

# Wellness Office Hours Preventing Chronic Illness



Presented by  
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# Purpose of Presentation



- What is chronic illness?
- Discuss methods to prevent and mitigate chronic illness
- Introduce the Wellness Challenge

# Chronic Illness Background



- Conditions that last 1 year or more and require ongoing medical attention or limit activities
- **Six in ten adults** in the US have a chronic illnesses
- **Four in ten adults** in the US have two or more chronic illnesses
- Most chronic common illnesses in the US are:
  - **Heart disease**
  - **Cancer**
  - **Diabetes**    ] Leading cause of death and disability in the US
- Chronic lung disease
- Stroke
- Alzheimer's disease
- Chronic kidney disease

# Contributing Lifestyle Factors



- Tobacco use and exposure to second-hand smoke
- Poor nutrition
- Physical inactivity
- Excessive alcohol use

# Tobacco Use



- Leading cause of preventable disease, disability, and death in the US
- 30.8 million US adults smoke cigarettes
- 1 in 4 people who don't smoke are exposed to secondhand smoke
- Cigarettes cause 80-90% of lung cancer deaths
- Cigarettes cause 1 in every 4 deaths from heart disease and stroke
- Current smokers have a 30-40% higher risk of developing diabetes than non-smokers

# Poor Nutrition



- 9 in 10 people in the US consume too much sodium → high blood pressure → heart disease and stroke
- People who are overweight or obese have increased risk of developing type 2 diabetes
- More than 1 in 3 US adults have prediabetes
- Consuming unhealthy foods, sodas, and processed meats increases risk of developing at least 13 types of cancers including uterine, breast, and colorectal cancers

# Physical Inactivity



- About 1 in 2 US adults do not exercise enough
- Lack of exercise is associated with increased risk of heart disease, obesity, high blood pressure, high cholesterol, and diabetes
- Lack of exercise is associated with increased risk of uterine, breast, and colon cancers

# Benefits of Physical Activity



- Improved sleep
- Increased ability to perform everyday activities
- Improved cognitive ability and reduced risk of dementia
- Improved bone and musculoskeletal health
- Boosts immune system



# Chronic Illness in Healthcare



- 95% of healthcare costs for older adults can be attributed to chronic disease, but less than 1% of healthcare dollars are spent on prevention
- **Prevention** is considered by the World Health Organization to be the best course of action against chronic disease

# Chronic Illness Prevention



- Eat a balanced diet
  - Fruits, vegetables, proteins, whole grains
  - Limit red meat, deli meat, processed foods
- Avoid tobacco
- Limit alcohol intake
  - 14 drink/week for men
  - 7 drinks/week for women
- Limit soda intake
- Engage in daily movement
- Get 7-8 hours of sleep
- Have regular check ups with your doctor



# Chronic Illness Reversal



- Heart disease
- Type 2 diabetes
- High blood pressure
- Obesity
- Hyperlipidemia

# November Wellness Challenge



- Engage in at least 150 minutes of exercise per week
  - 30 minutes of exercise 5 times a week
  - Includes walking
- Avoid tobacco
  - Not safe in any amounts
- Avoid soda
  - Try tea, sparkled water, kombucha, coconut water

# Thank you



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