

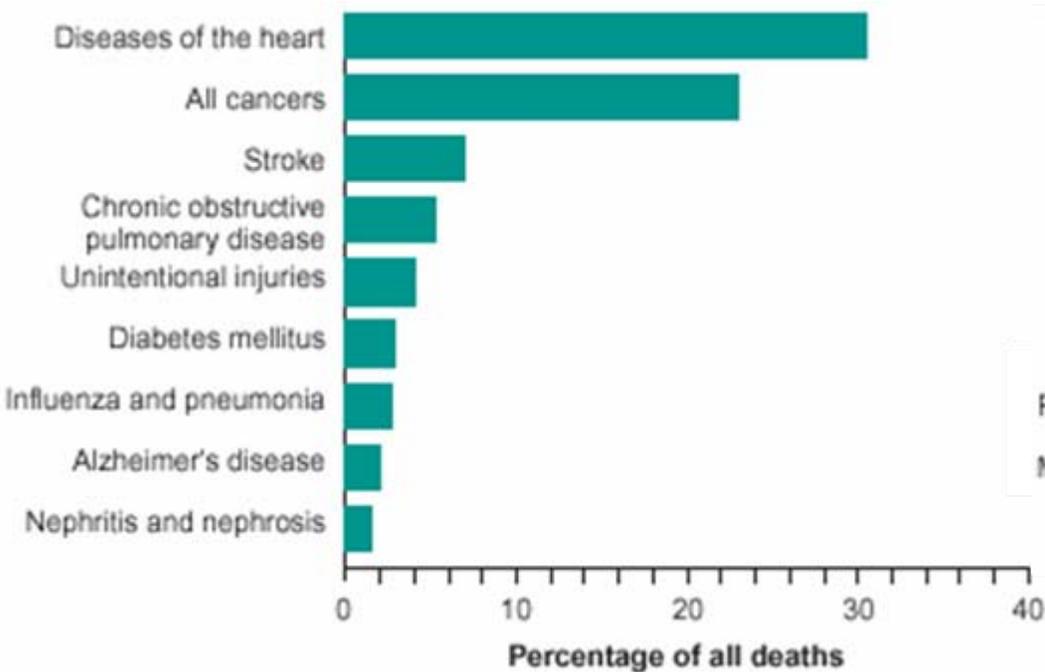
# Healthy Lifestyles & Chronic Disease Prevention

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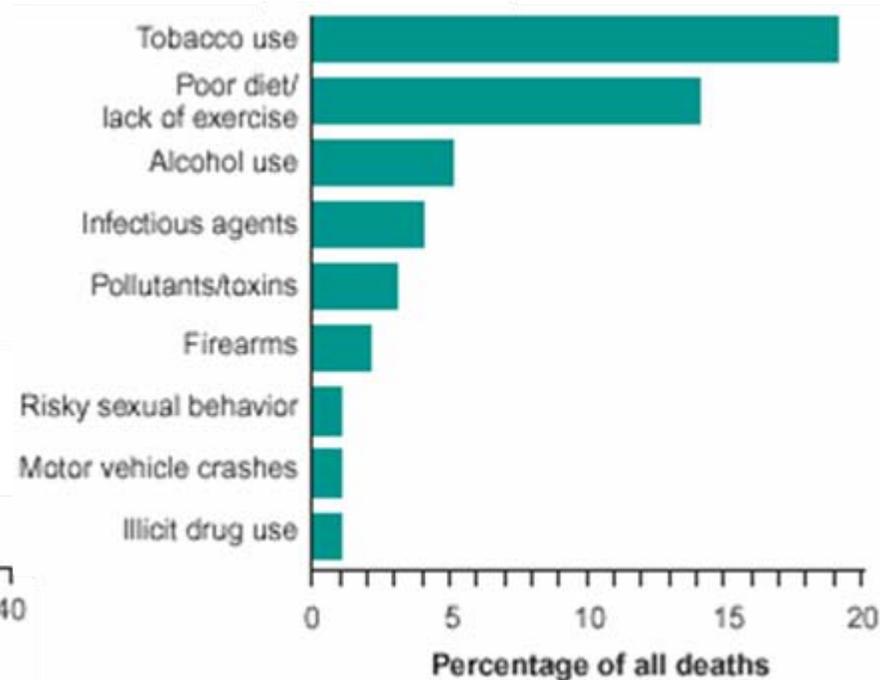
Sylvia Drew Ivie, and  
Lynn Yonekura

# Chronic Diseases & Related Risk Factors

Causes of Death in the U.S., 1999



Actual Causes of Death, 1999



**Chronic diseases** are the leading causes of death and disability in the U.S. They account for 7 of every 10 deaths and affect the quality of life of 90 million Americans. Although chronic diseases are among the most common and costly health problems, they are also among **the most preventable**.



# Healthy Lifestyle

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- Healthy eating
- Physical activity at least 30 minutes/day, most days of week
- Maintaining a healthy weight
- No smoking; avoid secondhand smoke
- Limit alcohol to  $\leq 1$  drink/day
- Practice safe sex



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“The function of protecting and developing health must rank even above that of restoring it when it is impaired”

Hippocrates



# Healthy Eating

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- ❑ Eat breakfast
- ❑ Eat at least 5 servings of fruits and vegetables every day
- ❑ Limit portion sizes
- ❑ Avoid sugary drinks
- ❑ Drink plenty of water
- ❑ Switch from whole milk to 2%, 1%, or nonfat milk.
- ❑ Eat less fat
- ❑ Limit salt
- ❑ Choose high fiber foods, such as vegetables, fruit, and whole grains



# Benefits of Healthy Eating

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- Reduces risk of:
  - Heart disease and stroke
  - High blood pressure
  - Diabetes
  - Breast and colon cancer
  
- Helps you:
  - Avoid weight gain
  - Have more energy
  - Feel better now and in the future



# Get Active!

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- ❑ Get at least 30 minutes of moderate physical activity on most days of the week to reduce risk of chronic disease.
- ❑ Get 60 minutes or more of moderate physical activity on most days of the week to help manage your weight.
- ❑ Get 60-90 minutes of moderate activity every day to help keep off weight you've lost.



# Health Benefits of Physical Activity

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- ❑ Helps replace fat with lean muscle
- ❑ Increases bone strength
- ❑ Lowers blood pressure
- ❑ Lowers risk of heart disease, diabetes, osteoporosis, hypertension, and some cancers
- ❑ Increases level of good cholesterol
- ❑ Increases heart and lung strength
- ❑ Improves sleep
- ❑ Decreases appetite
- ❑ Burns calories and increase the body's ability to burn fat

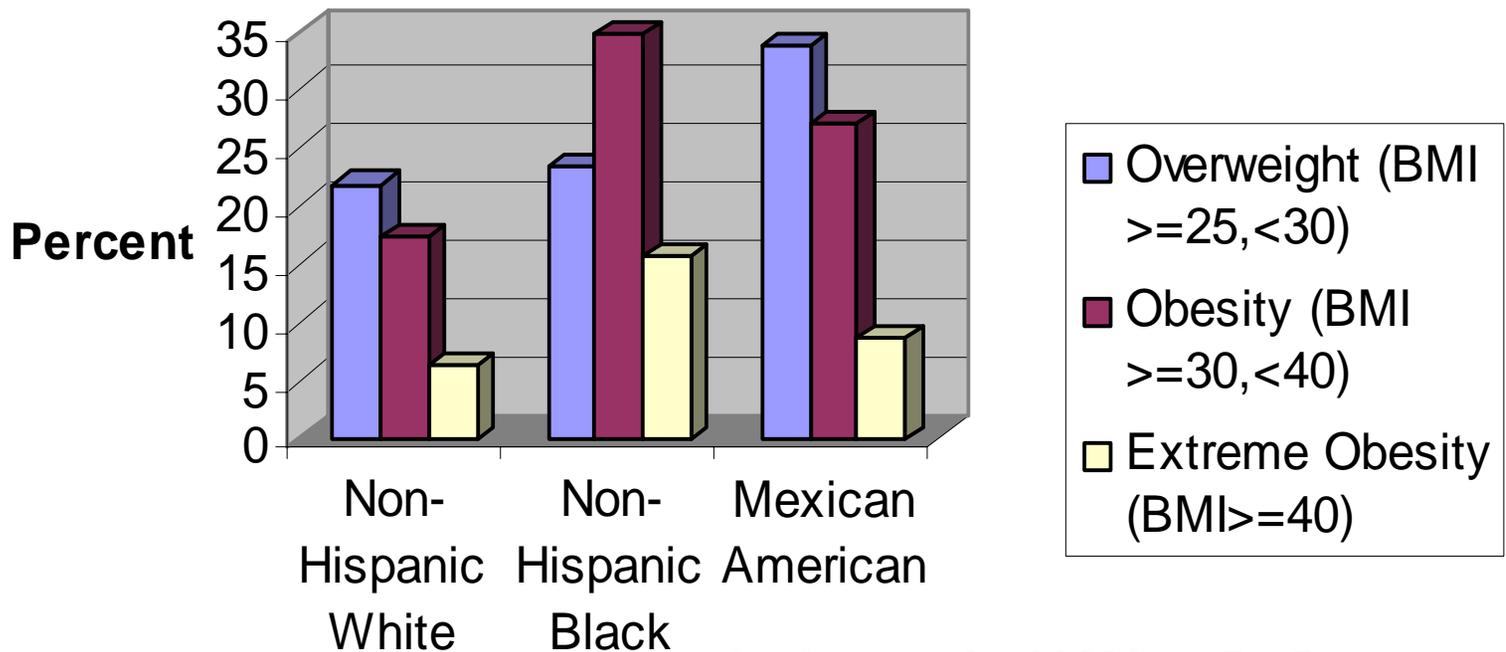


## Psychological Benefits of Physical Activity

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- ❑ Builds self-confidence and self-esteem
- ❑ Reduces emotional stress and depression
- ❑ Increases alertness
- ❑ Helps you feel and look your best

## Prevalence of Overweight, Obesity, and Extreme Obesity Among US Women Ages 20-39 Years, 2003-2004, by Race-Ethnicity



Ogden et al., JAMA 295:1549, 2006

# Striking Increase in Severe Obesity

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- RAND Corp report published online in *Public Health* 3/30/07 documents dramatic rise in rates of morbid obesity among U.S. adults since 2000

BMI	Increase in prevalence from 2000 to 2005
BMI >30	24%
BMI >40	50%
BMI >50	75%

# Health Benefits of Maintaining a Healthy Weight

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- Reduces risk of:
  - High blood pressure
  - Osteoarthritis
  - Dyslipidemia
  - Type 2 diabetes
  - Coronary heart disease
  - Stroke
  - GI problems: GERD, non-alcoholic fatty liver disease, gall stones, diverticulitis, hernias
  - Sleep apnea and asthma
  - GU problems: stress incontinence, PCOS, obesity-related glomerulopathy
  - Some cancers: endometrial, breast, colon, kidney, gall bladder

# Prevalence of Medical Conditions by BMI for Women

Medical Condition	Body Mass Index			
	18.5-24.9	25-29.9	30-34.9	≥ 40
	Prevalence (%)			
Type 2 Diabetes	2.38	7.12	7.24	19.89
Coronary Heart Dis.	6.87	11.13	12.56	19.22
Hypertension	23.26	38.77	47.95	63.16
Osteoarthritis	5.22	8.51	9.94	17.19

# Adverse Outcomes Associated with Maternal Obesity

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## Maternal

- ❑ Gestational diabetes
- ❑ Preeclampsia
- ❑ DVT/PE
- ❑ Preterm birth
- ❑ Multifetal gestation
- ❑ Cesarean birth
- ❑ Anesthetic complications
- ❑ PP hemorrhage
- ❑ Prolonged hospitalization
- ❑ Lactation dysfunction
- ❑ Maternal mortality

## Fetus/Newborn/Child

- ❑ Birth defects
- ❑ Prematurity
- ❑ Macrosomia
- ❑ Birth injury
- ❑ PNM: SB, NND
- ❑ Childhood obesity
- ❑ Adult obesity
- ❑ Early-onset of obesity-related diseases

# Health Benefits of Smoking Cessation

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- Reduces risk of:
  - Heart disease
  - Stroke
  - Chronic obstructive pulmonary disease (COPD)
  - Cancer of lung, larynx, esophagus, pharynx, mouth, pancreas, kidney, bladder, and cervix
  - Low birth weight babies → increased risk of HTN, obesity, CVD
  - Babies dying from SIDS

# What Lessons Can be Learned from Tobacco Control and Prevention for Addressing Healthy Weight?

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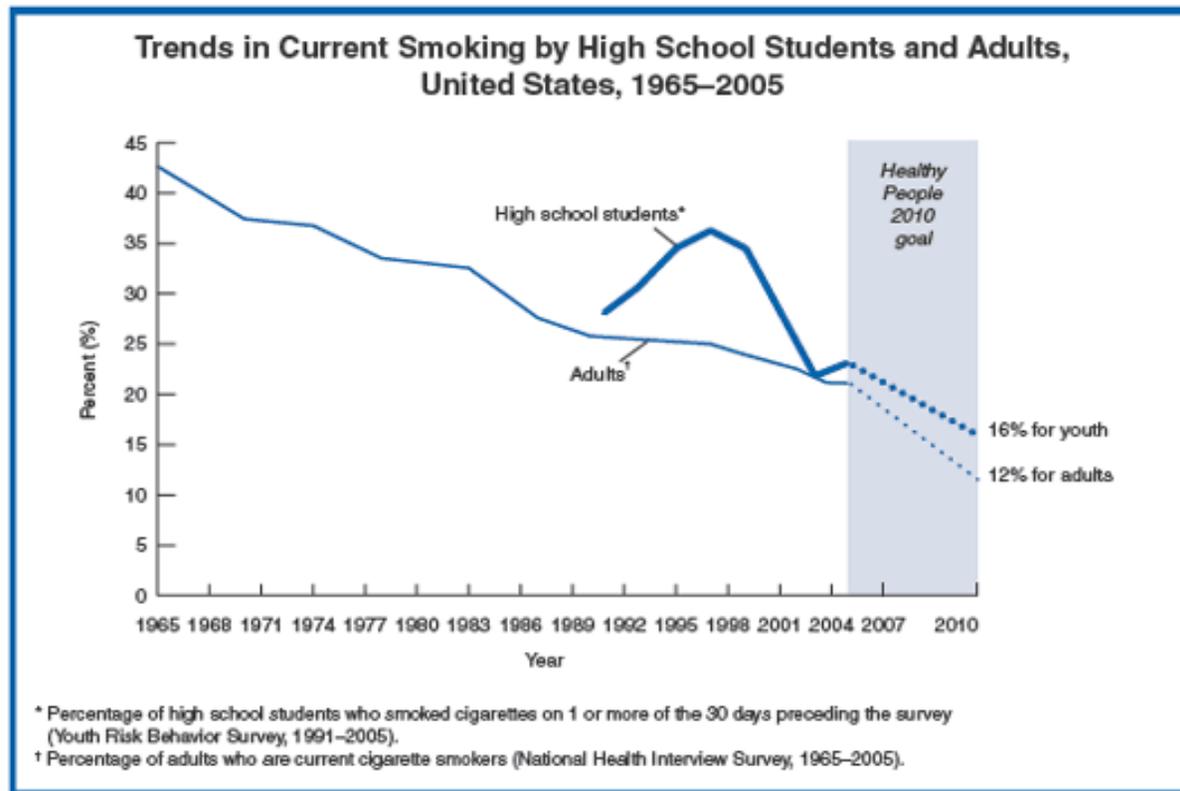
# The Tobacco Model: Lessons Learned

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- ❑ Education, exhortation and “individual responsibility” alone are not enough
- ❑ Strategies must be multi-pronged, comprehensive and sustained over the long haul
- ❑ Non-adversarial information campaign preceding more controversial approaches
- ❑ Targeted interventions
- ❑ Large, well-funded and sustained counter-marketing efforts
- ❑ **Create new norms:** smoke-free environment
- ❑ Honest, accurate labeling

# Consider this...

- The overall reduction in tobacco consumption since 1965 is one of the great public health achievements



# Bloomberg's Plan for Restructuring Health Care Financing

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- Universal health insurance alone won't automatically lead to health improvements unless we **start paying for prevention** as well as treatment.
- Start rewarding the primary and preventive care that keeps people out of hospitals.
- Make electronic health records (EHRs) as standard as stethoscopes in doctors' offices to help doctors deliver better preventive care.

# Bloomberg's Plan for Restructuring Health Care Financing

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“Combine the power of information technology with this ability to accurately evaluate and reward performance. It gives you the right prescription for our ailing health care system. It will establish **promoting health** as our **guiding principle** and allow us to put our money where it's needed: in preventing illness, in keeping people out of hospitals, and in providing financial incentives for helping patients live longer and healthier lives.”

# Bloomberg's Plan for Restructuring Health Care Financing

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Universal health care should include:

- Effective and free provision of preventive services
- Financial incentives for preventive services
- Provider accountability for performance
- Affordable basic medications (e.g., for blood pressure, cholesterol, depression, and diabetes treatment)
- Accessible and affordable treatment for drug and alcohol abuse



# Take Care New York: 10 steps to a healthier New York

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- Have a regular doctor or other health care provider
- Be tobacco-free
- Keep your heart healthy
- Know your HIV status
- Get help for depression
- Live free of dependence on alcohol and drugs
- Get checked for cancer
- Get the immunizations you need
- Make your home safe and healthy
- Have a healthy baby.