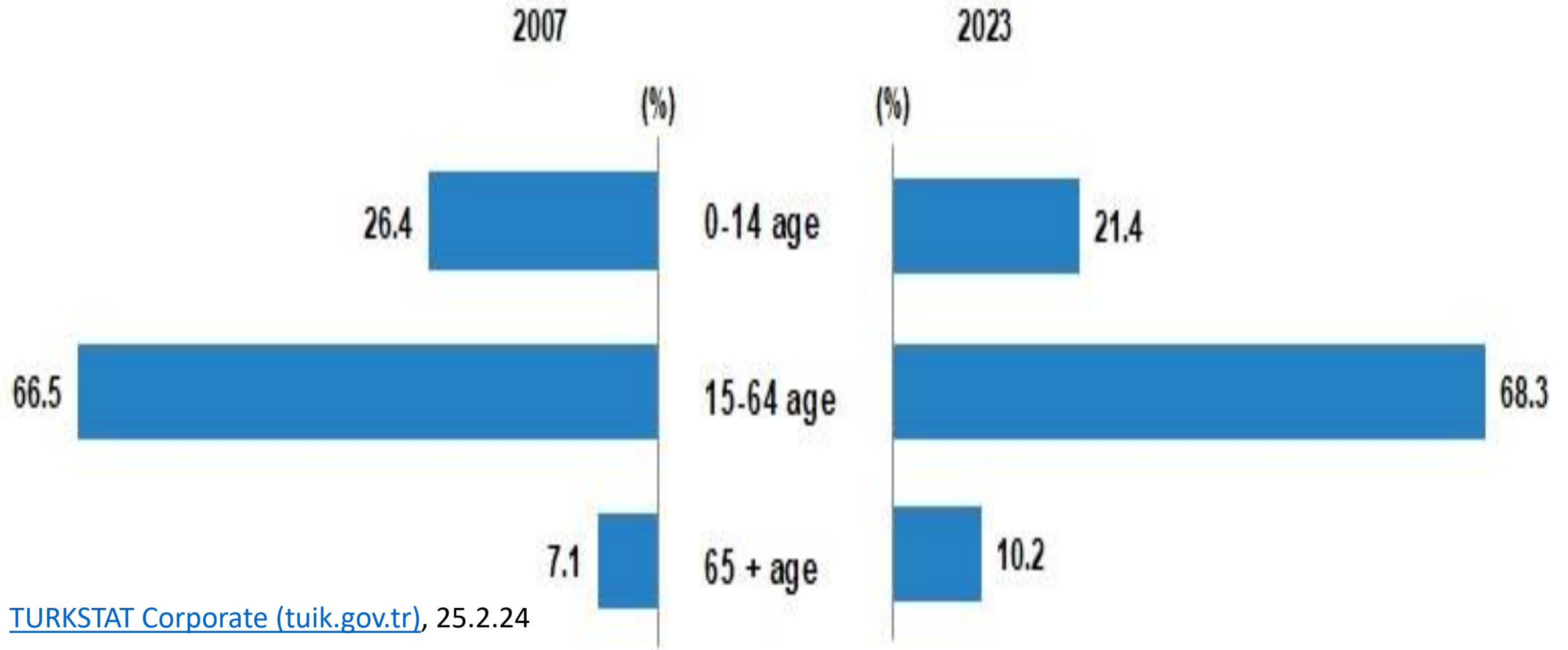


Structural change in population pyramid in Turkiye

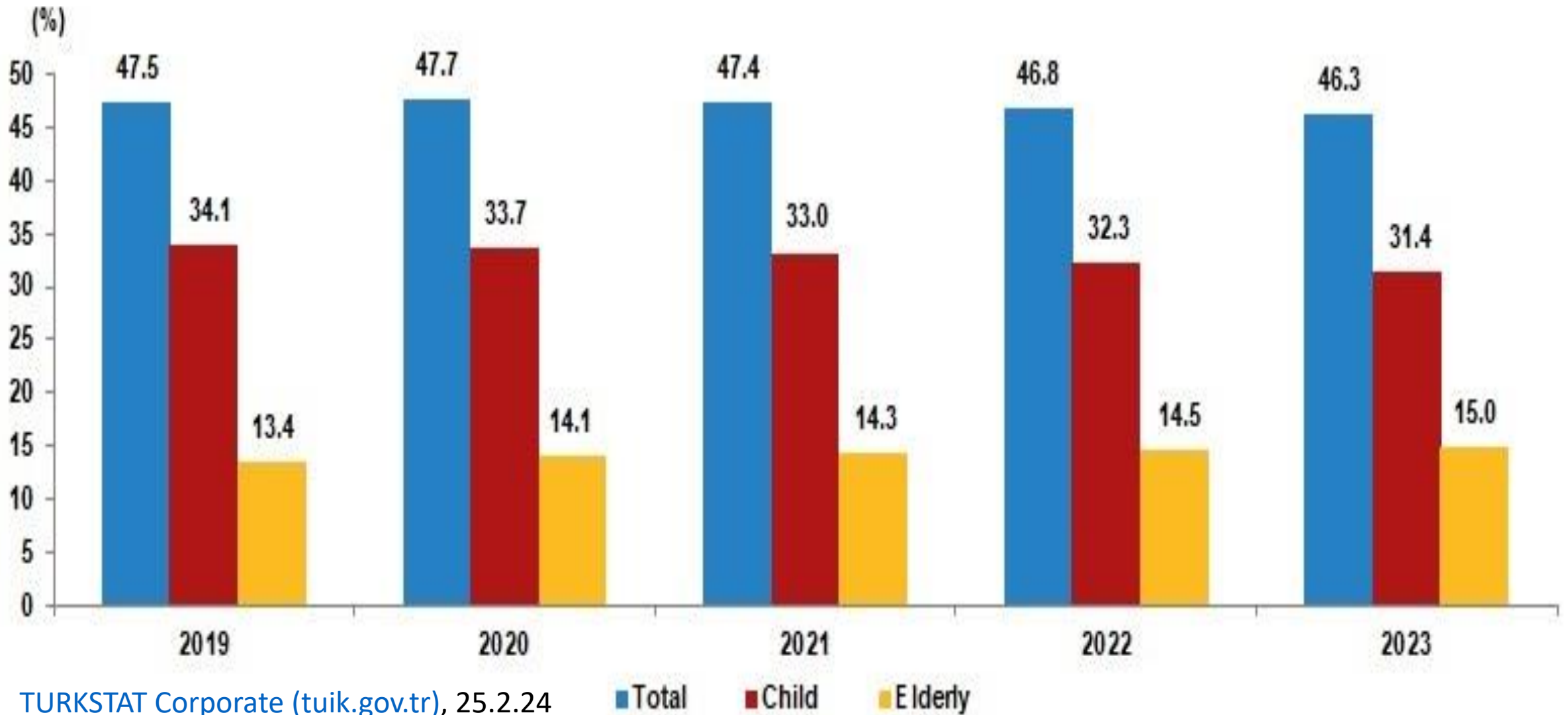


<https://data.tuik.gov.tr/Bulten/Index?p=The-Results-of-Address-Based-Population-Registration-System-2023-49684&dil=2> 19.2.24

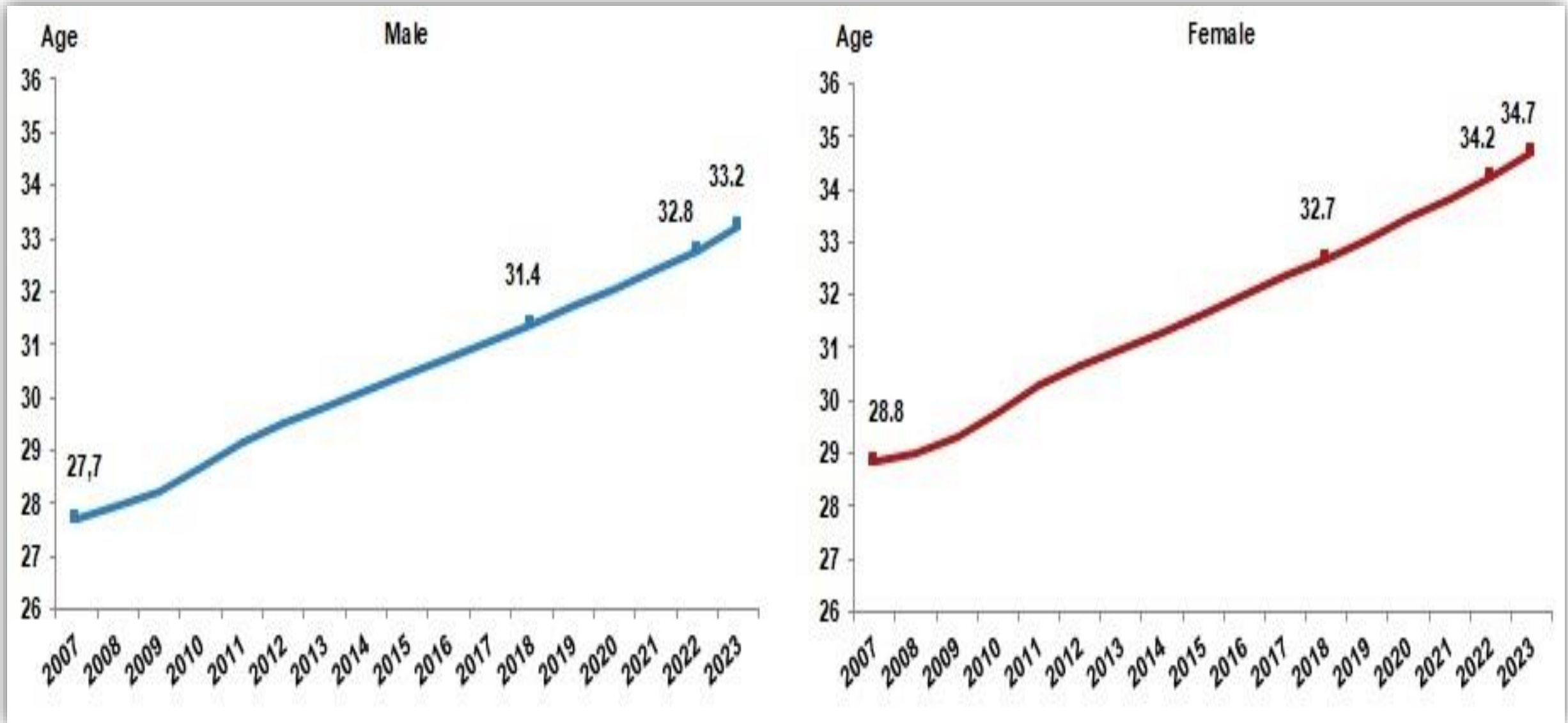
Proportion of population by age groups, 2007, 2023; Turkiye



Age dependency ratios, 2019-2023

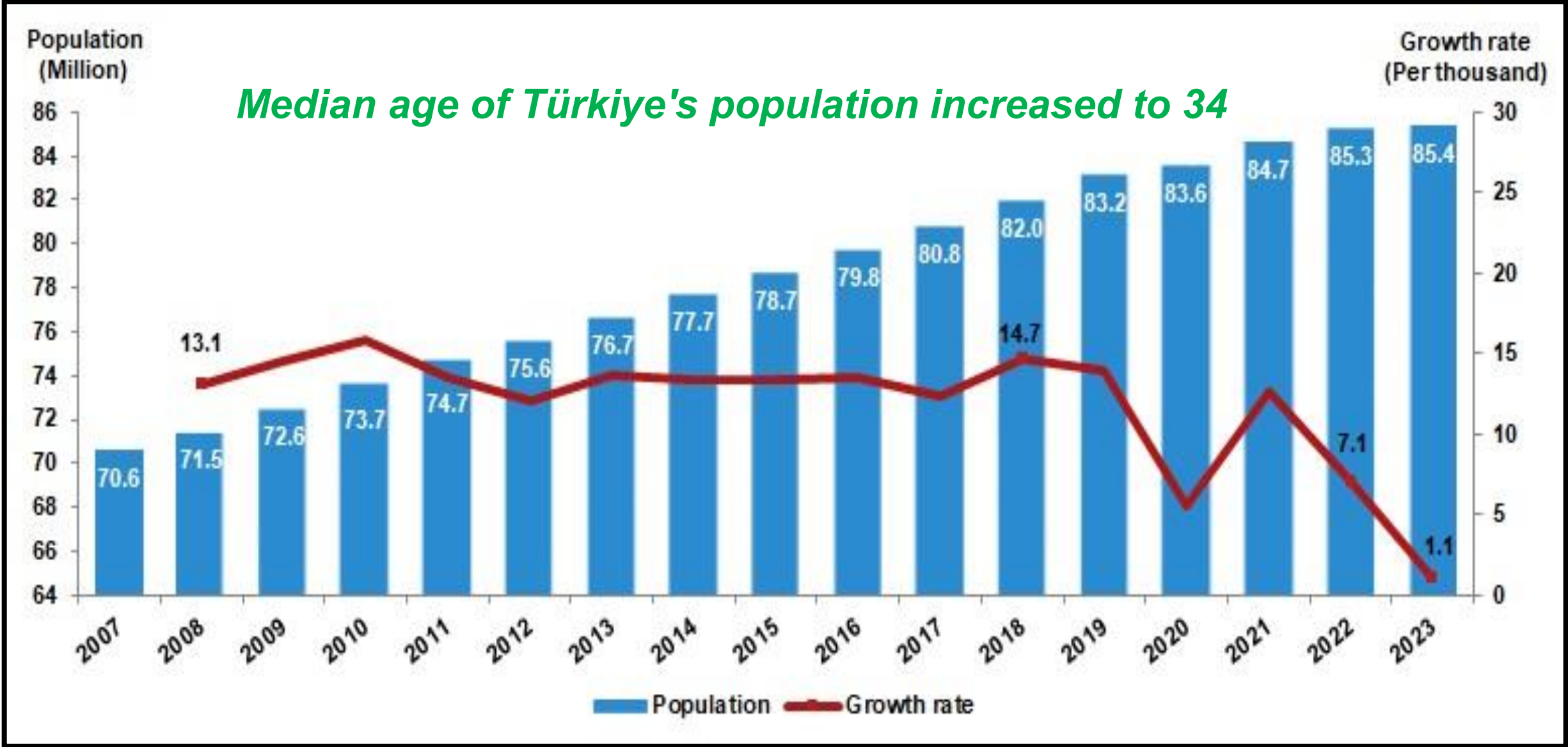


Median age by sex, 2007-2023



Population and annual population growth rate, 2007-2023

Median age of Türkiye's population increased to 34



The Challenges of Caregiving and Caregivers

- *Birth rates are declining, posing a potential shortfall of caregivers, and that trend will continue.*
- *Caregivers themselves are at risk for health problems.*
Trends show they will be working longer hours and caring for people with more than one chronic disease.
- The impact the aging population will have on their caregivers, the **public health system**, and the aging themselves.
- Hear what CDC and public health officials are doing and what needs to be done.

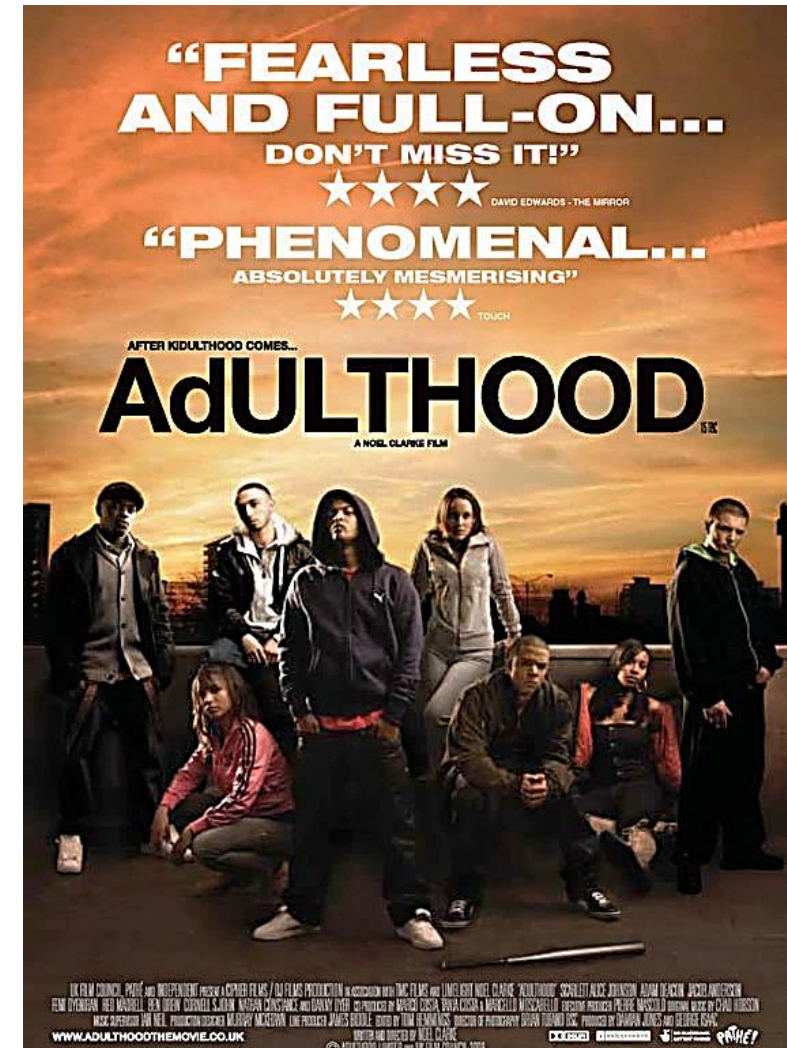
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Maintaining good health-1

When you think of adult health, you might think about various ways to stay healthy, such as cancer prevention, vaccines and hand-washing.

Good for you!

The choices you make every day, go a long way toward promoting adult health.



Maintaining good health-2

It's equally important to pay attention to your signs and symptoms.

Know which **adult health warning signs** merit **medical attention**.

These might include :

***unexplained weight loss,
changes in bowel habits,
shortness of breath and
sudden headaches.***

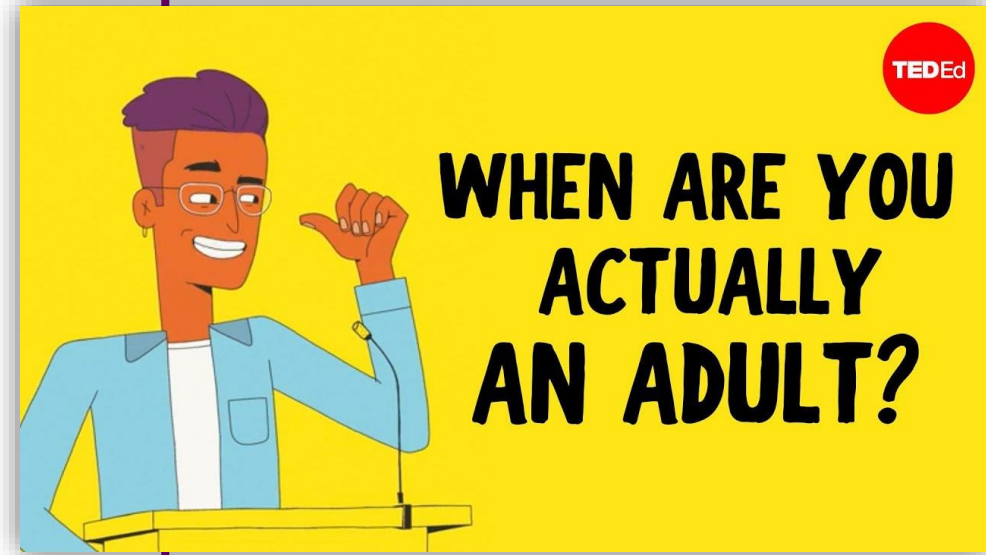


Maintaining good health-3

And of course, regular physical exams and **adult health** screening tests are an important part of *preventive adult health care*.

Know which screening tests you need and how often to have them done.

Early detection can be the key to successful treatment.



<https://www.cdc.gov/chronicdiseases/resources/publications/factsheets/promoting-health-for-older-adults.htm>

Healthy Aging: Promoting Well-being in Older Adults



SDH : The social determinants of health-1

- The social determinants of health represent aspects of people's social identity, their social environment and their social position.
- *It's a broad topic and includes issues like justice, inequality, health inequity, poverty and human rights. (One Medicine – One Health!)*
- **The WHO states that** : “The social determinants of health (SDH) are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. And **Adulthood** deserves special attention.

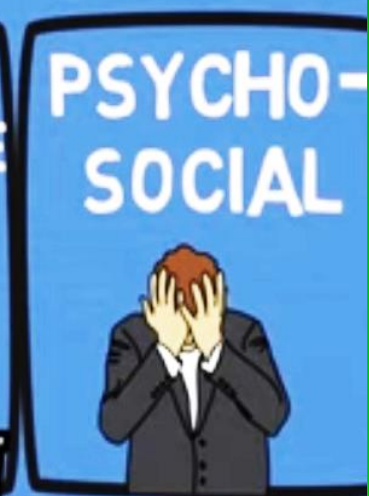
SDH : The social determinants of health-2

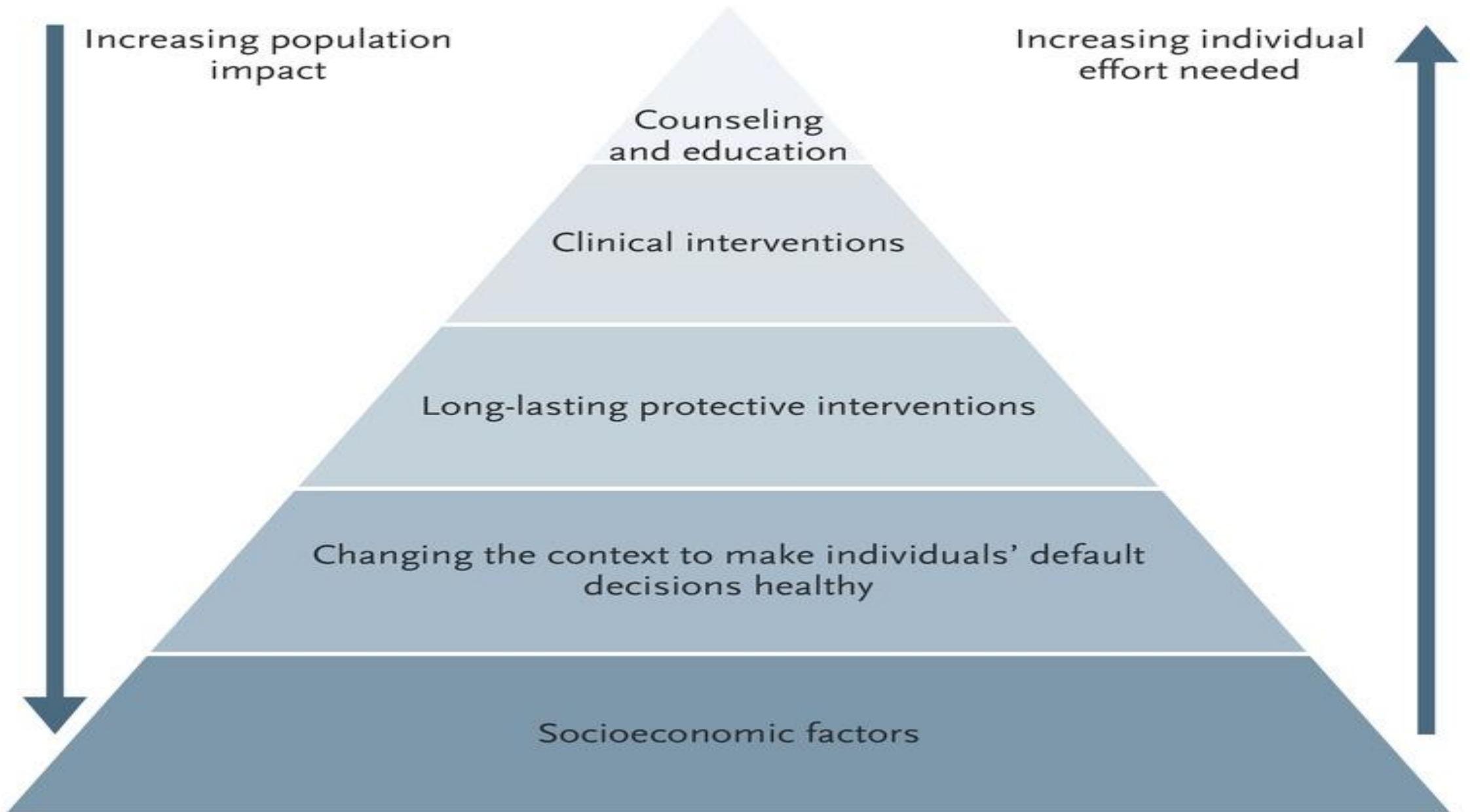
- The social determinants of health represent aspects of people's social identity, their social environment and their social position.
- *It's a broad topic and includes issues like justice, inequality, **health inequity**, **poverty** and human rights. (One Medicine – One Health!)*
- **The WHO states that** : “The social determinants of health (SDH) are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.
- *These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems.*
- The SDH network across WHO supports action on the SDH. The SDGs provide a comprehensive blueprint for human development and for systematically addressing the social determinants of health.”

SOCIAL



HEALTH



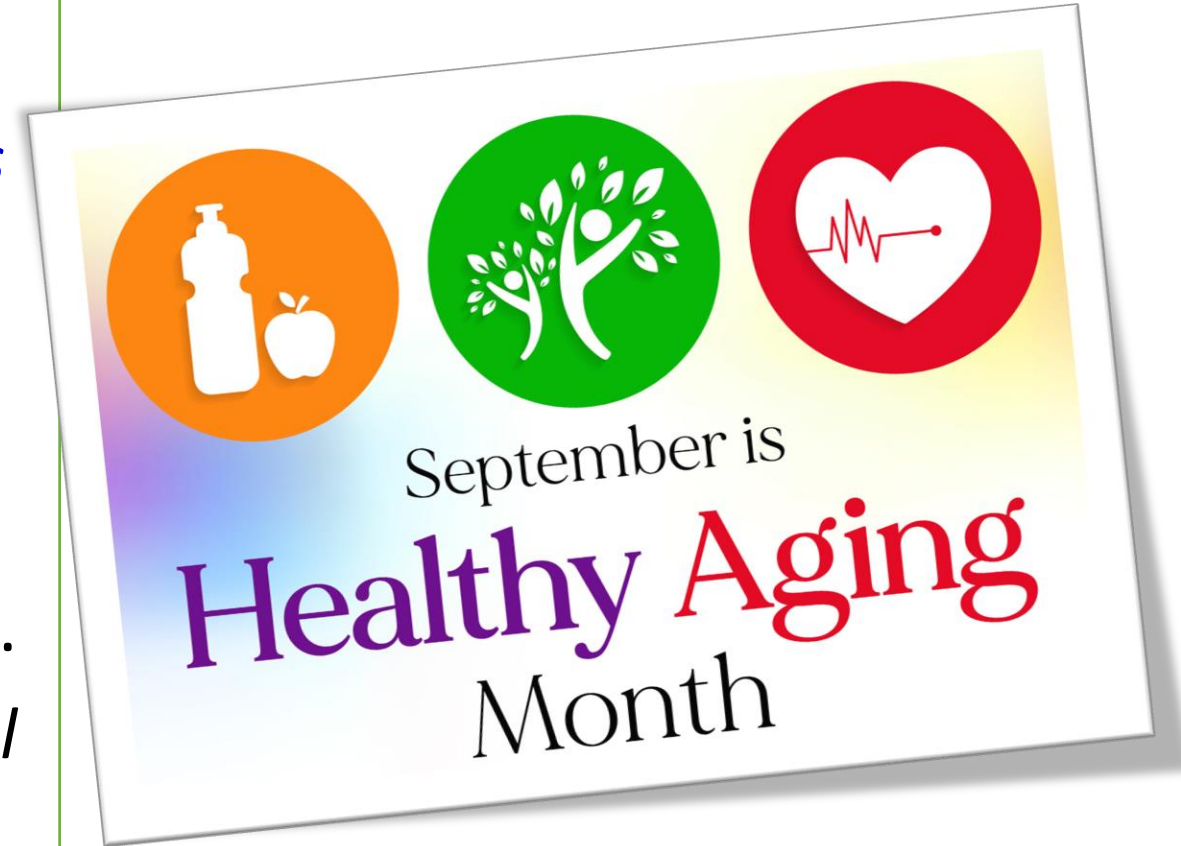


To communicate health messages to an older adult audience

- Do you want to communicate health messages to an older **adult** audience?
- Whether you're developing print or online information, broadcast media or delivering a health presentation, this web site is for you.
- *Public health professionals need to improve their communication skills with older adults by focusing on **health literacy** issues.*
- All professionals and organizations interact and communicate with older **adults** about health issues.
- *Including **public health departments**, healthcare providers and facilities, government agencies, non-profit/community advocacy organizations, the media, and health-related industries.*

Older adults are a diverse group of individuals..

- Older adults are a diverse group of individuals with a unique set of needs and preferences.
- *They often face complex health decisions that involve trade-offs among options that appeal to different values, beliefs, and preferences.*
- **Make it empowering**
- Older adults want control of their health.
- *Frame your messages so older adults feel confident they can use the information in a way that will impact their lives.*



How to live well with diabetes for an adult?

- **A IS FOR THE A1C TEST**

- *Hb A1C is a blood test that measures your average blood sugar level over the past 3 months.*

It is different from the blood sugar checks you might do each day.

- The Hb A1C goal for many people with diabetes is below.
Ask your health care team what your goal should be.

- **B IS FOR BLOOD PRESSURE**

Blood pressure is force of blood against the walls of your blood vessels.
If your blood pressure gets too high, it makes your heart work too hard.
Your blood pressure goal should be below 140/90 unless your doctor helps you set a different goal.

How to live well with diabetes for an adult?

- **C IS FOR CHOLESTEROL** *There are 2 kinds of cholesterol in your blood: **LDL and HDL**. LDL or “bad” cholesterol can build up and clog your blood vessels. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels.*
 - Ask your health care team what your cholesterol numbers should be.
 - If your numbers are not where they should be, ask what you can do about it.
- **S IS FOR SMOKING**
Smoking raises your blood sugar, blood pressure, and cholesterol levels. If you quit smoking, you’ll lower your risk of heart attack, stroke, nerve disease, kidney disease, and oral disease.

Understanding Adult Overweight & Obesity

- Definition & Facts

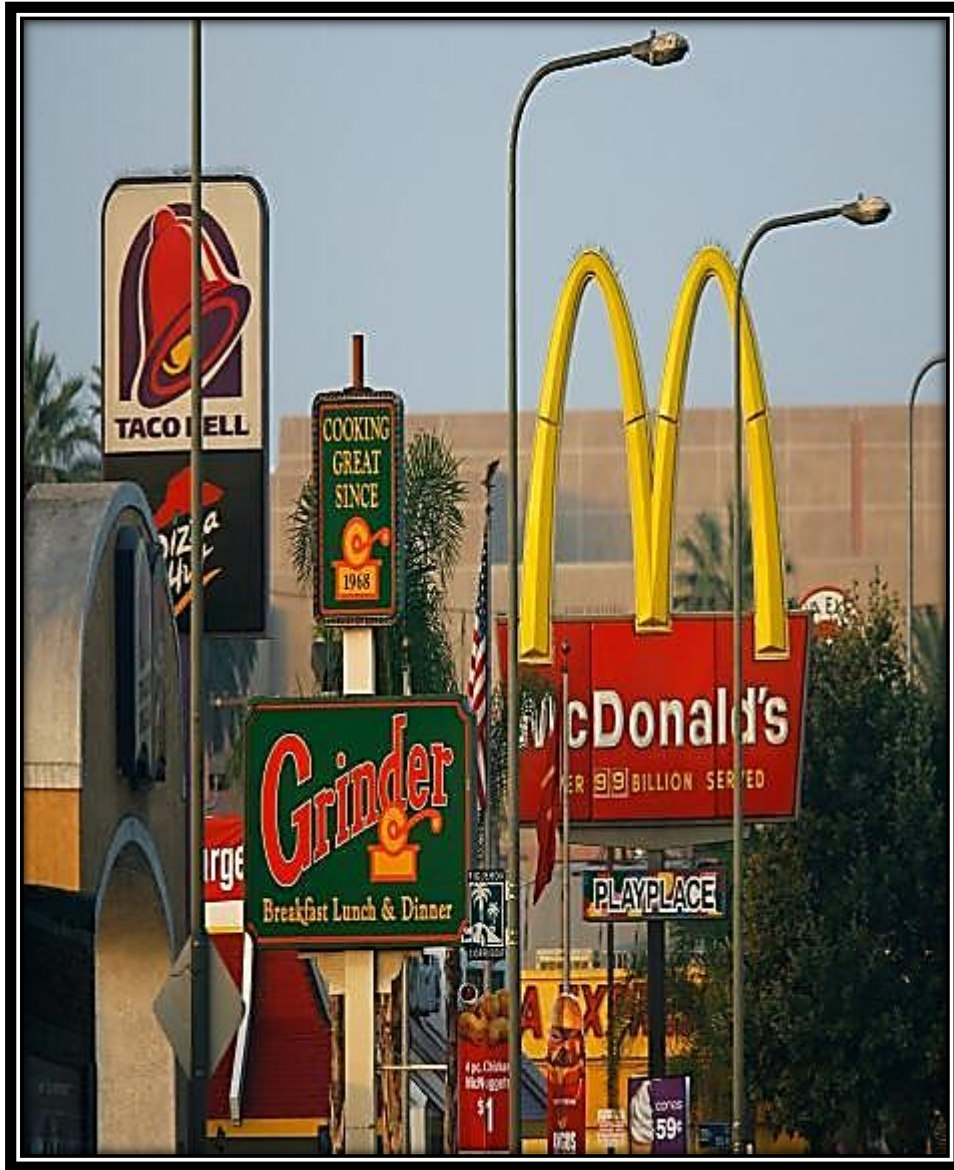
- The terms “**overweight**” and “**obesity**” refer to body weight that is greater than what is considered normal or healthy for a certain height. Reaching and staying at a healthy weight can be a long-term challenge for people who are overweight or have obesity.

- Health Risks

- Overweight and obesity may increase your risk for certain health problems and may be linked to certain emotional and social problems.



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828 million HUNGER, >1 billion obes! «A strange bi-polarity!!

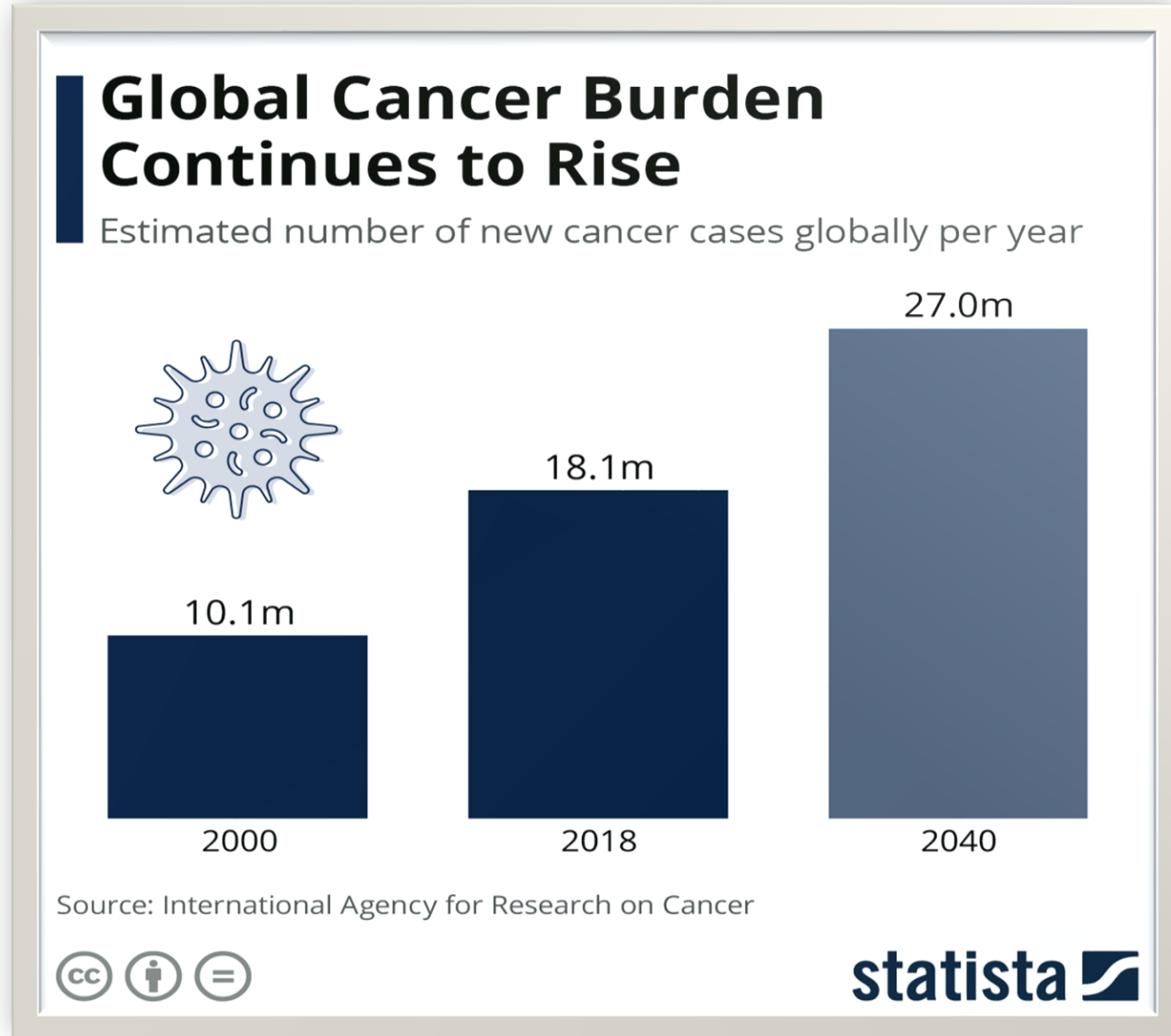
The Burden of Cancer

- ❑ In 2022, an estimated 1,918,030 people were diagnosed with cancer in the United States, and an estimated 609,360 people died of cancer.
- ❑ *Cancer incidence and mortality help to define the scope of the burden that cancer imposes on society, but these indicators do not fully characterize the impact that cancer has on cancer patients and their families.*
- ❑ In addition to the physical morbidity caused by cancer, cancer is frequently associated with emotional distress and an overall reduction in quality of life.



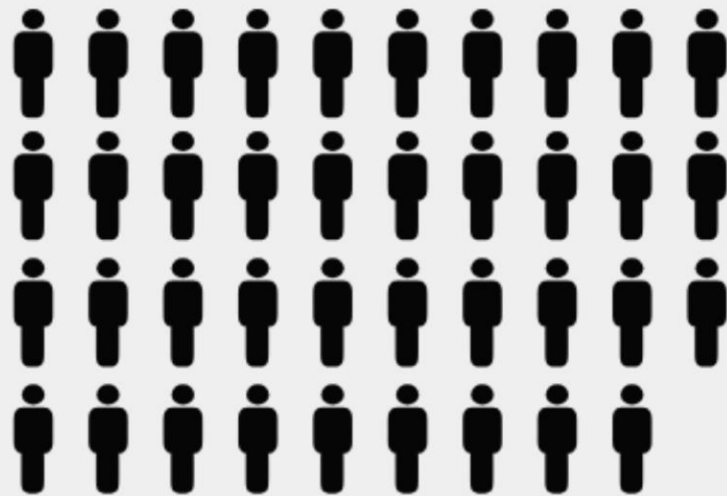
The Burden of Cancer

- ❑ *Cancer has also been observed to be a financial stressor.*
- ❑ *In a population-based study in western Washington, 197,840 cancer patients were matched with an equal number of controls by age, sex, and zip code.*
- ❑ Cancer patients were 2.6 times more likely to file for bankruptcy than the cancer-free controls ($p < .05$).




Explore the future of cancer burden

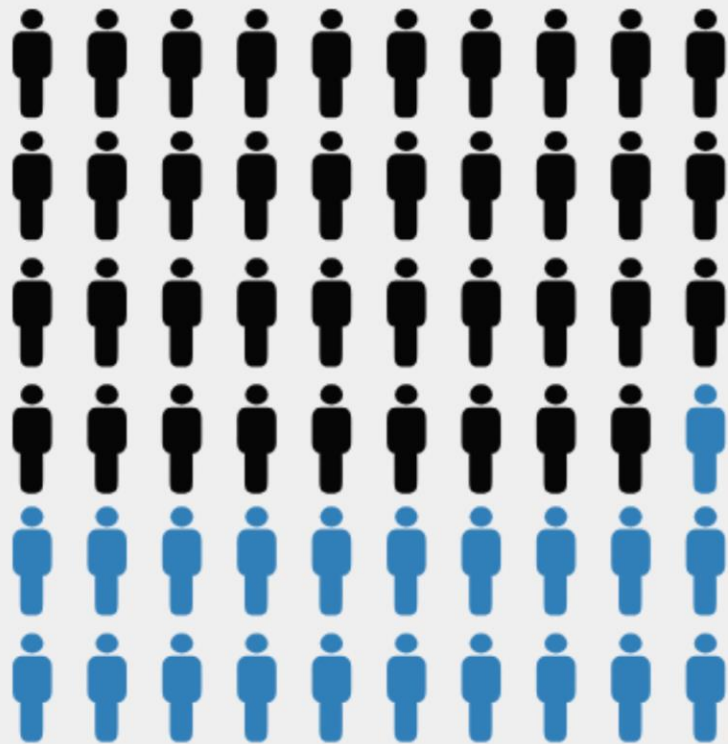
2020




19 300 000

 = 500 000

2040



30 200 000

 Demographic changes



Risk Factors for Cancer in Adulthood

- Risk Factors **Causally** Associated With Cancer

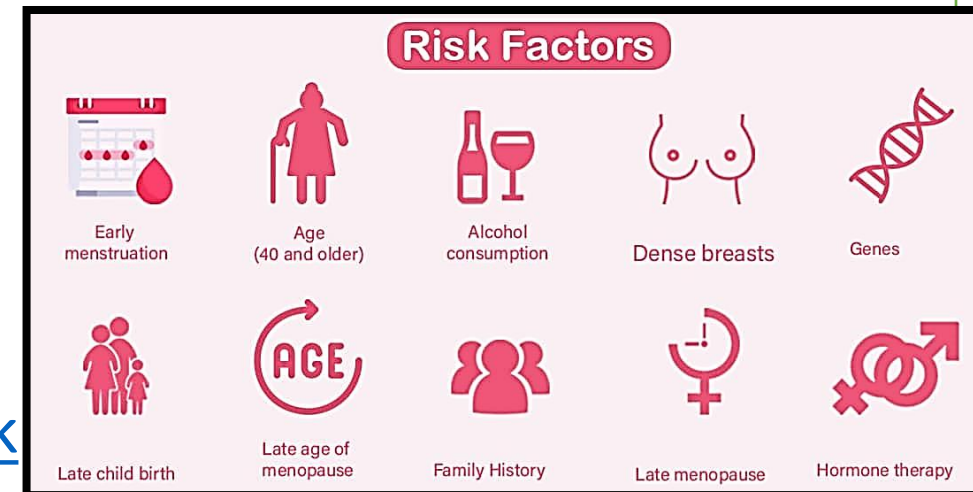
- Cigarette smoking/tobacco use : Decades of research have consistently established the **strong association between tobacco use and cancers** of many sites.
- Infections
- Radiation
- Immunosuppression after organ transplantation

- Risk/Protective Factors With Uncertain Associations With Cancer

- Diet
- Alcohol
- Physical activity
- Obesity
- Diabetes

- The Impact of Screen Detection on Measures of Risk

- The promise for cancer prevention is derived from observational epidemiologic studies that show associations between modifiable lifestyle factors or environmental exposures and specific cancers.



Top Health Conditions for Adults Over 65

- **Heart Disease.** Heart disease includes heart failure, heart attack, coronary artery disease (*narrowing or hardening of the arteries*), and heart arrhythmia . . .
- **Cancer.** . . .
- **COVID-19.** . . .
- **Cerebrovascular Disease (Stroke)**
- **Alzheimer's Disease.** . . .
- **Chronic Lower Respiratory Disease**
- **Diabetes.** . . .
- **Accidents.**

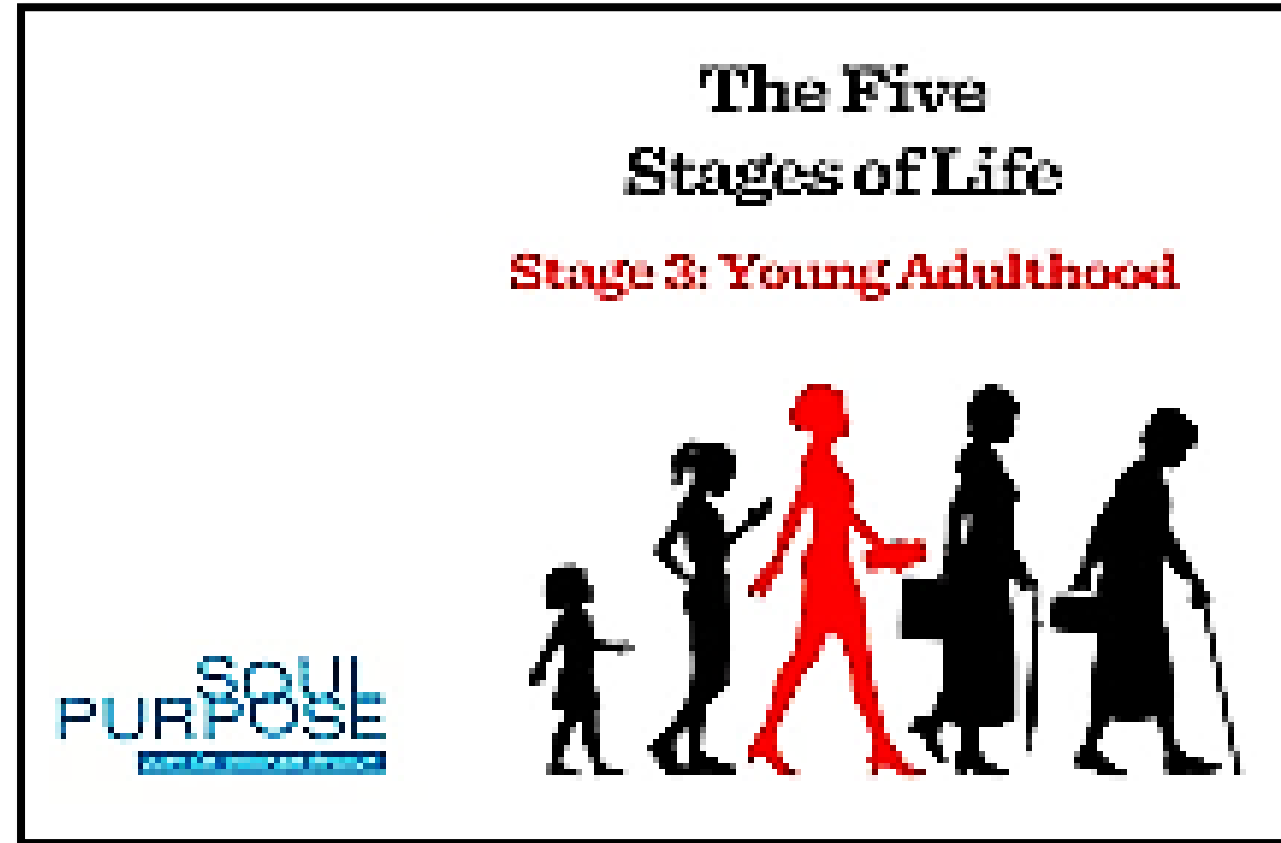


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Leading Causes of Death causes for adults? (2021)

- **Heart disease:** 695,547.
- **Cancer:** 605,213.
- **COVID-19:** 416,893.
- **Accidents** (unintentional injuries): 224,935.
- **Stroke** (cerebrovascular diseases): 162,890.
- **Chronic lower respiratory diseases:** 142,342.
- **Alzheimer's disease:** 119,399.
- **Diabetes:** 103,294.



10 Common Chronic Conditions for Adults 65+

QUICK FACTS



80%
have have at least 1
chronic condition



68%
have 2 or more chronic
conditions



Hypertension
(High Blood Pressure)

58%



High Cholesterol

47%



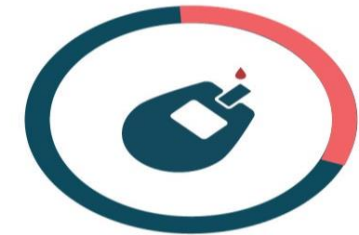
Arthritis

31%



Ischemic/Coronary Heart Disease

29%



Diabetes

27%



Chronic Kidney Disease

18%



Heart Failure

14%



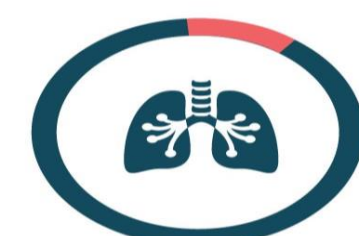
Depression

14%



Alzheimer's Disease and Dementia

11%

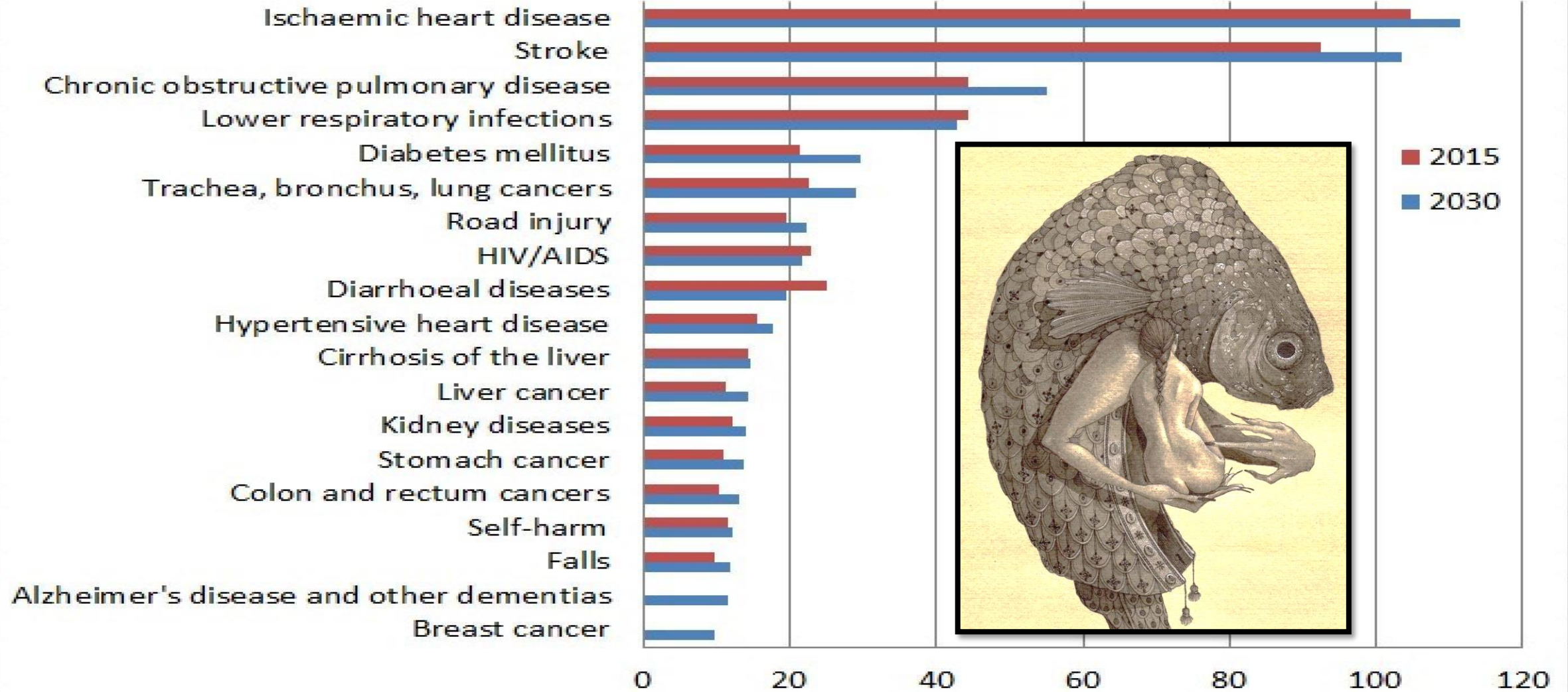


Chronic Obstructive Pulmonary Disease

11%

Top causes of death in Euroland 2015...2030

Top Causes of Death
death per 100,000 population



Health Tips for Adults-1

- Healthy Weight
 - Consuming Healthy Food and Beverages
 - Physical Activity
 - Being Good to Yourself
- Consuming **healthy foods**, beverages, and snacks, and getting regular physical activity may help you reach and maintain a healthy body weight. Making suitable lifestyle choices may also help men & women prevent some health problems.



Health Tips for Adults-2

- Here's a quick overview of some ways to eat better and be more active :

- Choose whole grains more often.

Try whole-wheat breads and pastas, or brown rice.

- Select a mix of colorful *vegetables*.

Vegetables of different colors provide a variety of nutrients.

Try collards, spinach, squash, sweet potatoes, and tomatoes.

- Try to do at least 150 minutes a week of moderate-intensity *aerobic activity*, like biking or brisk walking.



10 important public health issues related to adults-1

- 1. Chronic Diseases:** Addressing conditions like *heart disease, diabetes, and hypertension* is crucial. Promoting *healthy lifestyles, regular screenings, and early intervention* can mitigate their impact.
- 2. Mental Health:** Mental health disorders affect a significant portion of the adult population. Strategies to *reduce stigma, improve access to mental health services,* and promote well-being are essential.
- 3. Tobacco Use:** Smoking and other tobacco products contribute to various health problems. Public health efforts should focus on prevention, *cessation programs,* and awareness campaigns.
- 4. Obesity and Nutrition:** Encouraging *healthy eating habits, physical activity, and weight management* is vital. Obesity increases the risk of multiple health conditions.
- 5. Substance Abuse:** Addressing alcohol, drug, and prescription medication misuse is critical. Prevention, treatment, and harm reduction strategies are essential

10 important public health issues related to adults-2

6. **Sexual Health**: Promoting safe sexual practices, regular screenings, and awareness about *sexually transmitted infections* (STIs) are crucial for maintaining adult health.
7. **Vaccination**: Ensuring adults receive recommended vaccines (e.g., *flu, pneumonia, shingles-zona...*) helps prevent serious illnesses and reduces healthcare burden.
8. **Health Disparities**: Addressing disparities related to race, ethnicity, socio-economic status, and geographic location is essential for ***equitable access to healthcare***.
9. **Aging Population**: As the population ages, addressing ***geriatric health issues*** becomes paramount. This includes falls prevention, dementia care, and promoting active aging.
10. **Health Literacy**: Improving adults' understanding of health information, navigating healthcare systems, and making ***informed decisions*** is fundamental for overall well-being.

**ÇOĞU İNSAN
ZEKAYA İNANIR,
BEN İNANMIYORUM.
BİZİ BİRBİRİMİZDEN
AYIRAN EMEKTİR.
BEN ÇALIŞMAYA
İNANIYORUM.**

-Aziz Sancar-



*"I beleive in God.
**Evolution is not a
subject of belief but
a scientific reality.**
You can't roll up
the sun with mud.
I have no connection
with Creatorists either."*

Prof. Dr. **Aziz SANCAR**

Nobel laureate

**Any QUESTIONS?
or COMMENTS??**

f o r

*Thank you
for joining..*



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