



**Health Matters Newsletter
February 20, 2014**

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Project Big Life Health Calculator
- Seeking Patient Voices
- So What is Collective Impact That Everyone is Talking About?
- Human Early Learning Project Webinar for Aboriginal Data and Community Stories
- They were right all along: Age is a state of mind

Little streams like this are flowing all over the Cowichan trails. The rainy season is a perfect time to get out and enjoy them. This one is at Goldstream on the Trestle Trail.



Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –March 12, 2015**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting-** Wednesday March 18 – Date and Location to be announced

Upcoming Events/ Workshops/ Community Meetings

- **Cowichan Child Care Resource and Referral Program Presents: Kids have Stress Too-** Saturday February 28, 2015 For more information go to www.islandfamilyinfo.ca
- **Networking for Non Profits** – February 25th 9:30 am- 12 pm at Sands Funeral Reception Room \$5.00 at the door- see attached poster.

Project Big Life Health Calculators- Give this a try!

Try this website out! www.projectbiglife.ca

From whimsical to detailed: five new reports of your healthy living

BIG LIFE My Report

Calculators More

My Results

Life Expectancy **90.3** years ⓘ

Largest risk is **Smoking** ⓘ

Other risk factors ▼

Loss of:

- 5.6 years due to **Smoking**
- 0 years due to **Alcohol**
- 1.6 years due to **Diet**
- 0 years due to **Physical Inactivity**

Health Age **66.7** years ⓘ

We have six new ways to assess healthy living: health age, life expectancy lost from individual health behaviours, "My Big Life" button, comparison to Canadian averages for your age and sex, whether you meet recommended targets, and survival probabilities.



See details about the impact of your healthy living.

www.projectbiglife.ca

Seeking Patient Voices- The orientation session for volunteers providing patient voices is getting nearer. The Cowichan Valley session is taking place on Thursday March 5th from 10 am to 2 pm. See the attached posters for more information

So What is Collective Impact that Everyone is Talking About??

<https://www.youtube.com/watch?v=HNOrrr1Yvdo>

<https://www.youtube.com/watch?v=CJ204qstzUk>

Stay Tuned as a community forum on Collective Impact is coming our way!

**HELP and Success By 6 are pleased to
announce the second in our Winter Webinar
Series: Research in Action**

**Join us on Thursday February 26th for
Bringing Knowledge Full Circle: Aboriginal
EDI Data and Community Stories**

1:00 pm to 2:30 pm

Join us on February 26th for the second of four webinars in the HELP and Success by 6 Winter Webinar Series: Research to Action. Designed to move human development research conducted by HELP into action in communities across the province, this series will explore ways to use and apply HELP's research, and related resources and tools, to assist in early years planning activities This months webinar will showcase HELP's Aboriginal specific EDI data



They were right all along: age really is a state of mind

Study Shows: Those who feel younger live longer

The Citizen
February 18, 2015 12:00 AM

'Younger' is a state of mind.

I came across a study recently that found a strong relationship between people's self-perceived age and their cardiovascular health.

This study, published in JAMA Internal Medicine in December 2014, basically says older people who reported feeling younger had a far lower death rate than those who said they felt older. That's very interesting! Simplifying this one more step - this study basically says if you believe you are younger (than your age), then you will be!

How did the researchers determine this? They started by asking a large group of people, aged 52 and older, the simple question, "How old do you feel you are?"

The real average age of the group was 66, and the average self-perceived age of the group, based on the above question, turned out to be 57.

The researchers then divided this large group of individuals into three subsets: those who felt three or more years younger than their actual age, those who felt more than a year older than their chronological age, and those who felt roughly their age - two years younger or one year older.

The researchers then followed these individuals over several years and found some very interesting results. The results are actually quite shocking! After adjusting for variables like physical disabilities, baseline health and certain health behaviors, those who felt older than their actual age had a 41 per cent "greater mortality hazard"!

So if you feel older than your actual age, you may be feeling and thinking yourself to an earlier grave! What's the lesson here? Use any adage you want - "As within, so without." "You are what you think." "Age is a state of mind." You've hear them all before. Now there seems to be some solid scientific evidence of this.

If you feel older, you are older. If you feel younger, you are younger. Further to that, if you feel older you may just be willing yourself to an earlier grave.

As you go throughout your day (week, month, year, life), think younger. Feel younger. Be younger. Will yourself younger this year! Add years to your life. And add life to your years.

Chris Wilkinson is the Owner/GM for Nurse Next Door Home Care Services for Cowichan and central Vancouver Island. For questions or a free in-home Caring Consult call 250.748.4357, or email Cowichan@NurseNextDoor.com

- See more at: <http://www.cowichanvalleycitizen.com/they-were-right-all-along-age-really-is-a-state-of-mind-1.1766286#sthash.CclyPzAs.dpuf>

Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the weekly

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