

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

RECOMMENDED PHYSICAL ACTIVITY:

60
MINS/DAY
FOR KIDS

150
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.