

HEALTH PROMOTION AND CHRONIC DISEASE PREVENTION

Risk factors for many chronic diseases can begin early in life. But evidence shows that making dietary and lifestyle changes may prevent disease progression and premature death.

CHRONIC CONDITIONS RELATED TO DIET

1. HEART DISEASE & STROKE

HEART DISEASE:
LEADING CAUSE OF DEATH IN THE U.S.
for 100+ years and currently accounts for 1 in 3 deaths.

STROKE: 1 IN 18 DEATHS IN THE U.S.

2. OBESITY

1 IN 3 ADULTS IN THE U.S. IS OBESE

Obesity in all age, ethnic and gender groups within the U.S. has reached epidemic proportions.

16% OF 6-19 YEAR OLDS ARE OBESE

based on BMI guidelines for children and adolescents.

3. CANCER

CLAIMS MORE LIVES THAN HEART DISEASE
among people younger than 85 years of age.

CAUSING FACTORS: OBESITY, POOR DIET & PHYSICAL INACTIVITY

- Consuming less fat can be effective in reducing risk of breast and ovarian cancers.
- Moderate to vigorous exercise results in 30% reduction of colon cancer risk.

4. OSTEOPOROSIS

8% OF 20+ YEAR OLD FEMALES IN THE U.S. ARE AFFECTED

BONE FRACTURE PREVENTION

is strongly linked to weight-bearing exercise, and vitamin D and calcium intake.

5. DIABETES

18+ MILLION U.S. ADULTS DIAGNOSED WITH TYPE 2 DIABETES IN 2008

Diabetes prevalence is projected to reach 33% by 2050.

12.7% OF 12-19 YEAR OLDS HAVE METABOLIC SYNDROME

which predisposes them to risk of Type 2 diabetes in young adulthood and beyond.

PREDICTORS OF TYPE 2:

- Obesity
- Family history
- High triglyceride levels
- High blood pressure
- Low high-density (HDL) cholesterol

RECOMMENDED PHYSICAL ACTIVITY:

60 
MINS/DAY
FOR KIDS

15 
MINS/WEEK
FOR ADULTS

OPTIMAL HEALTH

includes physical activity and an overall healthy diet. Registered dietitian nutritionists are uniquely qualified to provide nutrition education and interventions that promote a healthy lifestyle.