

Leyden Academy

ON VITALITY AND AGEING



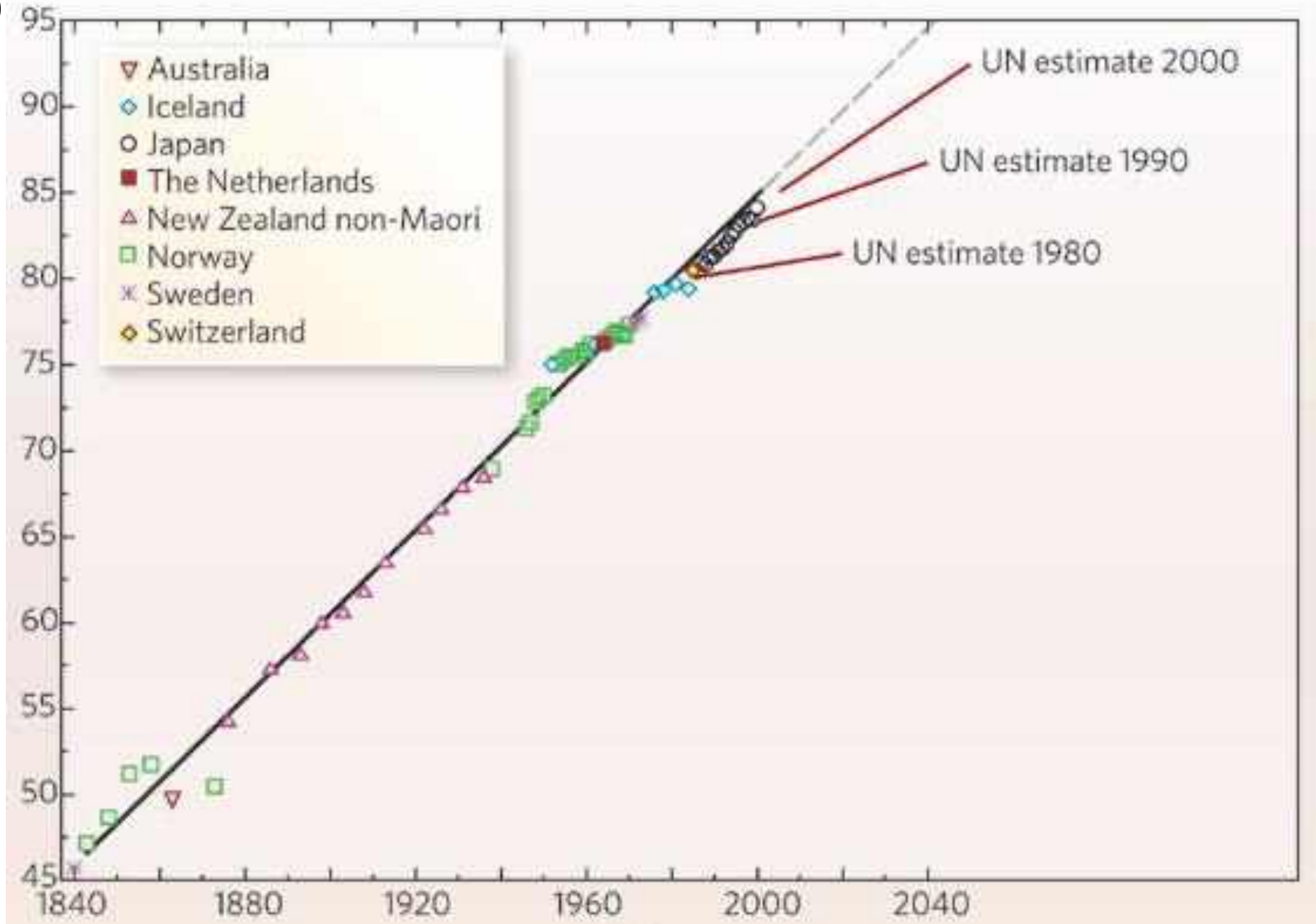
Fit en Vitaal oud worden

Prof. dr. David van Bodegom

PROO Wierden – 15 oktober 2024

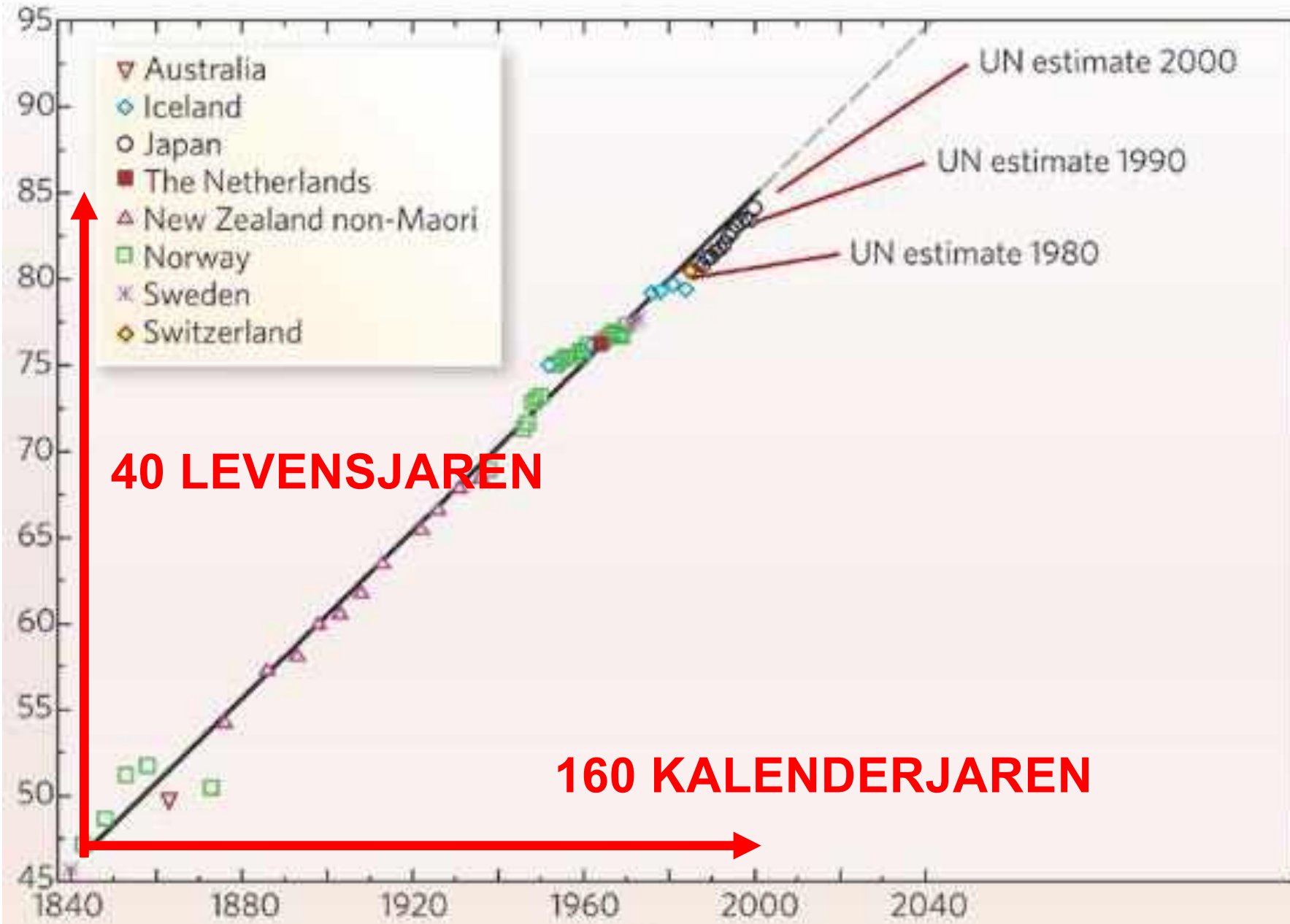


Levensverwachting



Kalenderjaar

Levensverwachting



40 LEVENSJAREN

160 KALENDERJAREN

Kalenderjaar

PER 160 KALENDERJAAR -> 40 LEVENSJAAR

PER 10 KALENDERJAAR -> 2,5 LEVENSJAAR

PER KALENDERWEEK -> 2 LEVENS-DAGEN

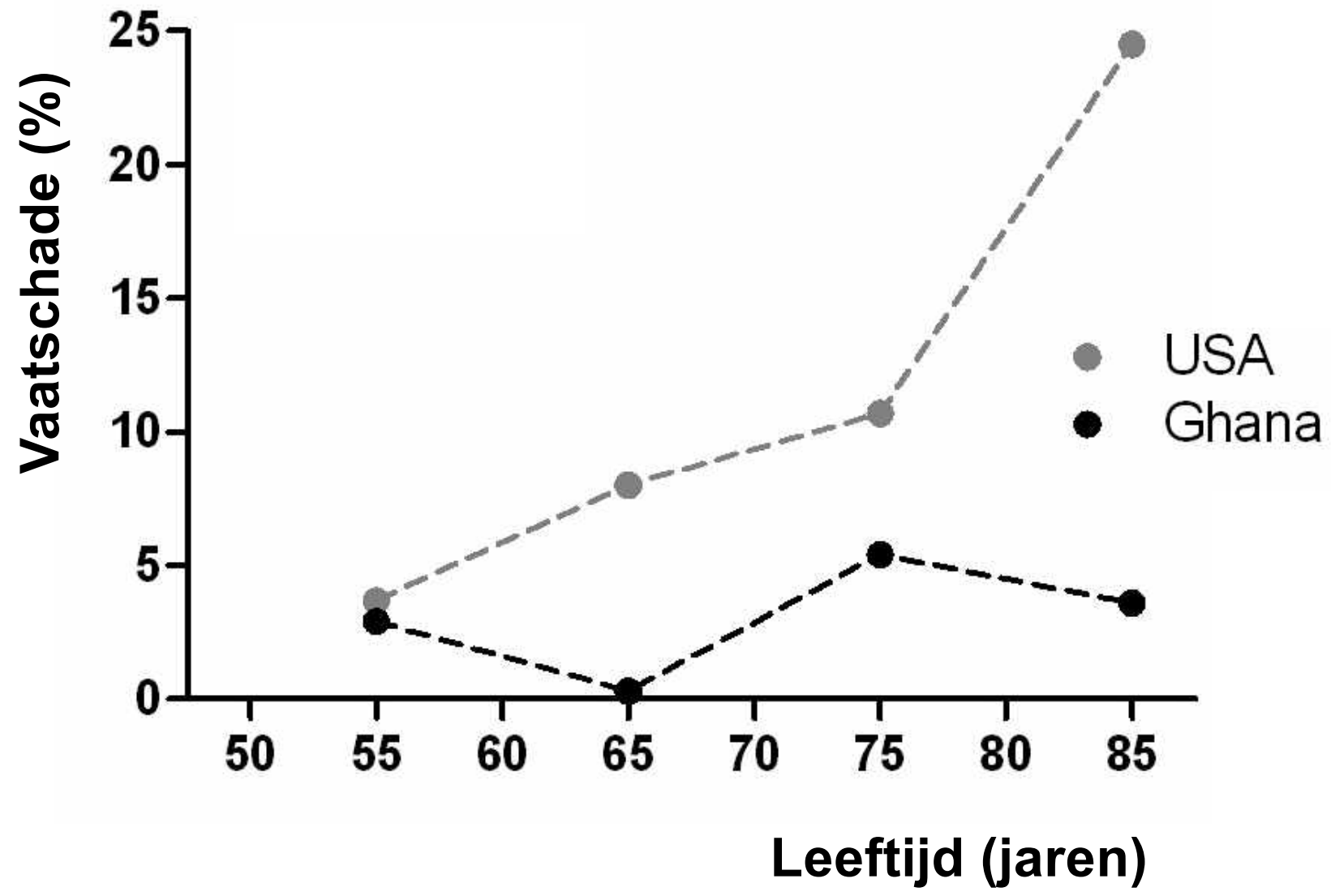
**U KRIJGT ER IEDERE WEEK
EEN WEEKEND BIJ!**





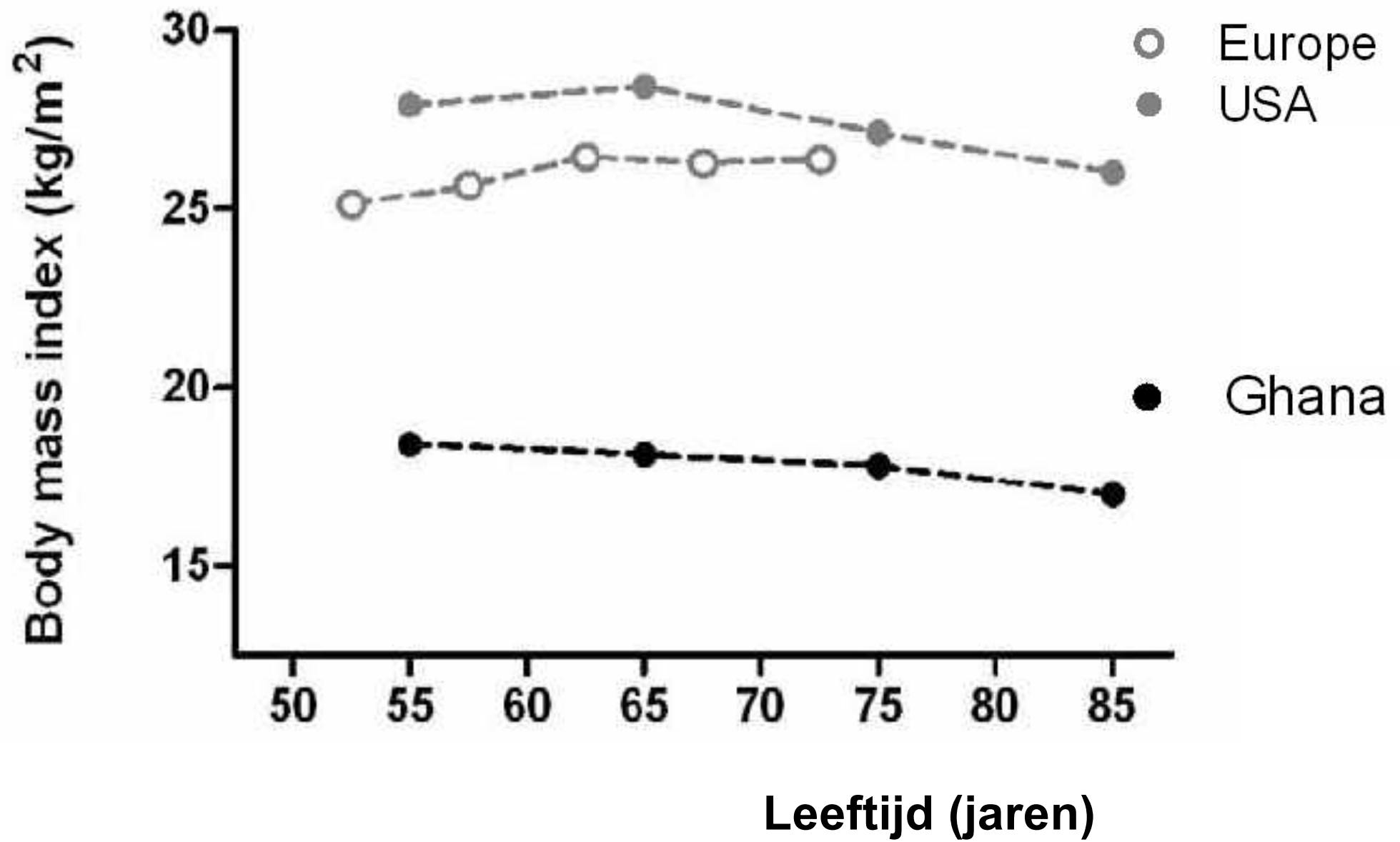






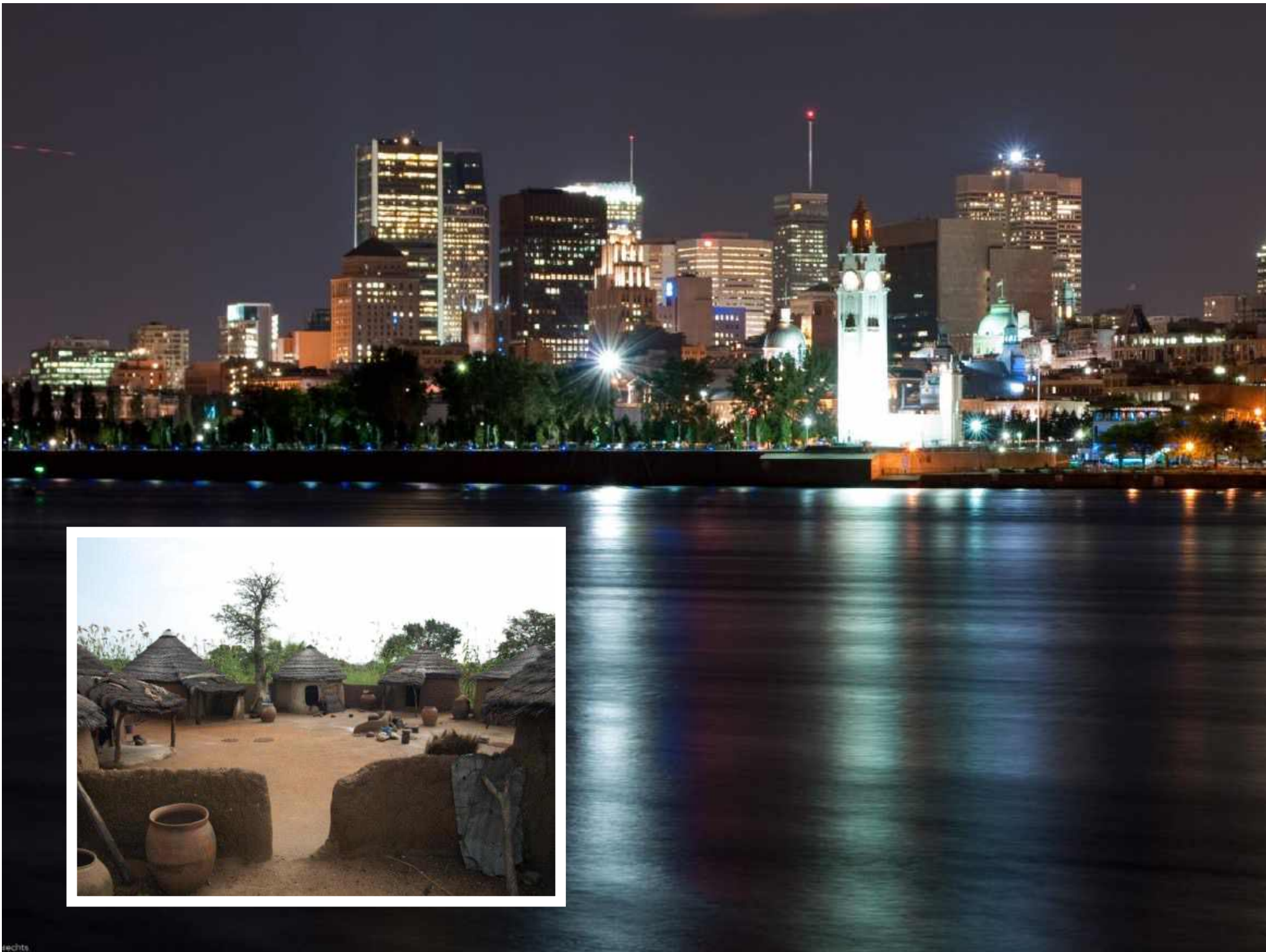




















24
HOUR

FITNESS

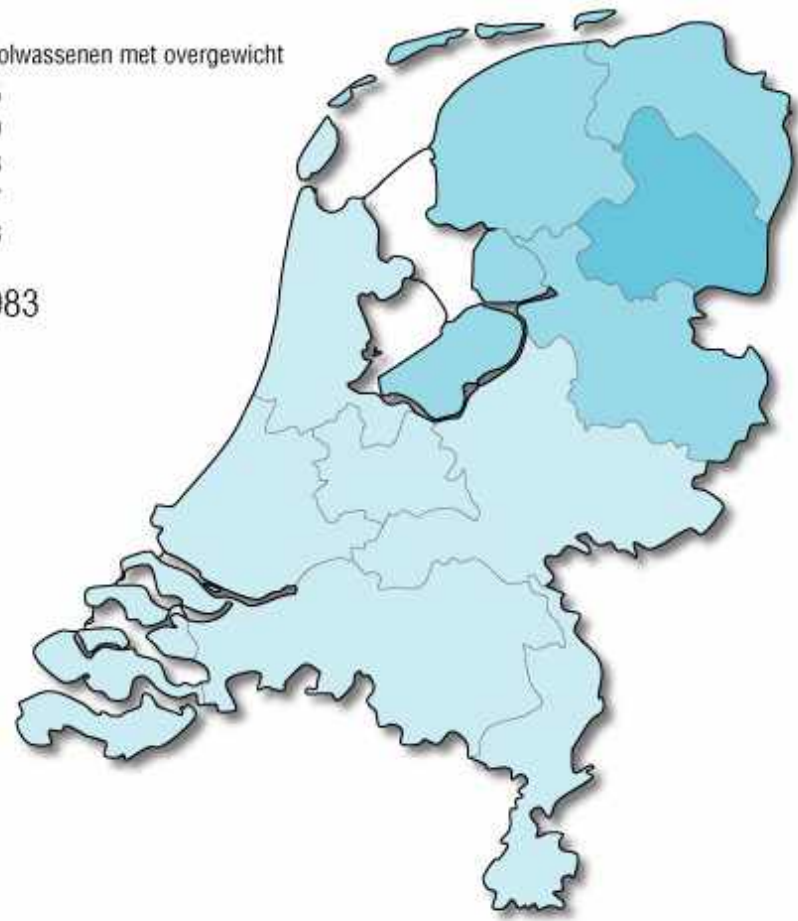
FITNESS
1-800-204-2400

POINT LOMA PLAZA
HANDICAP ACCESS
TO UPPER LEVEL
AVAILABLE BY STAIRS
OR ESCALATORS

Percentage volwassenen met overgewicht

- 29 - 35
- 35 - 39
- 39 - 43
- 43 - 47
- 47 - 53

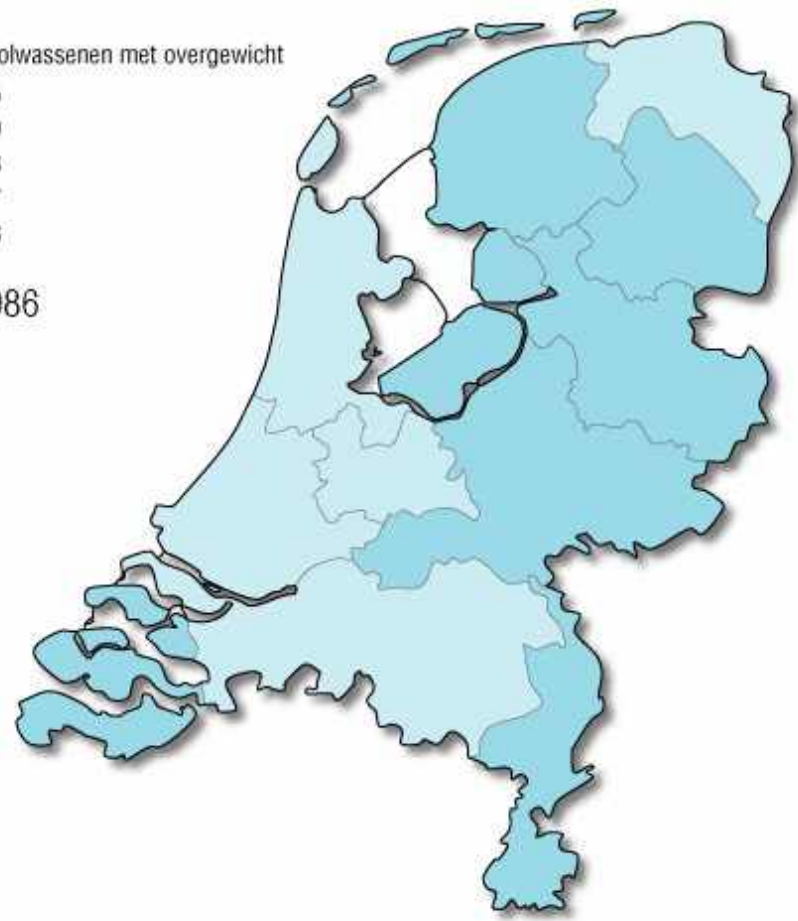
1981 - 1983



Percentage volwassenen met overgewicht

- 29 - 35
- 35 - 39
- 39 - 43
- 43 - 47
- 47 - 53

1984 - 1986



Percentage volwassenen met overgewicht

29 - 35

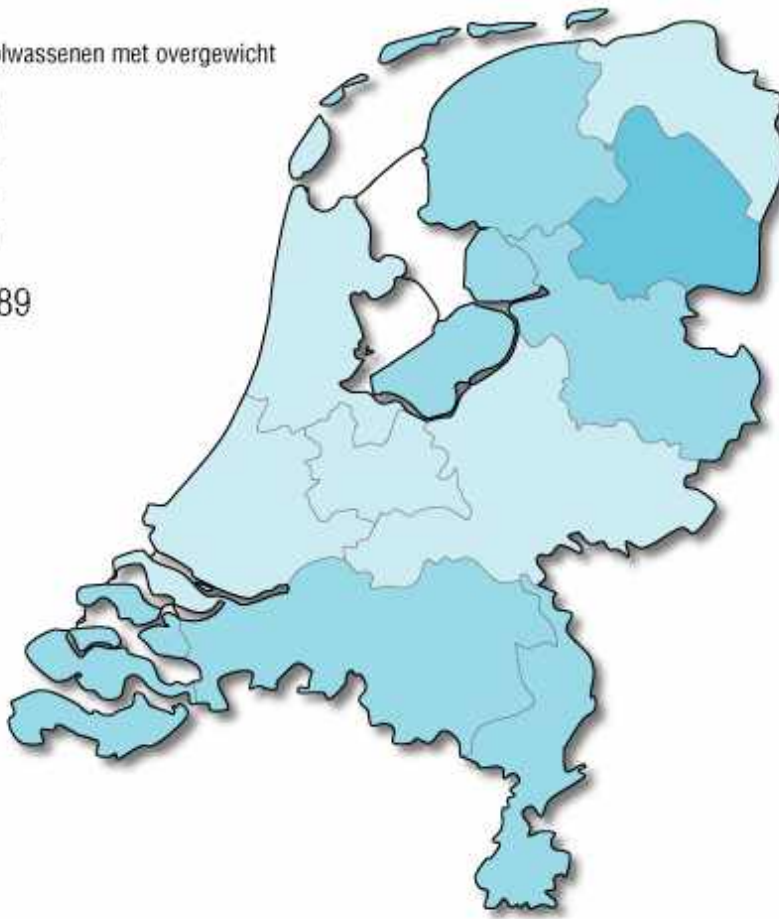
35 - 39

39 - 43

43 - 47

47 - 53

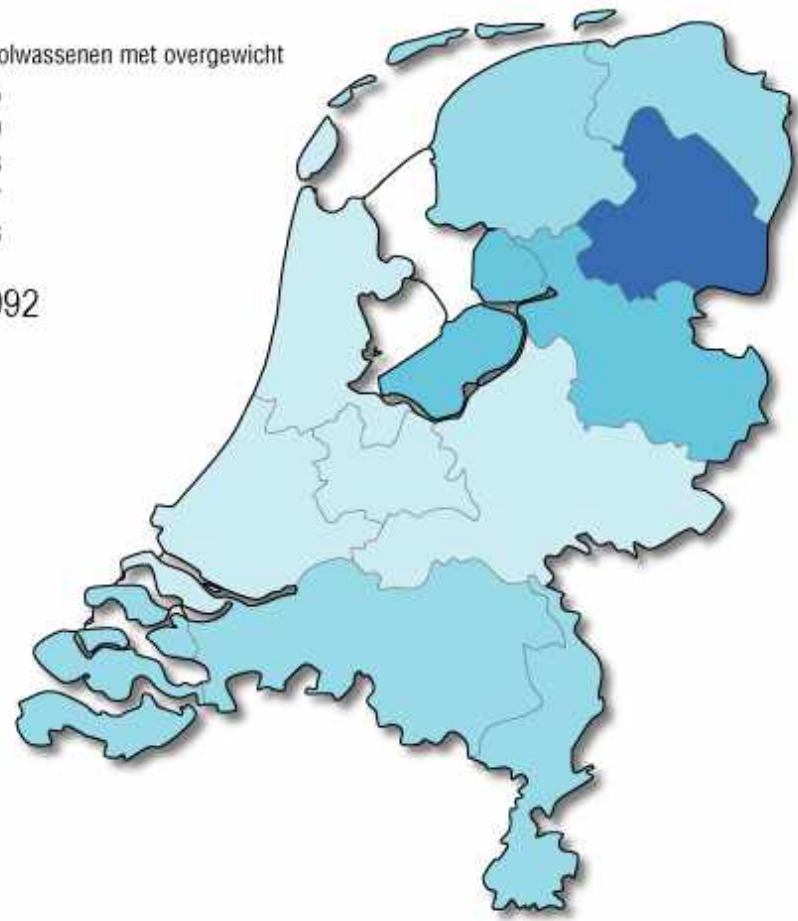
1987 - 1989



Percentage volwassenen met overgewicht

- 29 - 35
- 35 - 39
- 39 - 43
- 43 - 47
- 47 - 53

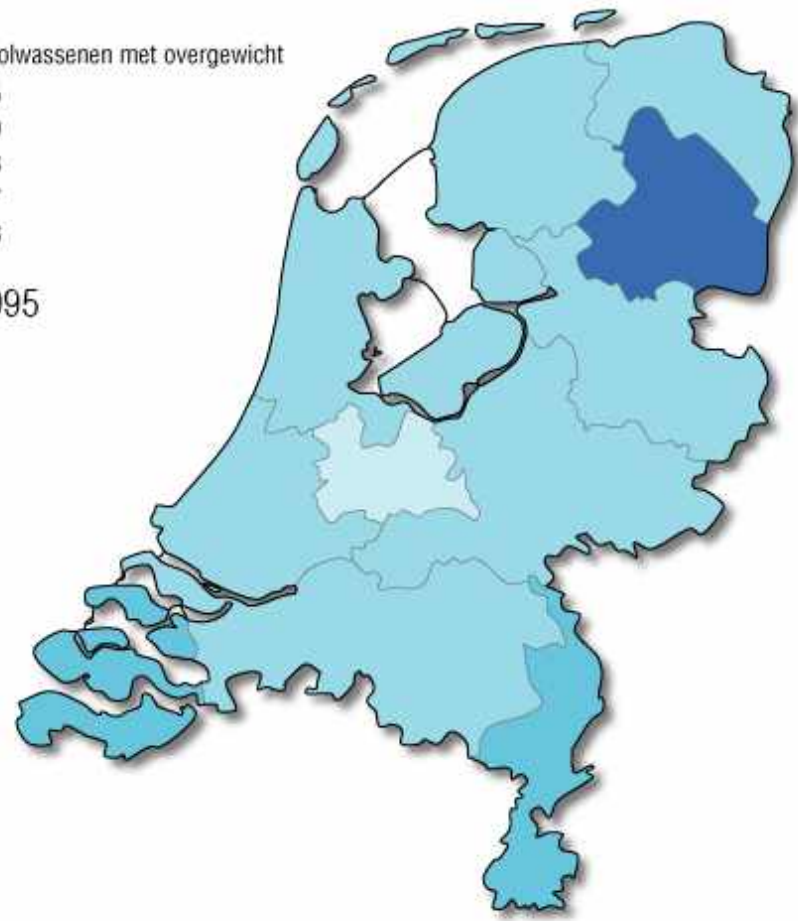
1990 - 1992



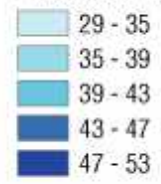
Percentage volwassenen met overgewicht

- 29 - 35
- 35 - 39
- 39 - 43
- 43 - 47
- 47 - 53

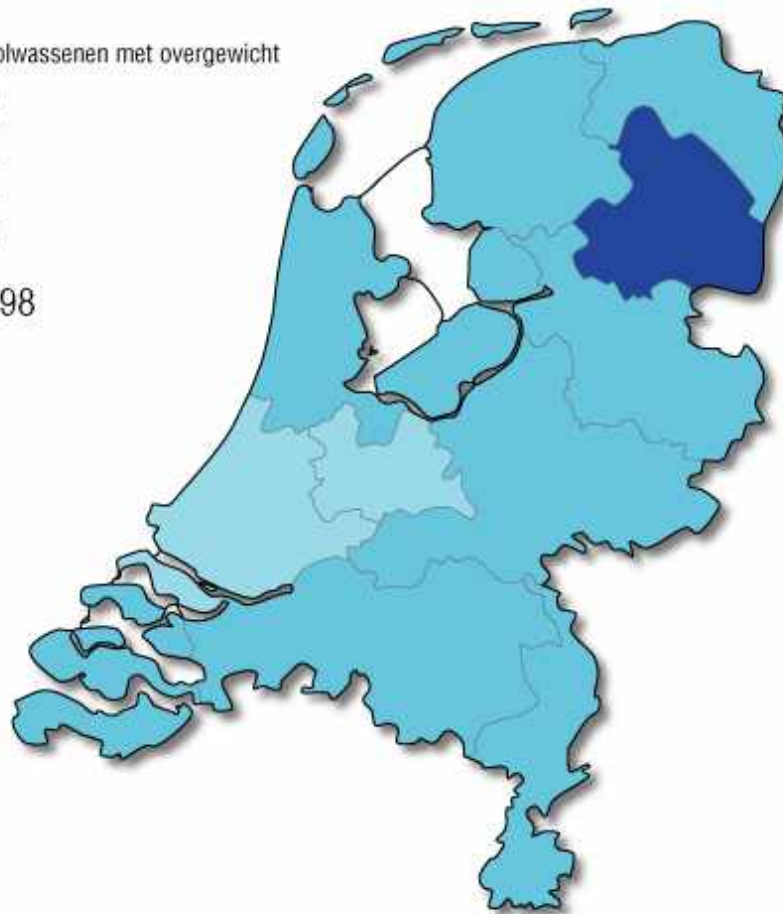
1993 - 1995



Percentage volwassenen met overgewicht



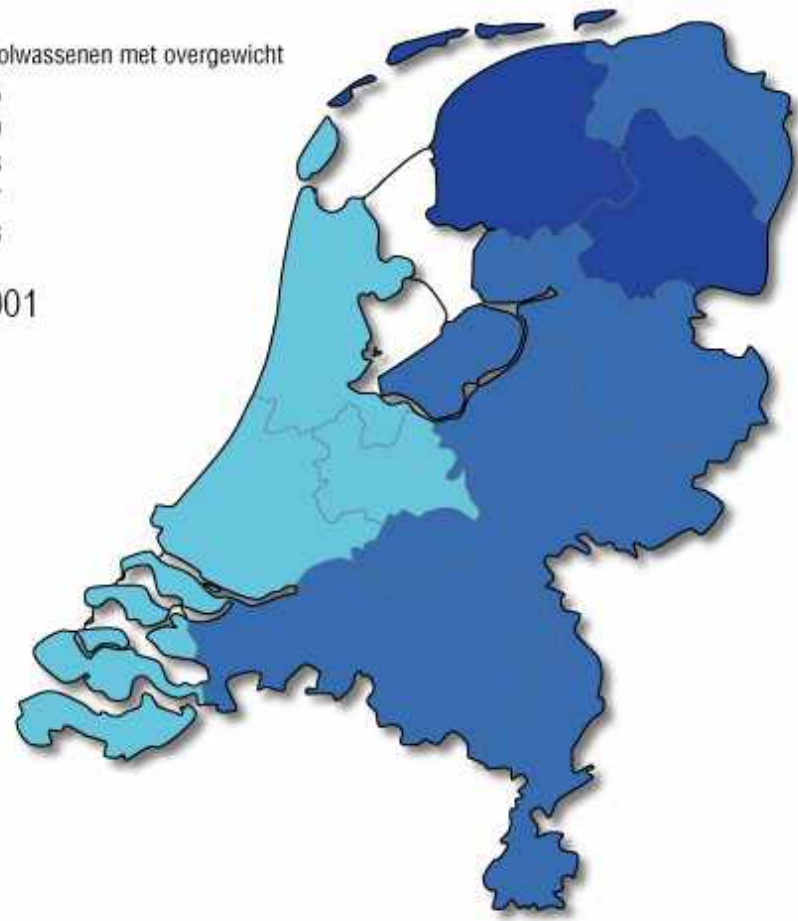
1996 - 1998



Percentage volwassenen met overgewicht

- 29 - 35
- 35 - 39
- 39 - 43
- 43 - 47
- 47 - 53

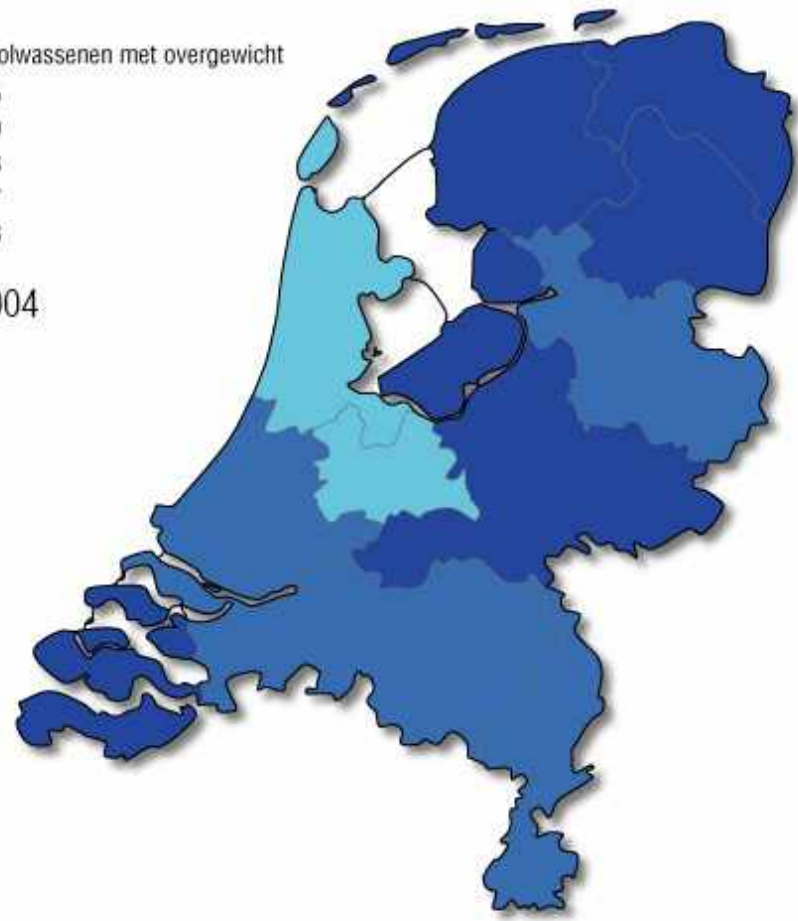
1999 - 2001



Percentage volwassenen met overgewicht

- 29 - 35
- 35 - 39
- 39 - 43
- 43 - 47
- 47 - 53

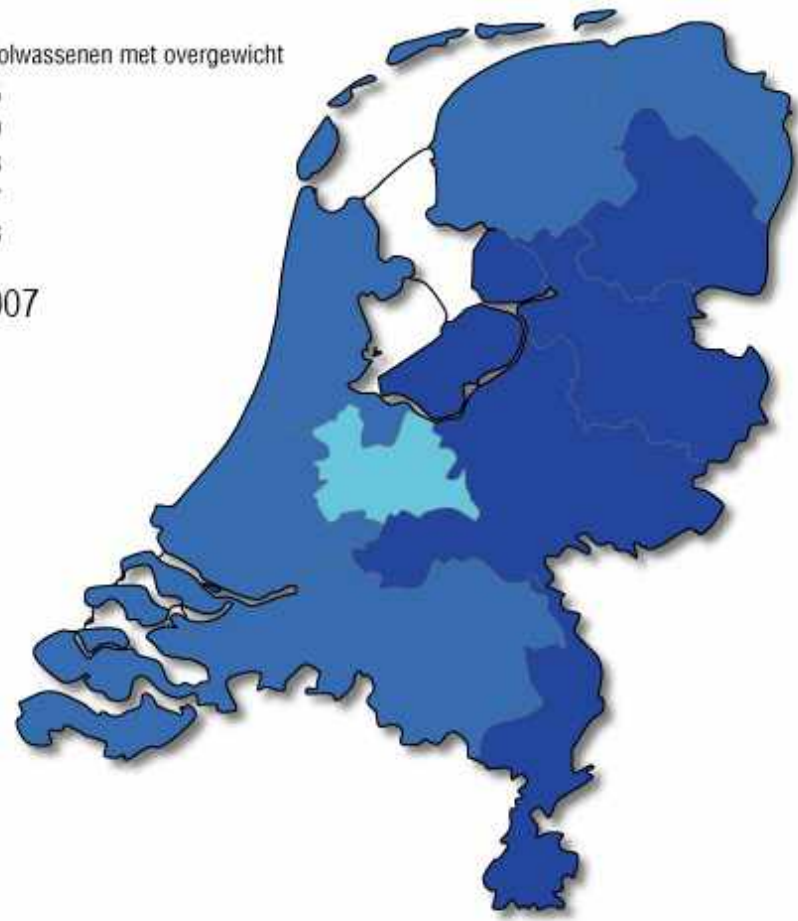
2002 - 2004



Percentage volwassenen met overgewicht

- 29 - 35
- 35 - 39
- 39 - 43
- 43 - 47
- 47 - 53

2005 - 2007



Percentage volwassenen met overgewicht

29 - 35

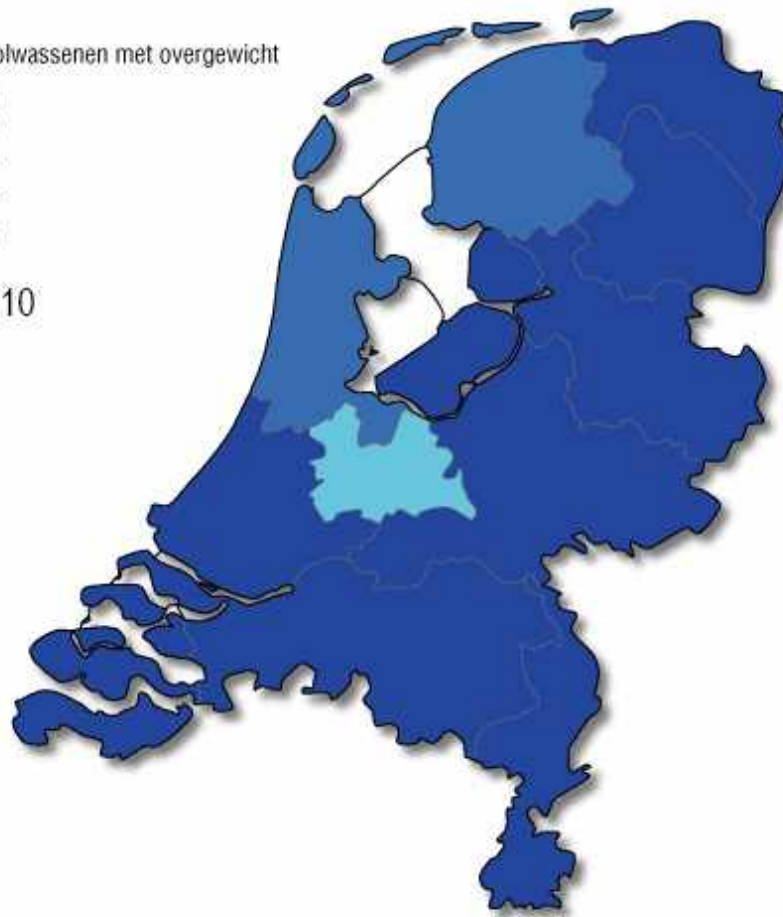
35 - 39

39 - 43

43 - 47

47 - 56

2008 - 2010



Percentage volwassenen met overgewicht

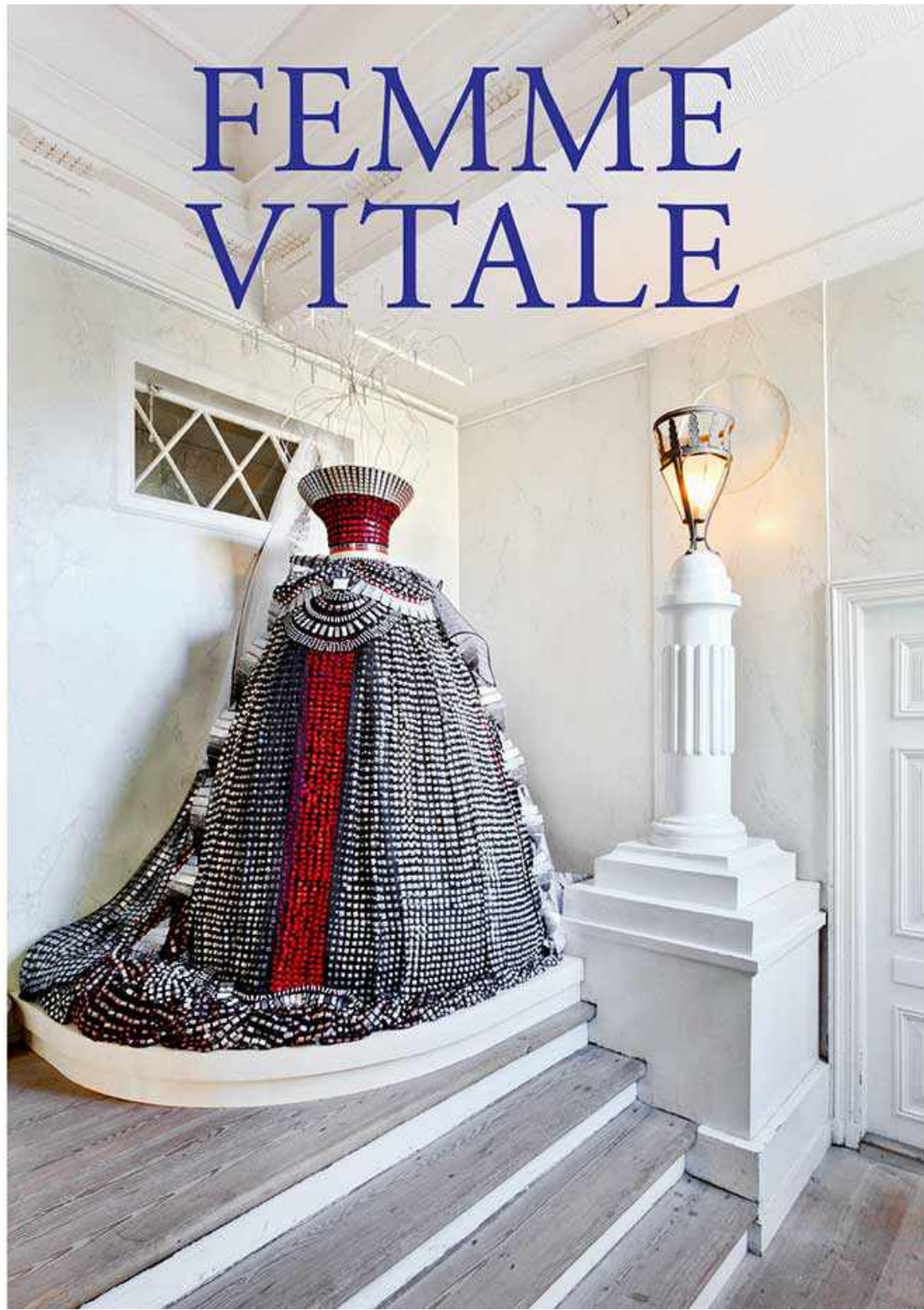
- 29 - 35
- 35 - 39
- 39 - 43
- 43 - 47
- 47 - 56

2011 - 2013





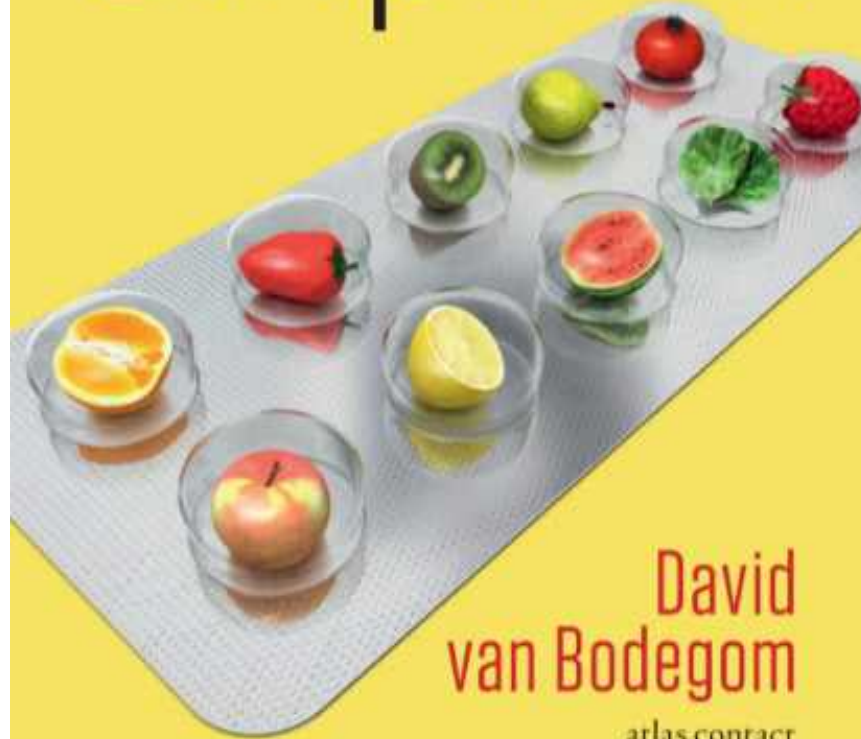
FEMME VITALE





Gezonder leven,
minder pillen

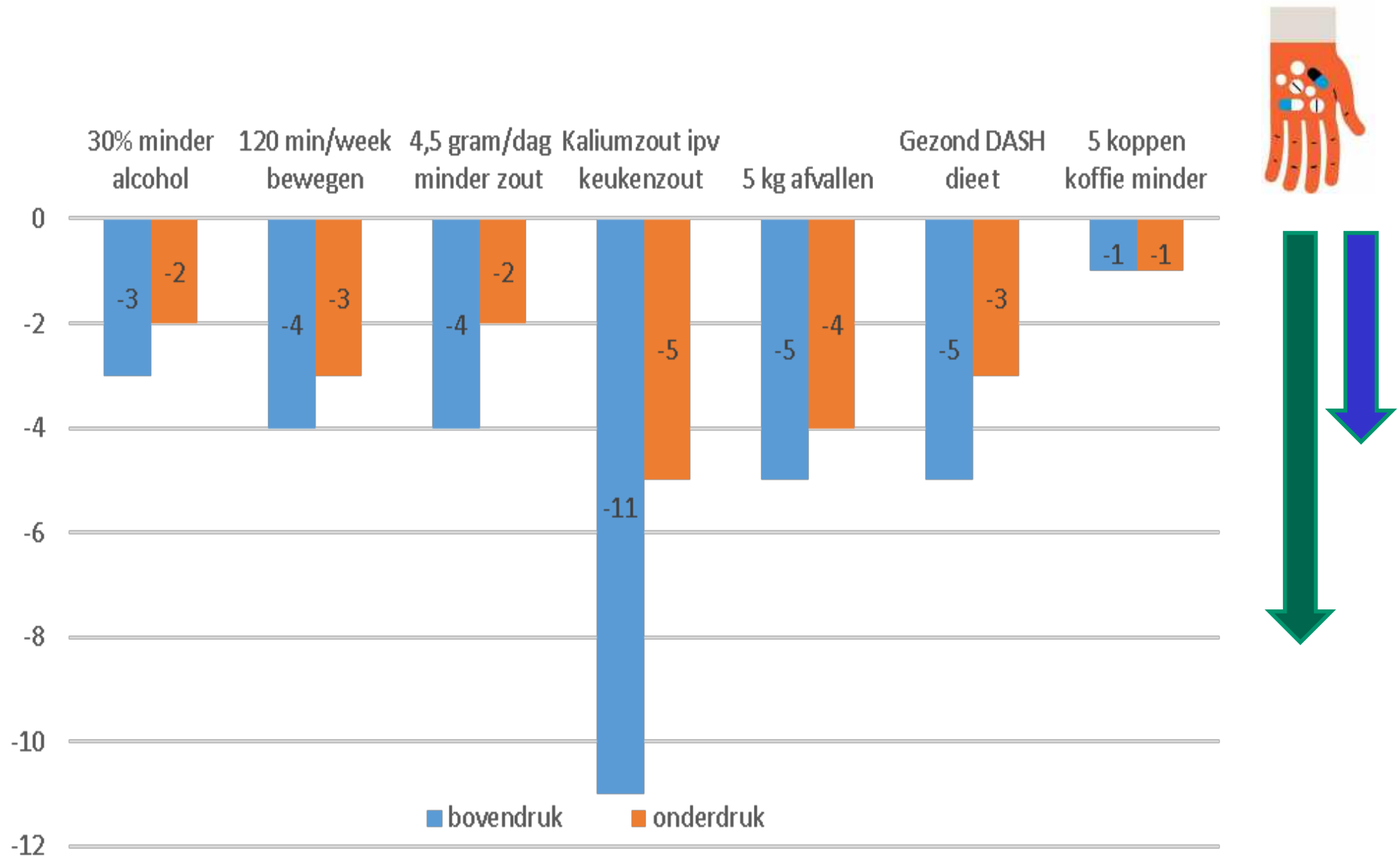
Ontpillen



David
van Bodegom

atlas contact

BLOEDDRUK: LEEFSTIJL VS PILLEN





| | | |
|-------------------------------|--------|-------|
| Gewicht (kg) | 81.6 | 60.8 |
| BMI (kg/m ²) | 26.0 | 19.4 |
| Total cholesterol (mmol/l) | 6.3 | 4.3 |
| LDL cholesterol (mmol/l) | 4.6 | 2.5 |
| HDL cholesterol (mmol/l) | 1.0 | 1.5 |
| Nuchtere bloedsuiker (mmol/l) | 4.8 | 4.1 |
| Bloeddruk (mmHg) | 144/87 | 94/61 |



43 en 47 jaar oud



60 en 56 jaar oud





Rudi Westendorp &
David van Bodegom

OUD
WORDEN IN DE
PRAKTIJK

Laat de omgeving het werk doen.

atlas contact

DAVID VAN BODEGOM & RUDI WESTENDORP

10
JAAR



GAD
EAU



**NIEUWE INZICHTEN OM
LANGER GEZOND TE LEVEN**

atlas contact

K E U K E N



K E U K E N



GROEN HOOG

DE SLAAPKAMER



Updated
TRENDS
Turn on a new lifestyle



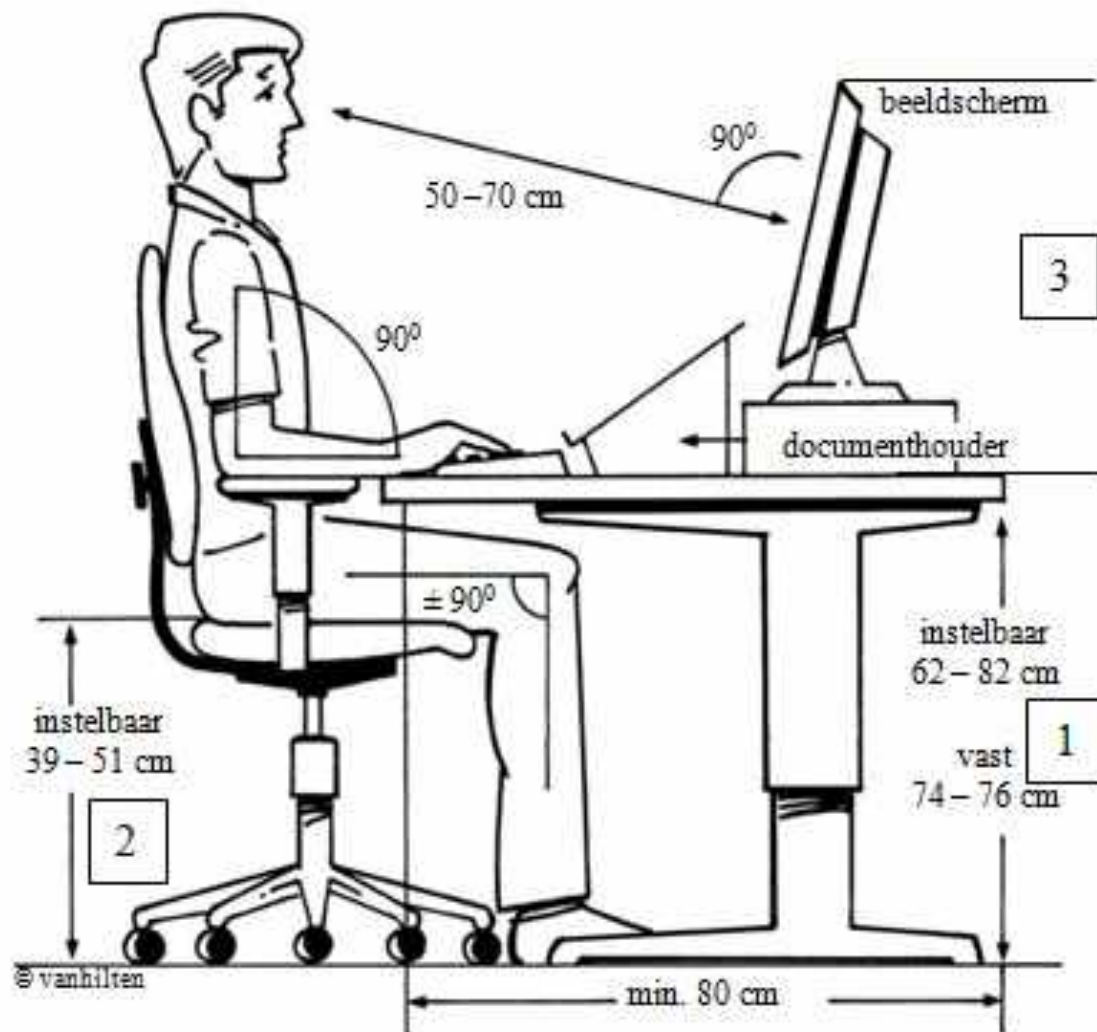






BEELEDSCHERMEN

OP HET WERK



OP HET WERK



ZIT-STABUREAUS





V
VITALITY
CLUB

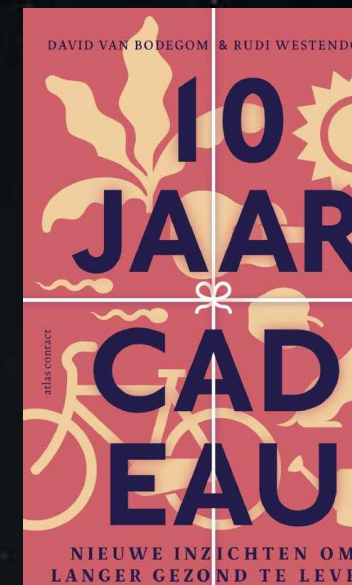
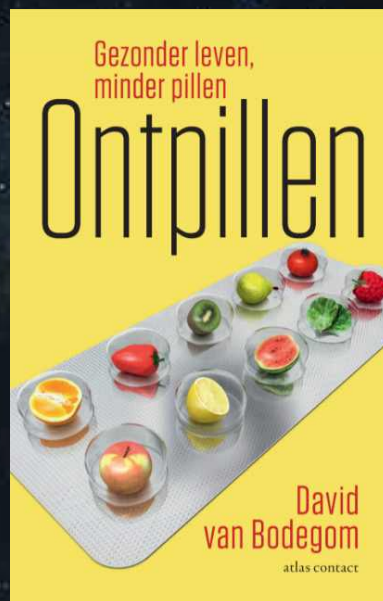
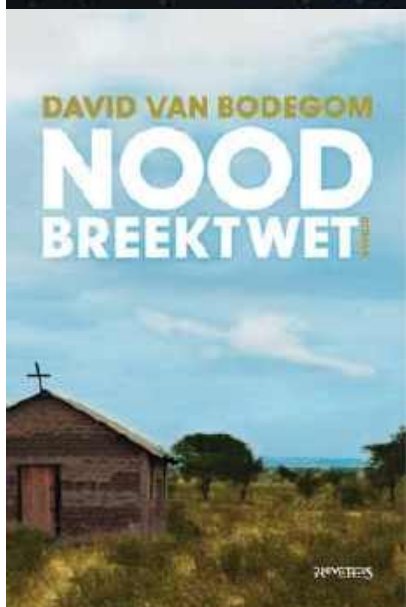




75 Vitality Clubs



1. Boris: We worden steeds ouder
2. Hans en Kwaku: Anders oud worden kan
3. Omgeving maakt ons ongezond oud
4. Pillen om symptomen van ongezonde leefstijl te onderdrukken
5. Omgeving kan ons verleiden gezonder oud te worden
6. Vitality club. Samenredzaam in plaats van zelfredzaam



www.davidvanbodegom.nl