Health and Wellness Throughout the Lifespan

Counseling and Mental Health
Presentation Notes
Health and Wellness Throughout the Lifespan

Copyright
Copyright and Terms of Service
Copyright © Texas Education Agency, 2015. These materials are copyrighted © and trademarked ™ as the property of the Texas Education Agency (TEA) and may not be reproduced without the express written permission of TEA, except under the following conditions:

1) Texas public school districts, charter schools, and Education Service Centers may reproduce and use copies of the Materials and Related Materials for the districts’ and schools’ educational use without obtaining permission from TEA.

2) Residents of the state of Texas may reproduce and use copies of the Materials and Related Materials for individual personal use only, without obtaining written permission of TEA.

3) Any portion reproduced must be reproduced in its entirety and remain unedited, unaltered and unchanged in any way.

4) No monetary charge can be made for the reproduced materials or any document containing them; however, a reasonable charge to cover only the cost of reproduction and distribution may be charged.

Private entities or persons located in Texas that are not Texas public school districts, Texas Education Service Centers, or Texas charter schools or any entity, whether public or private, educational or non-educational, located outside the state of Texas MUST obtain written approval from TEA and will be required to enter into a license agreement that may involve the payment of a licensing fee or a royalty.

Contact TEA Copyrights with any questions you may have.
Developmental psychology is the study of how people grow and change throughout life – from infancy, through childhood, adolescence, adulthood, until death. Individual needs must be met in every stage of growth and development. Normal development of personality may be hindered if distressing experiences occur or emotional needs go unsatisfied in early life. We are going to learn about each developmental stage. Then our lesson will focus on the psychological aspects of health and wellness across the human life span.
Erik Erikson’s concept of personalities identified the stages of psychosocial development. The challenges of each lifespan stage are listed on the following slides.

- Early infancy
- Later infancy
- Early childhood
- Later childhood
- Puberty and adolescence
- Early adulthood
- Middle adulthood
- Later adulthood

What lifespan stage are you currently in?

What lifespan stage are your parents in? Grandparents?
Erik Erikson’s concept of personalities identified the first stage of psychosocial development:

Early infancy (birth to one year old) – trust versus mistrust. This stage is characterized by basic trust. Infants are completely at the mercy of adults. Babies who are accepted and loved develop trust. Babies who are unloved or neglected develop anxieties over their own needs and begin to distrust others.
Erik Erikson’s concept of personalities identified the second stage of psychosocial development:

Later infancy (1 to 3 years-old) – autonomy versus shame and doubt. This stage is characterized by autonomy or independence. While still dependent on adults, infants have more restrictions and rules and become unruly and rebellious. Their favorite word is often “no.”
Erik Erikson’s concept of personalities identified the third stage of psychosocial development:

Early Childhood (4 to 5 years-old) – initiative versus guilt. This stage is characterized by initiative. The child expands his or her imagination and asks “why?” often. The child begins to adopt the mannerisms and attitudes of the parent with the same sex. Boys imitate their fathers and girls their mothers. By taking on initiative, the child is assuming responsibility. If the child is irresponsible, he or she experiences feelings of guilt, which can be eradicated by accomplishments.
Erik Erikson’s concept of personalities identified the fourth stage of psychosocial development:

Later Childhood (6 to 11 years-old) – industry versus inferiority. This period is characterized by industry and accomplishment. Children this age have lots of energy and should be directed toward constructive activities. Children learn to compete with peers in school. Pride develops as a result of praise and rewards for their effort. Feelings of inadequacy or inferiority occur if the child’s efforts are not recognized.
Erik Erikson’s concept of personalities identified the fifth stage of psychosocial development:

Puberty and adolescence (12 to 20 years-old) – ego identity versus role confusion. This stage is characterized by a search for identity. This stage can be troublesome. Significant changes in the body, emotional roller-coasters, surges of sexual feelings and striving for independence play a large part in the feelings of self-doubt and ambivalence. Teenagers will “try on” different mannerisms, dress, speech and activities to gain a sense of identity and belief that they are worthy people.
Erik Erikson’s concept of personalities identified the sixth stage of psychosocial development:

Early adulthood (20 to 40 years-old) – intimacy versus isolation. Intimacy or the capacity to love and trust oneself as well as another in a committed relationship is the characterization of this life stage. It is also essential for a long-lasting, deep friendship. When a person is incapable of intimacy, he or she is detached and isolated.
Erik Erikson’s concept of personalities identified the seventh stage of psychosocial development:

Middle adulthood (40 to 60 years-old) – generativity versus stagnation. Generativity, the concern for people besides self and family: A need to nurture and guidance younger people and to contribute to the next generation. A psychologically mature adult strives to be productive, and those who are not tend to be preoccupied with self to the exclusion of others and become stagnant.
Erik Erikson’s concept of personalities identified the eighth stage of psychosocial development:

Late adulthood (60 years to death) – ego integrity versus despair. This period is characterized by integrity or the ability to live out the later years with dignity and a sense of order and purpose. This contrasts with the despair that develops in the elderly who are unable to accept the loss and changes that occur in late life.
According to the U.S. Census, between 2012 and 2050, the United States will experience considerable growth in its older population. In 2050, the population aged 65 and over is projected to be 83.7 million, almost double its estimated population of 43.1 million in 2012. The baby boomers are largely responsible for this increase in the older population, as they began turning 65 in 2011. By 2050, the surviving baby boomers will be over the age of 85.

Medical conditions that the aged may encounter are uncontrolled hypertension, arthritis, heart disease, cancer, diabetes and sinusitis. With these conditions and others, there is increasing concern for health care cost and insurance coverage. As our population ages, the number of those reporting minor disabilities will increase, and senior citizens will require extra aid to carry out daily needs such as personal hygiene, walking and getting in and out of chairs and beds. Living arrangements also affect those in their later years. Some elderly live with family members while others live in various types of institutions such as nursing homes. The poverty level of these adults also increases as they age, as do non-cash benefits like food stamps, low income tax credits and Women in Crisis (WIC).

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
Every child must have basic needs met to ensure healthy development. A need is a condition in which something is required for physical or mental well-being. Food, water, clothing and shelter are examples of basic needs. Parents want their children to be safe and protected. Safety begins with medical checkups, inoculations and physically and emotionally safe surroundings. To provide and maintain a safe environment, parents should be aware of safety practices to implement and to teach.

It is the parents’ responsibility to ensure a healthy environment for a child. The wellness of the child will reflect the growth and development of the child. Wellness should include:

- Child’s physical and emotional development
- Dental exams
- Developmental milestones
- Eye exams
- Hearing exams
- Immunizations (shots)
- Plenty of activity and exercise
- Proper hand-washing techniques to avoid infections
- Proper nutrition
- Safety and sanitation guidelines
Nutrition and exercise are important for children to continue to grow and develop properly. Growth and development of the preschool- and school-age child varies significantly between children during this period. Some children will develop slower than others, and some will grow quickly. Generally children tend to grow in height more than weight during this period. Height is normally not affected by environmental factors, but on the other hand, weight is associated with nutritional habits and activity levels influenced by the child’s surroundings. Why is nutrition so important during these two periods in a child’s life? What nutrients do children need to help them grow and develop? Parents and caregivers must be familiar with health needs that affect children in order to maintain healthy bodies. These health needs include the following:

- Exercise
- Nutrition
- Professional medical care
- Rest
According to ChooseMyPlate.gov, teens should:

Balance calories by:
• Avoiding oversized portions
• Enjoying food, but eating less

Fill up on healthy foods by:
• Making half of a plate filled with fruits and vegetables
• Making whole grains at least half of all grains
• Switching to fat-free or low-fat (1%) milk

Limit unhealthy foods by:
• Comparing sodium in foods like soup, bread and frozen meals and choosing the foods with lower numbers
• Drinking water instead of sugary drinks (like sodas, juices, sports drinks, flavored milks, specialty coffees and more)

Parents and/or caregivers should continue practicing and encouraging good hygiene by following these guidelines:
• Avoid touching the mouth or nose
• Use a disinfectant in the kitchen, bathroom, family room and around a contagious family member
• Wash hands thoroughly with soap and water

Parents and/or caregivers should find out what vaccines the child needs and when they need them. Check the adolescent immunization schedule PDF for further information at http://www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf
Health and Wellness for Early Adulthood

- Avoid drugs and alcohol
- Participate in physical activity on a daily basis
- Eat balanced meals

Drugs
By the time individuals reach this age, many have reduced their use of alcohol and drugs. A recent study showed that only 20 percent of college male students were more likely to take drugs than their female counterparts.

Alcohol
Two problems associated with drinking are binge-drinking and alcoholism. Binge-drinking can lead to students falling behind in school, drunk driving and having unprotected sex. Binge-drinking peaks at about 21 to 22 years of age and then declines through the remainder of the twenties. One in nine individuals who drinks continues the road to alcoholism.

Physical Fitness
Regular physical activity is one of the most important things an individual can do for his or her health. It can help:
- Control weight problems
- Improve an individual’s ability to do daily activities and prevent falls
- Improve mental health and mood
- Increase an individual’s chance of living longer
- Reduce the risk for type 2 diabetes and metabolic syndrome
- Reduce the risk of cardiovascular disease
- Reduce the risk of some cancers
- Strengthen bones and muscles

For nutritional guidelines, refer to the booklet “Nutrition and Your Health: Dietary Guidelines for Americans” at http://www.health.gov/dietaryguidelines

See the schedule for recommended immunizations for adults at http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf
The USDA Food Patterns suggest that people over 50 years old keep an eye on calories while choosing a variety of healthy foods from the five major food groups and limiting solid fats and added sugars. Calories are the way to measure the energy you get from food. How many calories an individual needs depends on whether you are a man or a woman and how physically active you are each day.

According to the National Institute of Aging, here are some tips for getting adequate nutrients:

- Eat many different colors and types of vegetables and fruits
- Eat only small amounts of solid fats and foods with added sugars
- Eat seafood twice a week
- Limit saturated fat (found mostly in foods that come from animals) and trans fats (found in foods like store-bought baked goods and some margarines)
- Make sure at least half of the grains are whole grains

For additional information, see http://www.nia.nih.gov/health/publication/healthy-eating-after-50#sthash.vn5X3MII.dpuf

Obesity is a problem throughout the population. However, among adults, the prevalence is highest for middle-aged people and for non-Hispanic black and Mexican-American women. As you grow older, if you continue eating the same types and amounts of food but do not become more active, you will probably gain weight. That’s because your metabolism (how your body gets energy from food) slows with age. See more at: http://www.nia.nih.gov/health/publication/whats-your-plate-smart-food-choices-healthy-aging/healthy-lifestyle-next-step#sthash.ciM27MGZ.dpuf

How much physical activity do you need? Although any amount of regular physical activity is good for you, aim for at least 150 minutes of physical activity each week. Unless you are already that active, you won’t do that much all at once—10-minute sessions several times a day on most days are fine. People over age 65 should be as physically active as their abilities and conditions will allow. Doing anything is better than doing nothing at all.


Nutrition for the Middle Aged Adult
Learn how to make healthy food choices.
https://youtu.be/FXf-rfIU9Wk
Most nutritionists recommend a well-balanced, low-fat diet for older adults. They do not recommend an extremely low-calorie diet. Some researchers question whether vitamin supplements – especially the antioxidants - can slow the aging process and improve older adults’ health. Researchers have found a link between taking B vitamins and positive cognitive performance in older adults. Two aspects of under nutrition in older adults, especially interested researchers:

- the role of calorie restriction in improving health and extending life
- vitamin and mineral deficiency

According to the Supplemental Nutrition Assistance Program (SNAP), the Eat Smart, Live Strong project is designed to improve fruit and vegetable consumption and physical activity among able-bodied, 60- to 74-year-olds. Participants in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs are included. The intervention is designed to help nutrition educators working with FNS programs and in communities deliver science-based nutrition education to the growing number of low-income older adults.

The intervention focuses on two key messages of the 2010 Dietary Guidelines for Americans and utilizes a variety of behavior-focused strategies to promote these behaviors:

- eat at least 3 ½ cups of fruit and vegetable per day (1 ½ cups of fruits and 2 cups of vegetables)
- participate in at least 30 minutes of physical activity most days of the week

According to Health.gov, the following Guidelines are just for older adults:

- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.
- Older adults should do exercises that maintain or improve balance if they are at risk of falling.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.
Health topics and videos related to older adults can be found on this website.

Teacher note: You may opt to click on a few topics to view the videos and discuss the information.

NIH Senior Health
Seniors can find answers to their medical questions from the comfort of their own homes.
http://nihseniorhealth.gov/videolist.html
The physical and mental health of the aged is a growing concern to the medical community. Significant numbers of the elderly become depressed, and the suicide rate is high. 16.1 per 100,000 people aged 65 years and older commit suicide.

Alzheimer’s disease is among the ten leading causes of death in the United States. It is the 6th leading cause of death among American adults and the 5th leading cause of death for adults age 65 years and older. Among nursing home residents, 18.7% of people age 65 to 74 and 23.5% of people age 85 and older have reported mental illness.

Older adults that stay physically active, eat well, have a family and social support system and maintain a positive outlook on life tend to age successfully.

Determinants of Mental Health
Several factors have been linked to mental health, including race and ethnicity, gender, age, income level, education level, sexual orientation and geographic location. Other social conditions—such as interpersonal, family and community dynamics, housing quality, social support, employment opportunities and work and school conditions—can also influence mental health risk and outcomes, both positively and negatively. For example, safe shared places for people to interact, such as parks and churches, can support positive mental health. A better understanding of these factors, how they interact, and their impact is key to improving and maintaining the mental health of all Americans. The needs of the elderly are the same as those in other life stages—feeling of acceptance, love, self-esteem and financial security.

HealthyPeople.gov
Healthy People provides science-based, 10-year national objectives for improving the health of all Americans.

http://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health/data
What is stress? Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. What are some signs and symptoms of stress? Some signs and symptoms can include:

- Abdominal pain (stomachache)
- Anger
- Avoiding certain people
- Binge eating
- Clenched jaw
- Cold sweaty hands
- Constipation
- Crying
- Depression
- Diarrhea
- Excessive perspiration (sweating)
- Fatigue (exhaustion)
- Weight gain
- Hair loss
- Headache
- High blood pressure
- Hives (or other skin problems)
- Inability to focus
- Increased heart rate
- Insomnia
- Isolation
- Listlessness
• Muscle aches (tenses)
• Nail biting
• No appetite (losing weight)
• Pessimistic/Negative thoughts
• Rapid speech
• Restlessness
• Sadness
• Short temper
• Teeth grinding
• Inability to sleep

What do you think causes stress?
How does stress affect the human body?
Is all stress unhealthy?
Why would two individuals respond differently to the same stressor?
How do you handle stressful situations?
Can you think of healthy ways to handle stress?
The goal in stress management is to reduce or eliminate stress. Stress management techniques help individuals learn to deal with difficult situations. Techniques for stress management include:

- Avoid overload or doing too much at one time.
- Avoid self-medication and prescribing medication for oneself without either a prescription or the advice of a physician for using that particular drug.
- Delegate work to others when possible.
- Exercise for thirty minutes a day, three times a week. Exercise is great for the mind and body.
- Express feelings of concern to a friend, family member or counselor.
- Learn to manage time wisely in order to be productive.
- Learn to relax by breathing deeply.
- Maintain a nutritious diet.
- Make time for fun!
- Prioritize tasks, and deal with them one at a time.
- Recognize personal limits to avoid overextending oneself.
- Reward oneself for completing or reaching a goal.
- Sleep seven to eight hours per day. Being rested enables one to handle stressful situations.
- Think positively and realistically to avoid worrying about things that cannot be changed.
Review

- How would you explain Erik Erikson's concept of personalities on psychosocial development?
- How would you compare and contrast early childhood and later childhood psychosocial development?
- How would you compare and contrast early adulthood and later adulthood psychosocial development?
- What are five health and wellness tips for individuals over the age of 50?
- What approach would you use to reduce the level of stress in older adults?
References and Resources

- Photos obtained through a license with Shutterstock.com™.

Textbooks:

Websites:
- Adolescent Development
  University of Maryland Medical Center. Information on adolescent development.
  http://www.umm.edu/health/encyc/ency/article/000893.htm
- Centers for Disease Control and Prevention
  Easy-to-read schedule for all ages to print, feeds to download and mess to press for your office visit.
  https://www.cdc.gov/ncidod/dvbd/flu/schedule.htm
- Cholesterol Myths and the Facts
  Provides practical information to individuals, health professionals, nutrition educators, and the food industry.
  http://www.choosemyplate.gov/cholesterol_myths.html
- Healthy People 2020
  Healthy People 2020 promotes science-based, 10-year national objectives for improving the health of all Americans.
  http://www.healthypeople.gov/2020/objectives
- Relapse Prevention
  Stress (symptoms, causes, and effects).
References and Resources

- Infant and Toddlers
  Source: Centers for Disease Control and Prevention
  https://www.cdc.gov/parent/infants

- Middle Childhood: Physical and Cognitive Development
  Source: Developmental Stages in Middle Childhood
  https://www.cdc.gov/HealthyChildren/Healthtopics/MiddleChildhood/index.htm

- National Institute on Aging (NIA)
  A research institute dedicated to understanding the causes of aging, supporting the health and well-being of older adults, and extending healthy, active years of life for more people.
  http://www.nia.nih.gov

- U.S. Department of Commerce
  Economics and Statistics Administration

YouTube™:
- WebMD Health
  Provides answers to medical questions from the comfort of your own home.
  http://www.webmd.com

- Nutrition for the Middle Aged Adult
  Learn how to make healthy food choices.
  https://www.nhs.uk/LivWell/health/>