

What's in Your Medicine Cabinet?

Pine Forge Church Health Minute
March 2024



How many people in the US have been diagnosed with a chronic disease?

- A. 6 out of 10 people
- B. 6 out of 100 people
- C. 6 out of 20 people
- D. 5 out of 25 people
- E. 3 out of 10 people

Chronic Disease in U.S.

Problem



6 in 10 Americans have a **Chronic Disease**



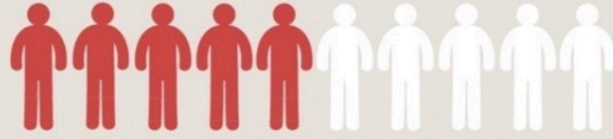
4 in 10 Americans have **2 or more Chronic Diseases**



38% of Americans will be diagnosed with **Cancer** during their lifetimes



Chronic diseases - heart disease, cancer, diabetes, stroke, & Alzheimer's are the leading causes of disability and death



Half of all Americans have **Cardiovascular Disease**



1 in 3 Americans have Pre-Diabetes

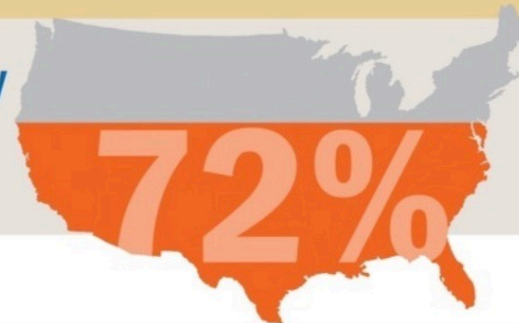
88 Million

Americans have Pre-Diabetes | 90% do NOT know it

34 Million people live with Type 2 Diabetes

72% of Americans with Overweight or Obesity

36 million men and 29 million women with overweight
32 million men and 36 million women with obesity



What are the highest risk factors for death in the US?

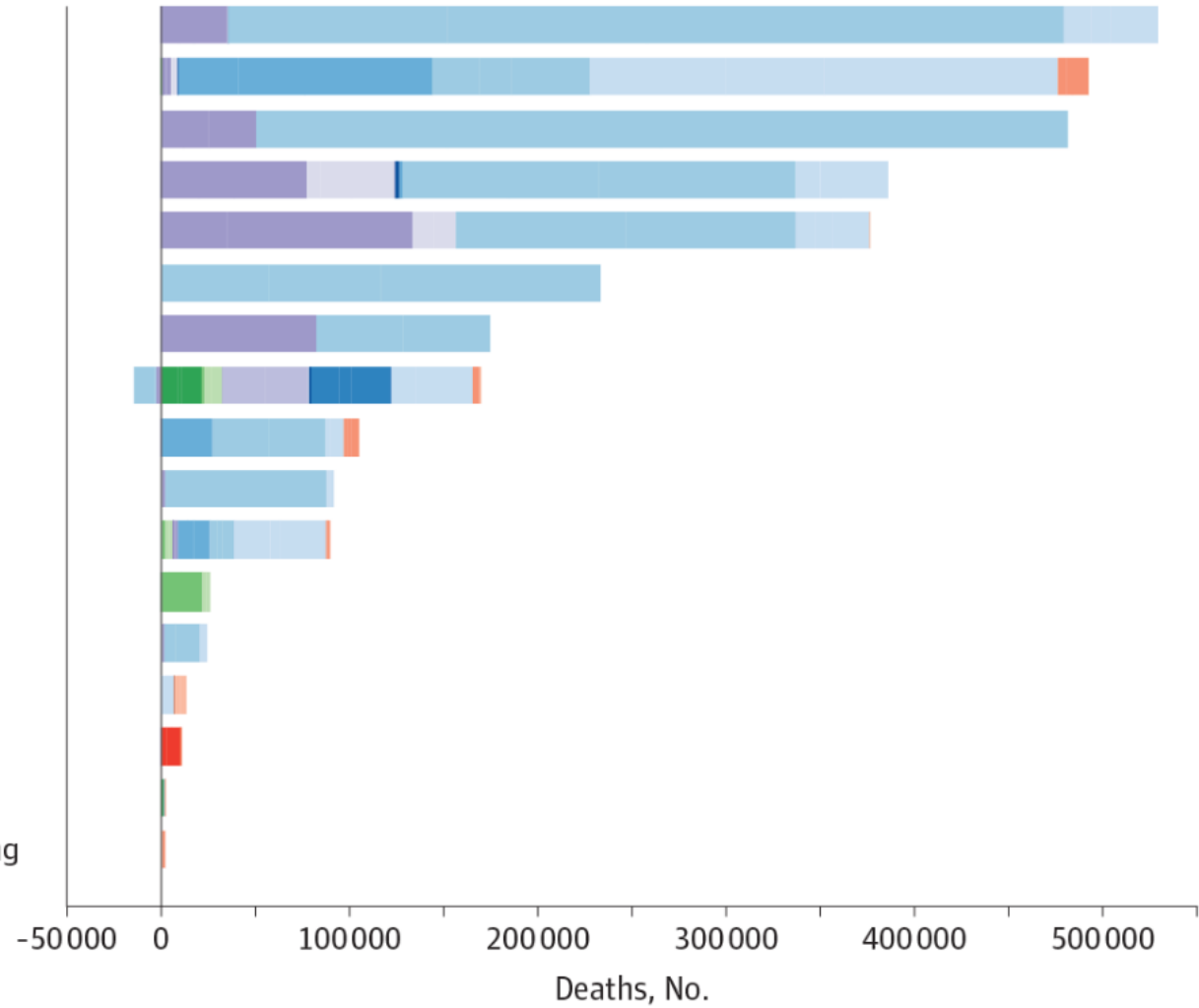
- A. High blood pressure, high body mass index
- B. Dietary risk, tobacco use
- C. Alcohol and drug use
- D. Unsafe water, sanitation
- E. Low physical activity

A Risk factors and related deaths

Risk factors



- Dietary risks
- Tobacco use
- High systolic blood pressure
- High body mass index
- High fasting plasma glucose
- High total cholesterol
- Impaired kidney function
- Alcohol and drug use
- Air pollution
- Low physical activity
- Occupational risks
- Low bone mineral density
- Residential radon and lead exposure
- Unsafe sex
- Child and maternal malnutrition
- Sexual abuse and violence
- Unsafe water, sanitation, and handwashing



What if our 'medicine cabinets' looked like this for chronic disease prevention?

A vibrant collage of fresh fruits and vegetables. In the foreground, there are two terracotta bowls: one containing a green salad with shredded lettuce, purple onions, and orange cheese shreds, and another containing a fruit salad with sliced kiwi, strawberries, watermelon, and cantaloupe. Surrounding these are various whole items: green bell peppers, yellow and orange lemons, a cantaloupe melon, a watermelon slice, several strawberries, a carrot, and a cucumber. The background is a soft-focus mix of these items, creating a rich, colorful scene.

...and like this for treatment of chronic diseases?



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Wright, N., Wilson, L., Smith, M. *et al.* The BROAD study: A randomised controlled trial using a whole food plant-based diet in the community for obesity, ischaemic heart disease or diabetes. *Nutr & Diabetes* **7**, e256 (2017).
<https://doi.org/10.1038/nutd.2017.3>

Lessons from the Adventist Health Studies

- Series of long-term research projects of Loma Linda University to measure the link between lifestyle, diet, disease and mortality among Seventh-day Adventists
- Lower risk of certain cancers
 - Lung
 - Colon
 - Pancreatic
 - Ovarian
- Lower risk of fatal/nonfatal heart attack
- 10-year longer life expectancy

1. <https://adventisthealthstudy.org/studies/AHS-1/findings-longevity>
2. Fraser GE, Shavlik DJ. Ten Years of Life: Is It a Matter of Choice? *Arch Intern Med.* 2001;161(13):1645–1652. doi:10.1001/archinte.161.13.1645

Lessons from the Blue Zones



Image Credit: Dimitrios Karamitros/Shutterstock.com

Lessons from the Oxford Vegetarian Study

- Vegans and non-meat eaters had
 - Lower cholesterol
 - Lower causes of death from
 - heart disease
 - cancers



THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE DIETARY POSITION STATEMENT

ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

WHOLE FOOD PLANT-BASED (WFPB) EATING PLAN

WHAT AMERICA EATS



*Food items are not to scale

Increase whole plant foods, fruits, vegetables, whole grains, beans, legumes, nuts, seeds, water

Decrease sweets and snacks, fast food, fried foods, refined grains, refined sugar, meat, dairy, eggs, poultry, high sodium foods



*Food items are not to scale

Increased risk for obesity, type 2 diabetes, heart disease, and some cancers

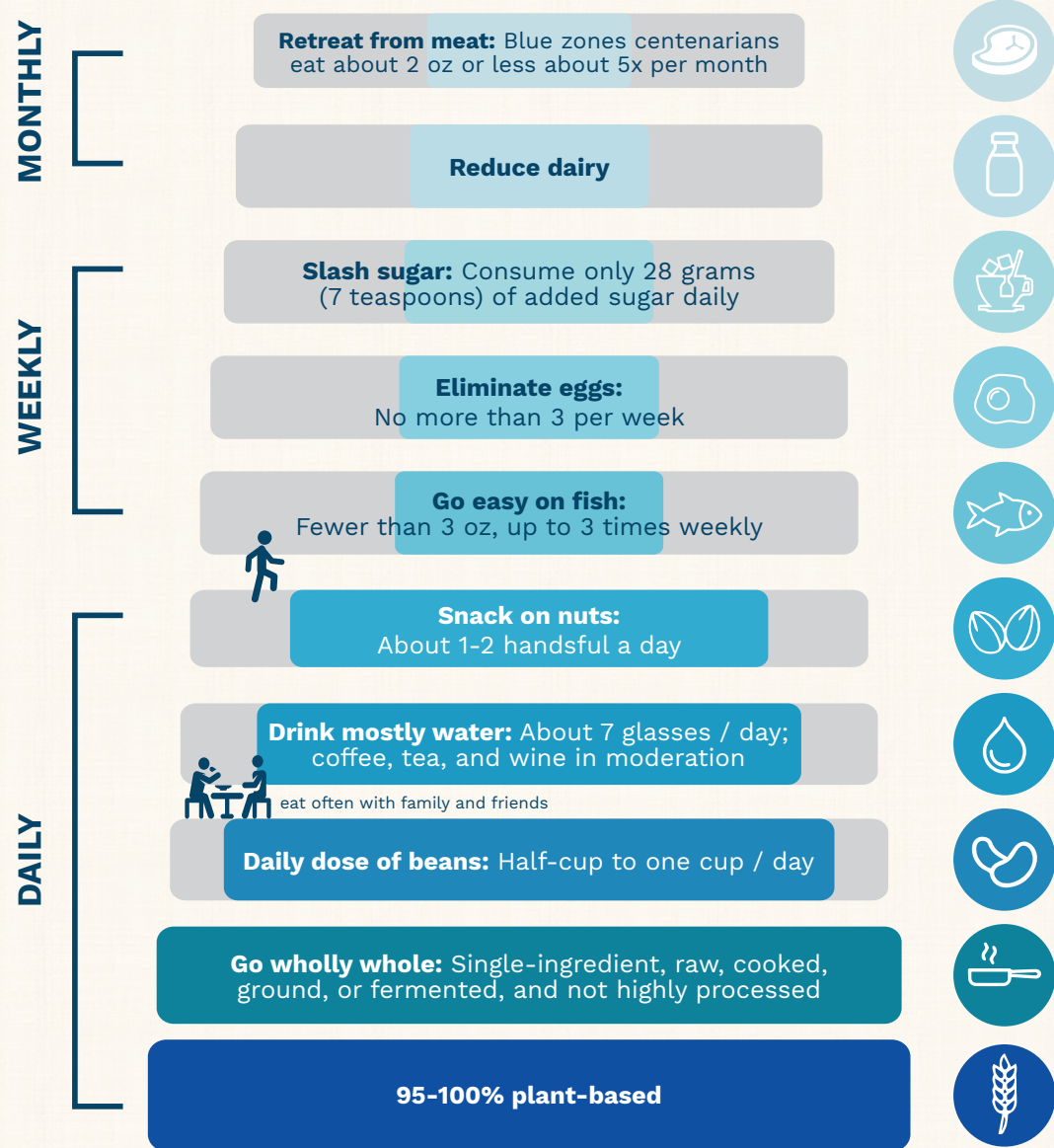
Poor nutrition is the leading cause of death globally.

Decreased risk for obesity, type 2 diabetes, heart disease, and some cancers

Chronic disease treatment and potential reversal

What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010. Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. Perm J. 2013;17(2):61-66. Food Planet Health. Eatforum.org. Published 2020. Accessed June 4, 2020

FOOD GUIDELINES



Canada's Food Guide



- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others
- Use food labels
- Limit foods high in sodium sugars or saturated fat
- Be aware of food marketing

Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.



Genesis 1:29 (NIV)