

10-20 Years of Extra Life: The Choice is Yours

Dr. Steven Aldana
CEO WellSteps













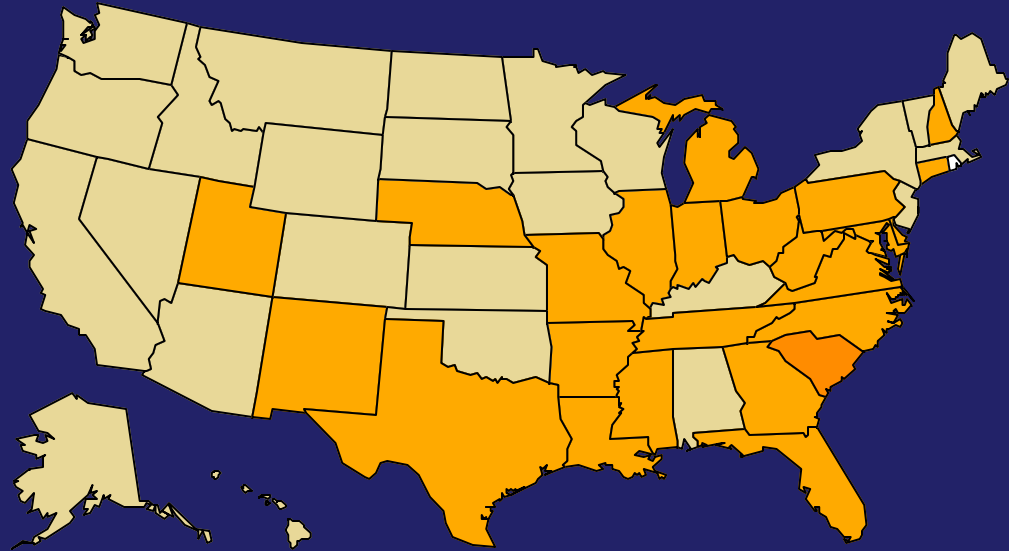
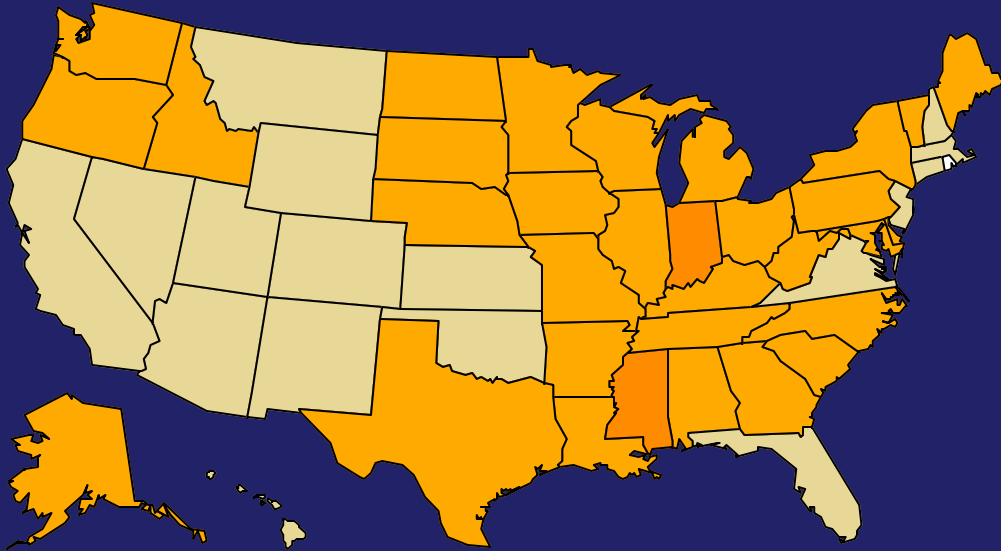




1994

Obesity (BMI ≥ 30 kg/m²)

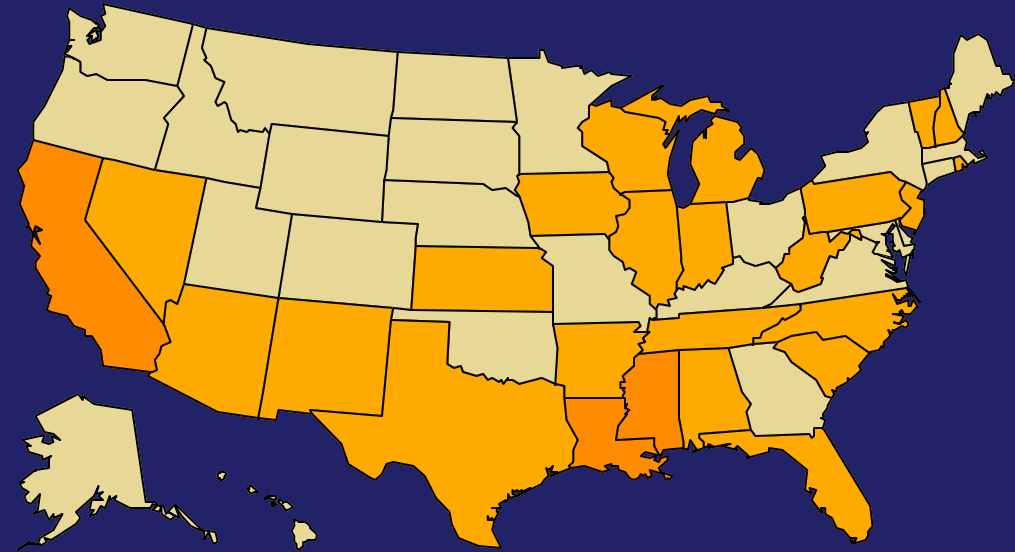
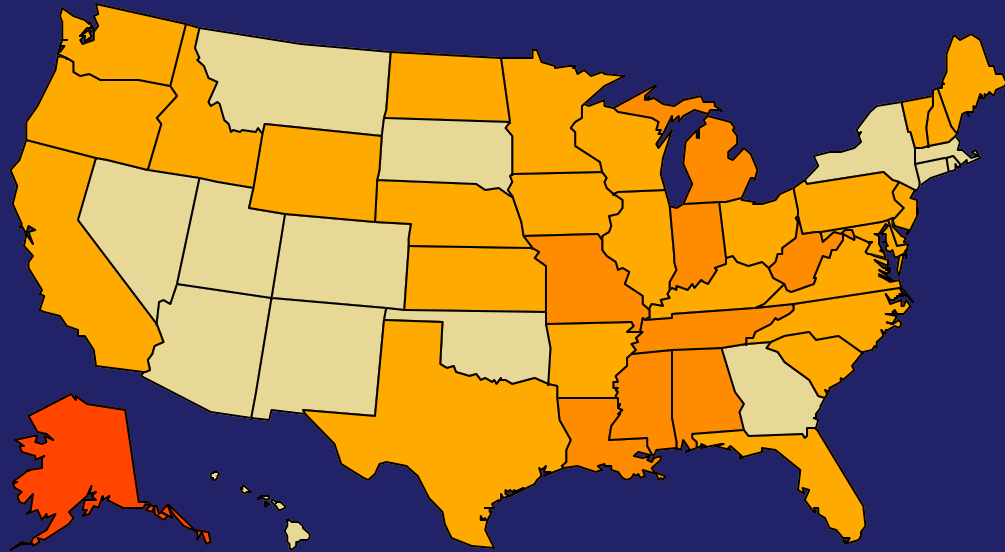
Diabetes



1995

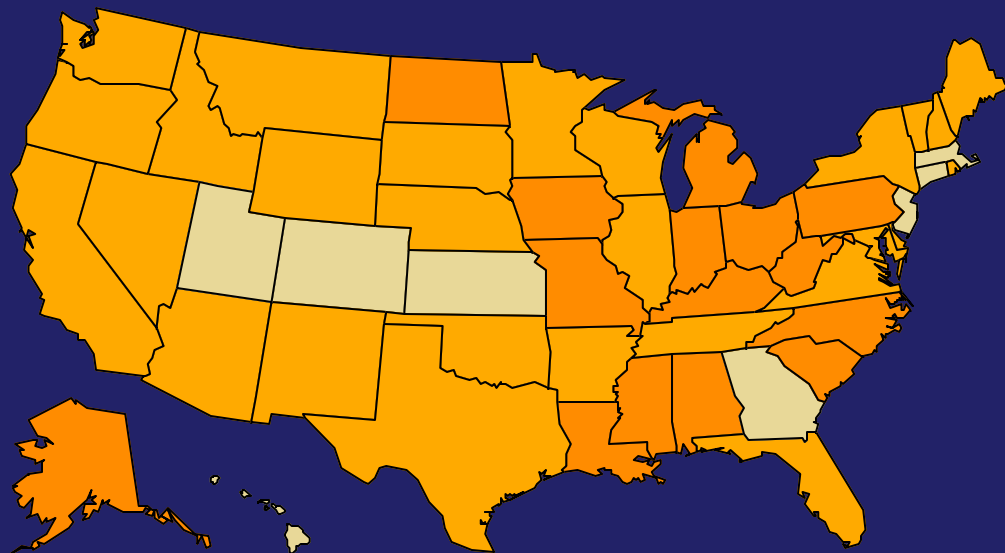
Obesity (BMI \geq 30 kg/m²)

Diabetes

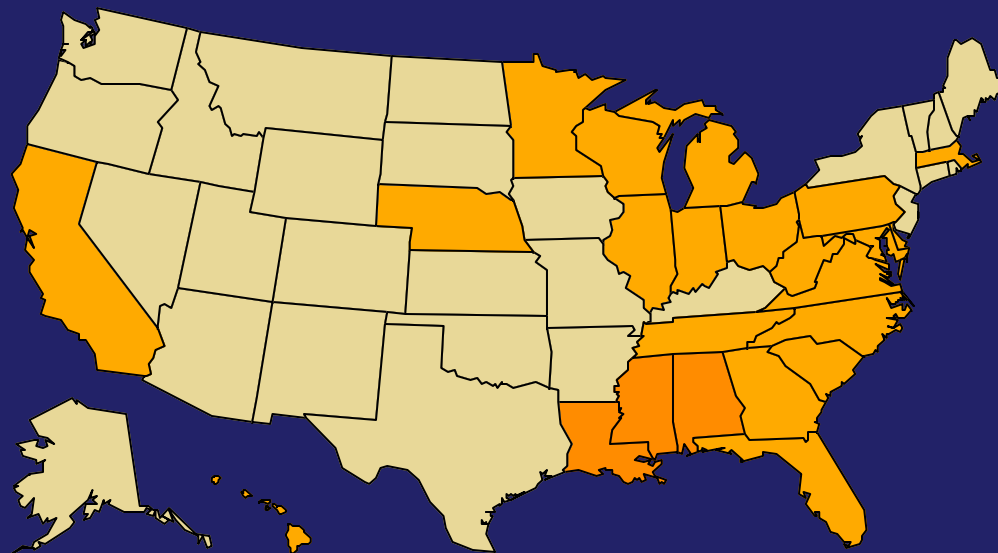


1996

Obesity (BMI ≥ 30 kg/m²)

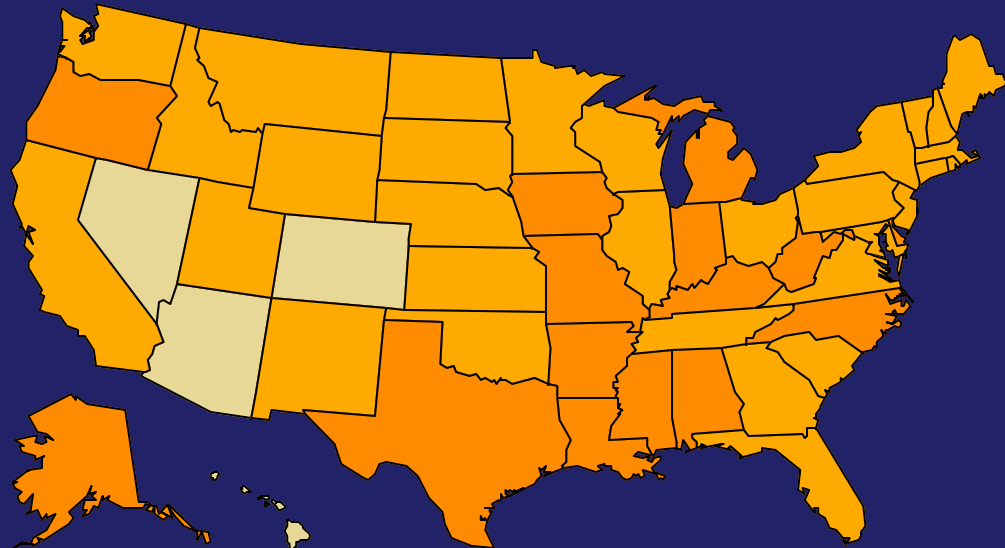


Diabetes

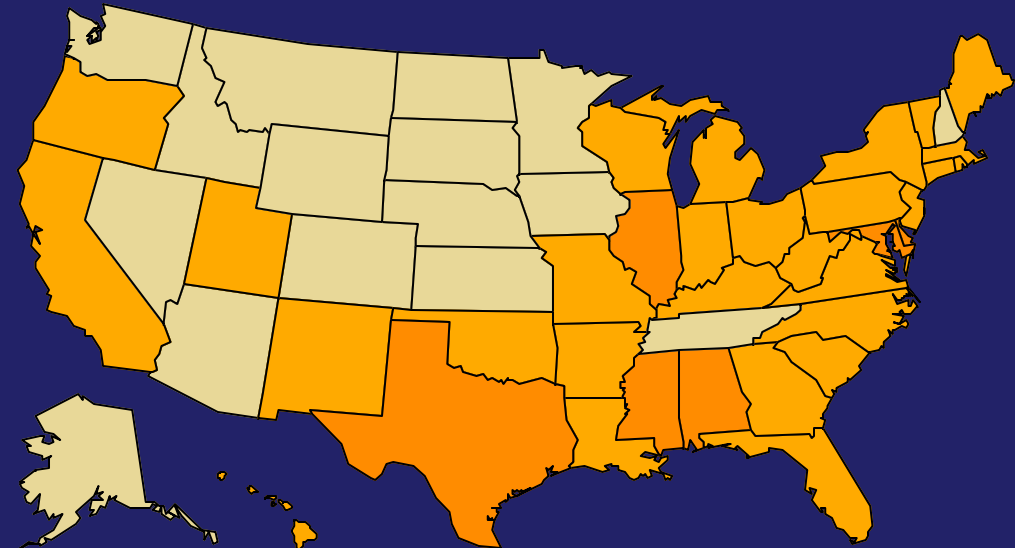


1997

Obesity (BMI ≥ 30 kg/m²)



Diabetes

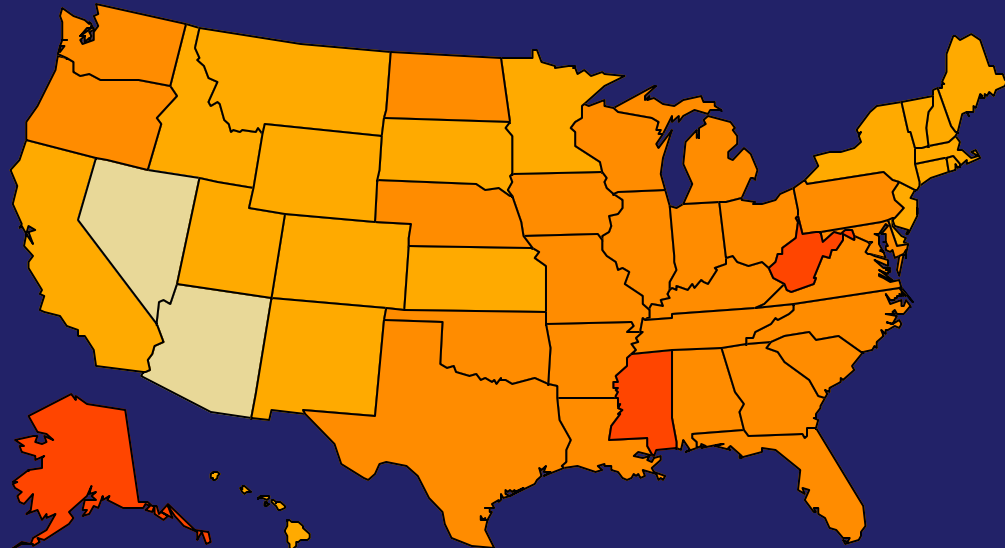


Missing Data
14.0%–17.9%
22.0%–25.9%
<14.0%
18.0%–21.9%
 $\geq 26.0\%$

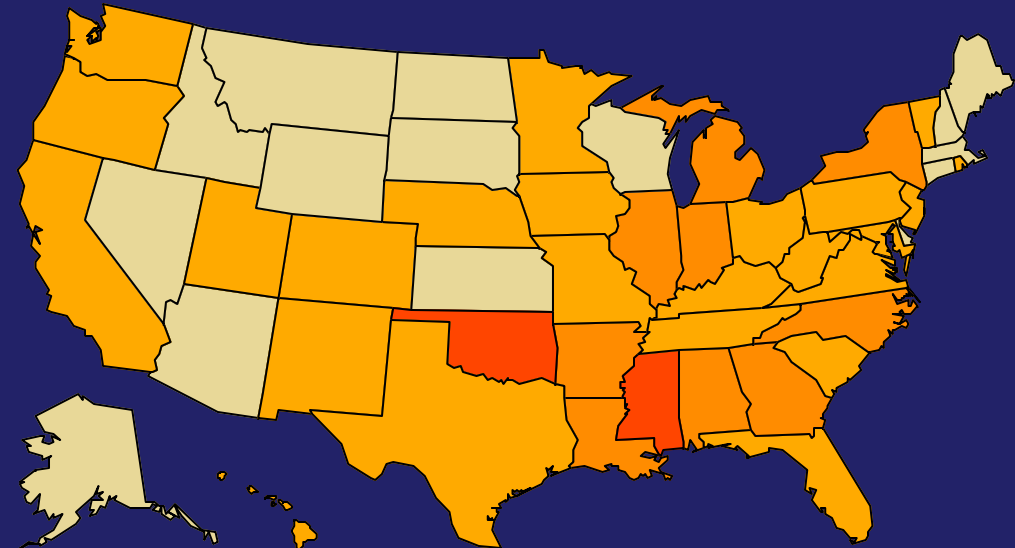
Missing data
4.5%–5.9%
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<4.5%
6.0%–7.4%
 $\geq 9.0\%$

1998

Obesity (BMI \geq 30 kg/m²)



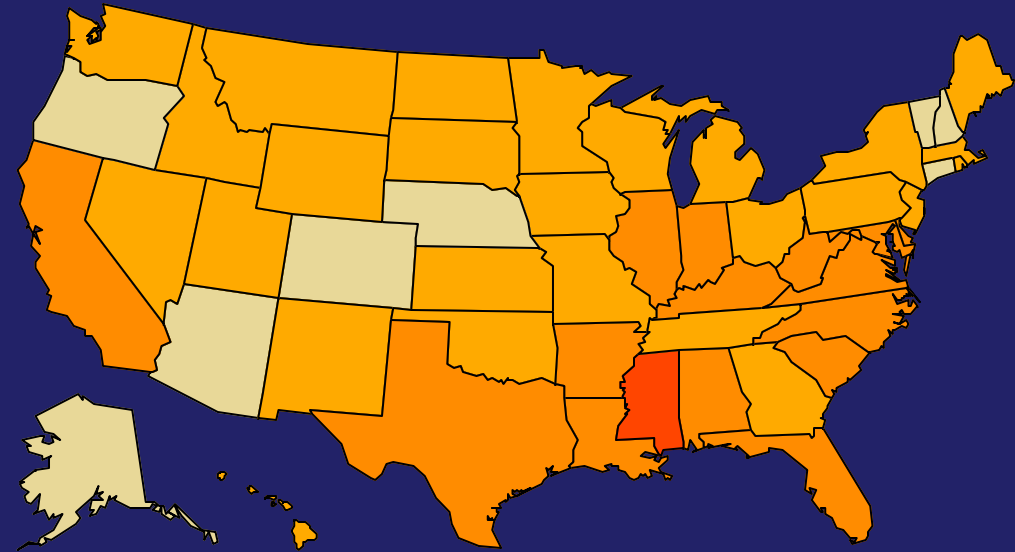
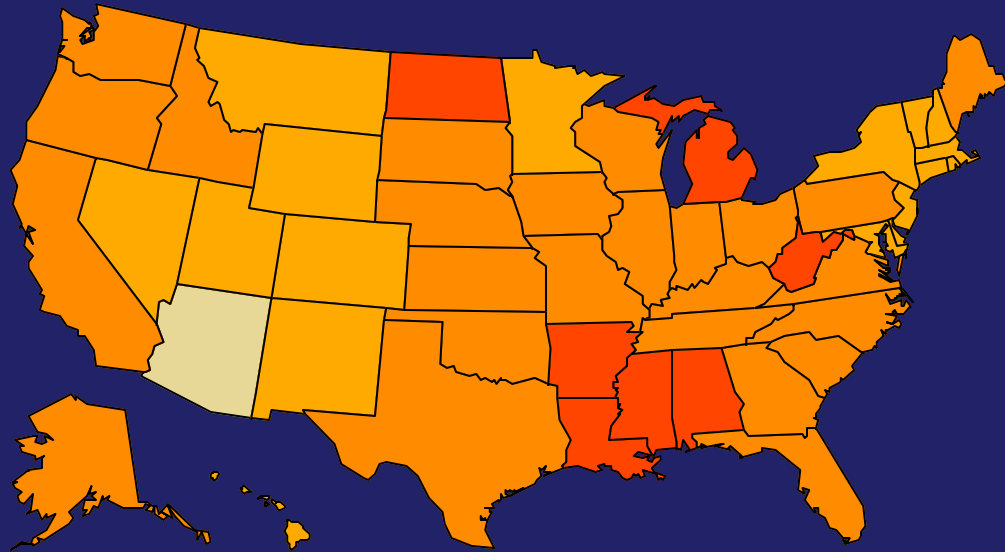
Diabetes



1999

Obesity (BMI \geq 30 kg/m²)

Diabetes



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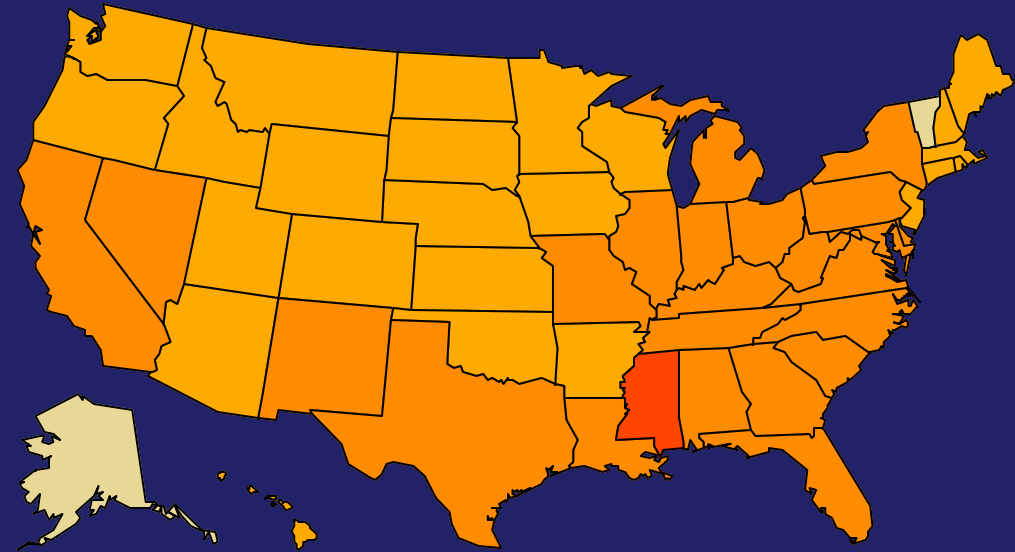
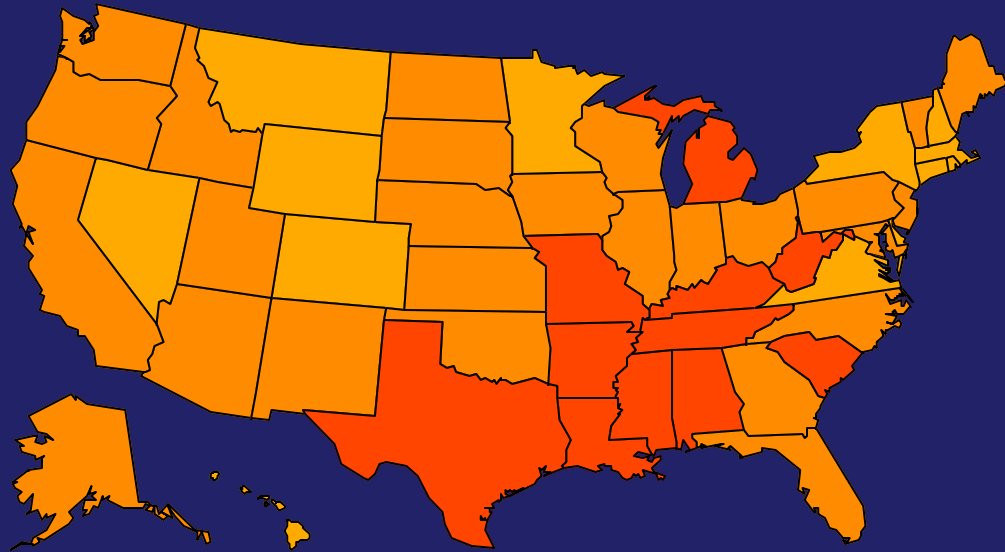
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2000

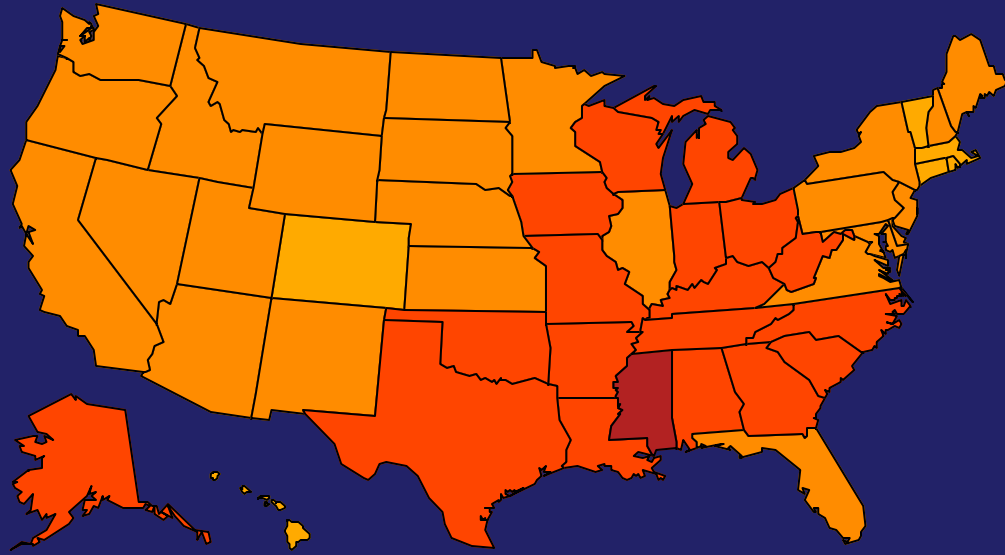
Obesity (BMI ≥ 30 kg/m²)

Diabetes



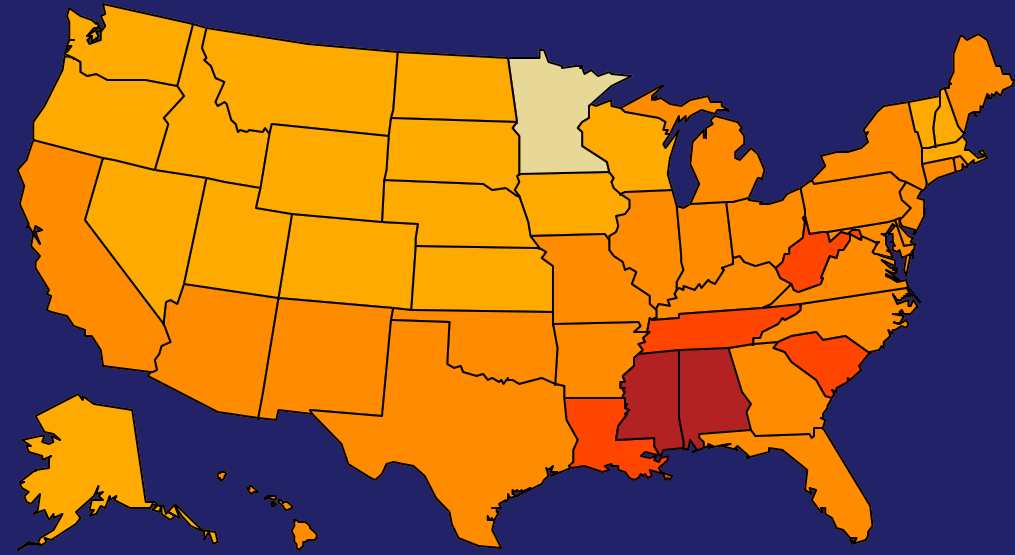
2001

Obesity (BMI ≥ 30 kg/m²)



- Missing Data
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- 22.0%–25.9%
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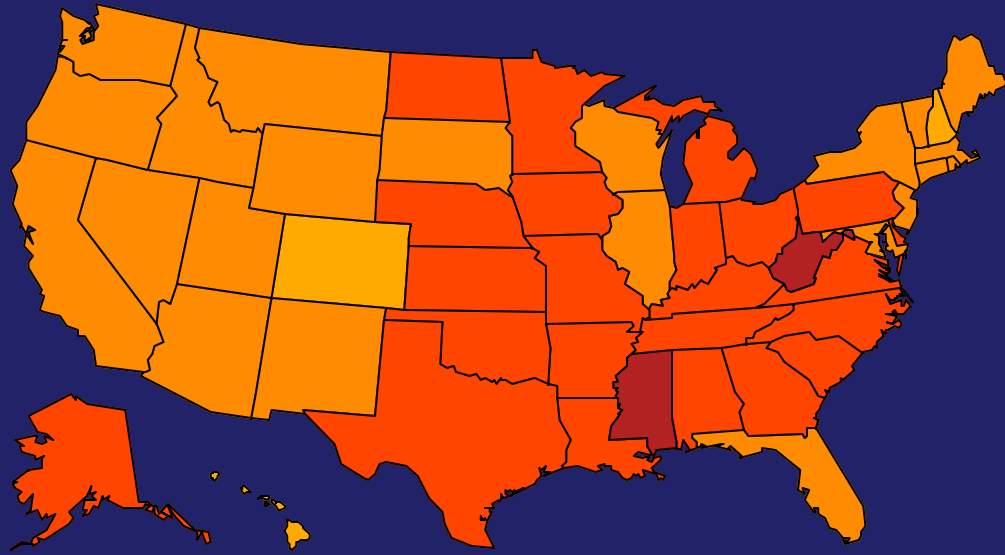
Diabetes



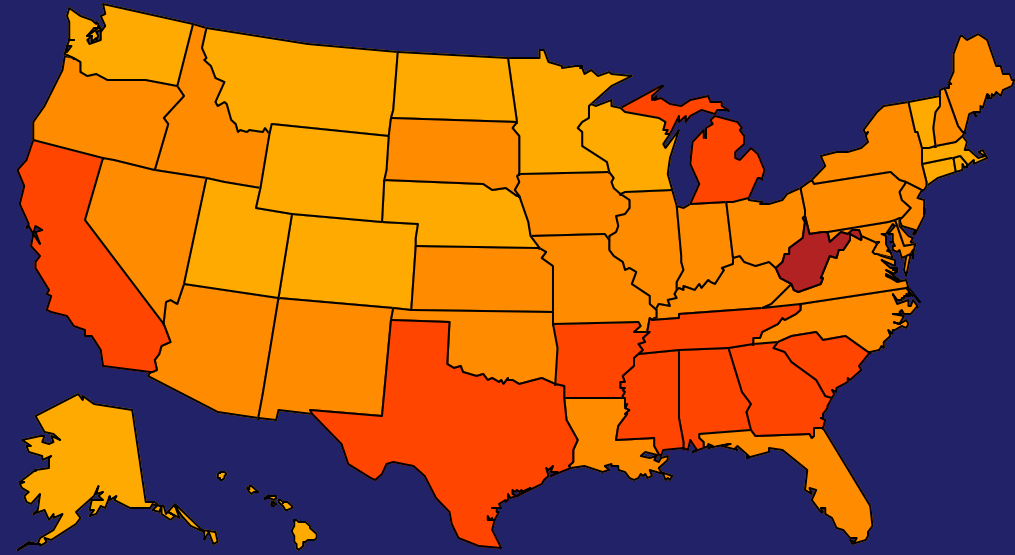
- Missing data
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- 7.5%–8.9%
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- $\geq 9.0\%$

2002

Obesity (BMI ≥ 30 kg/m²)



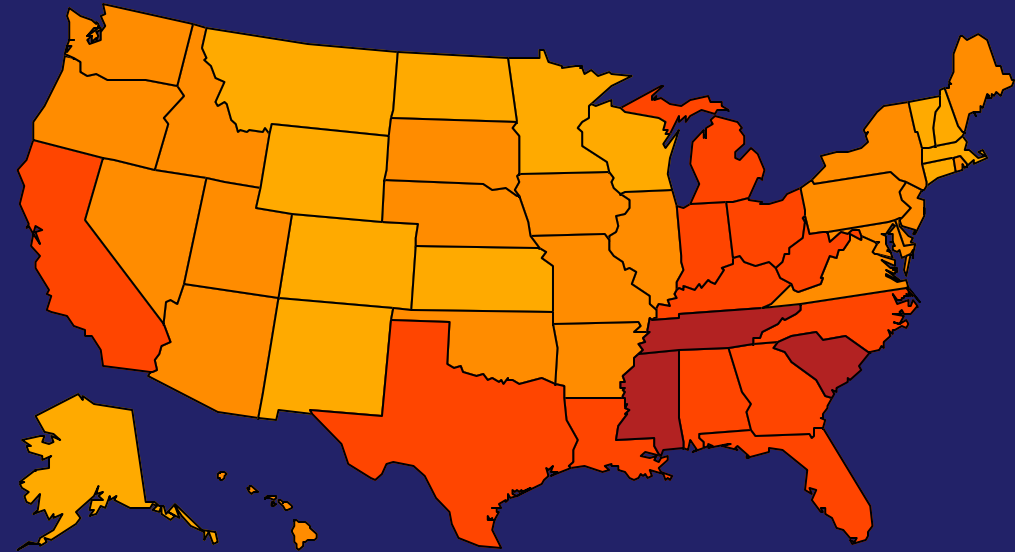
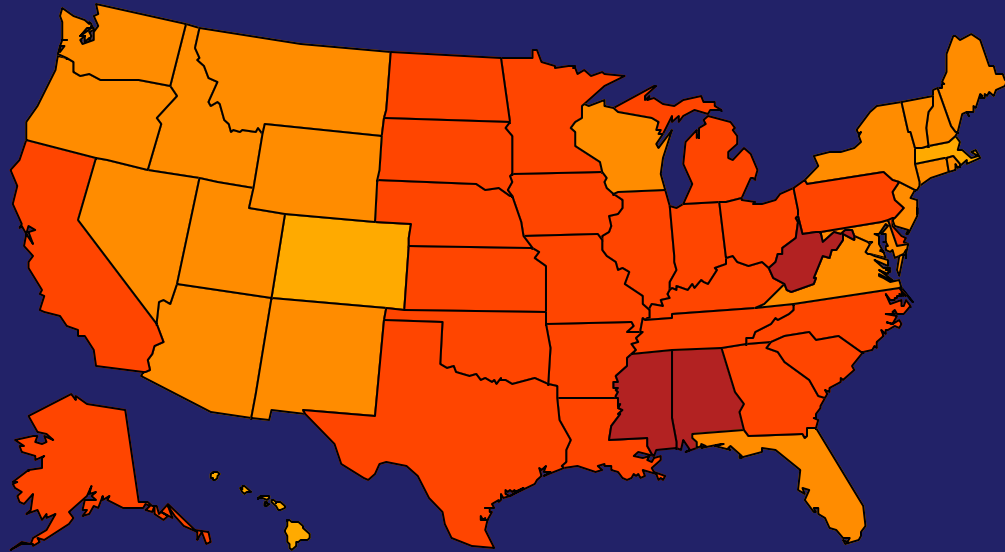
Diabetes



2003

Obesity (BMI \geq 30 kg/m²)

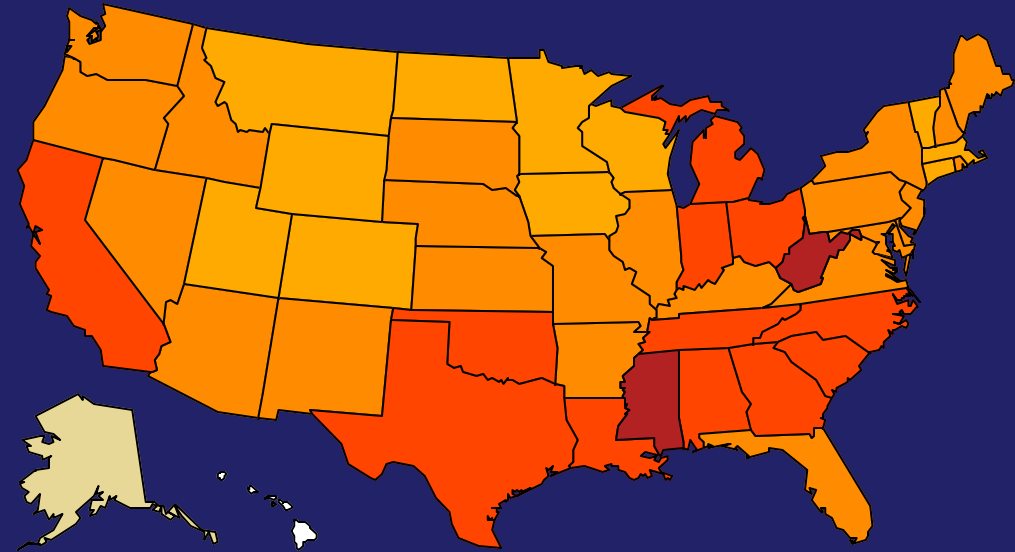
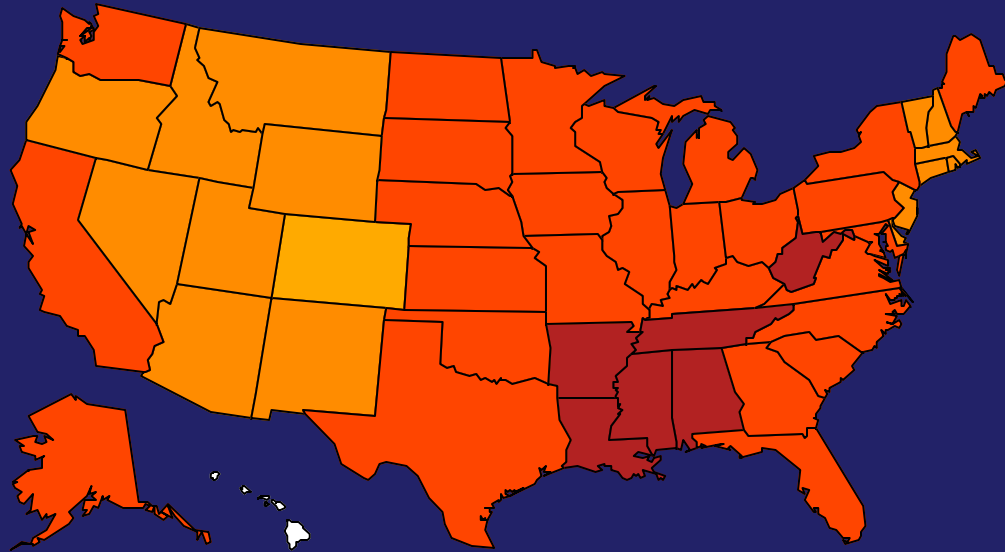
Diabetes



2004

Obesity (BMI \geq 30 kg/m²)

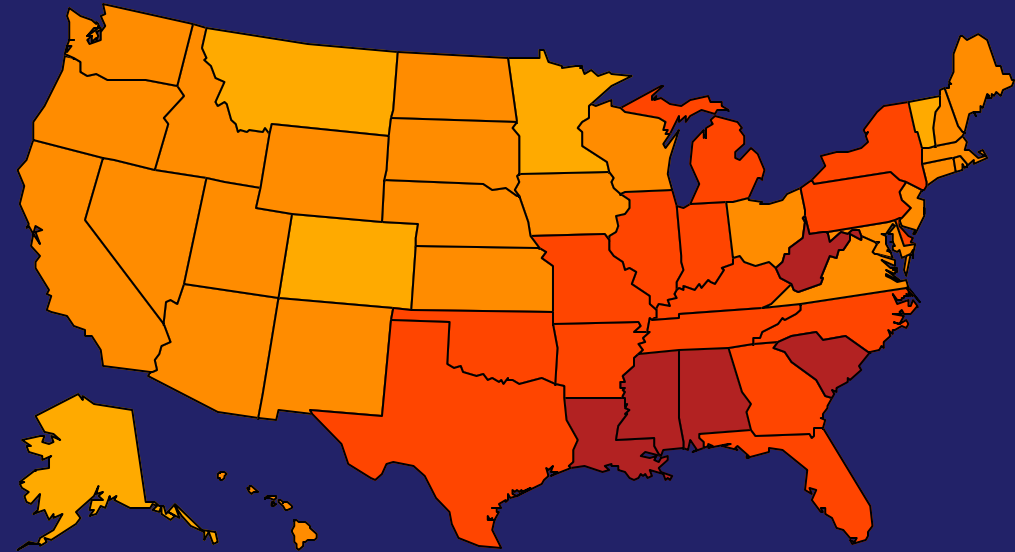
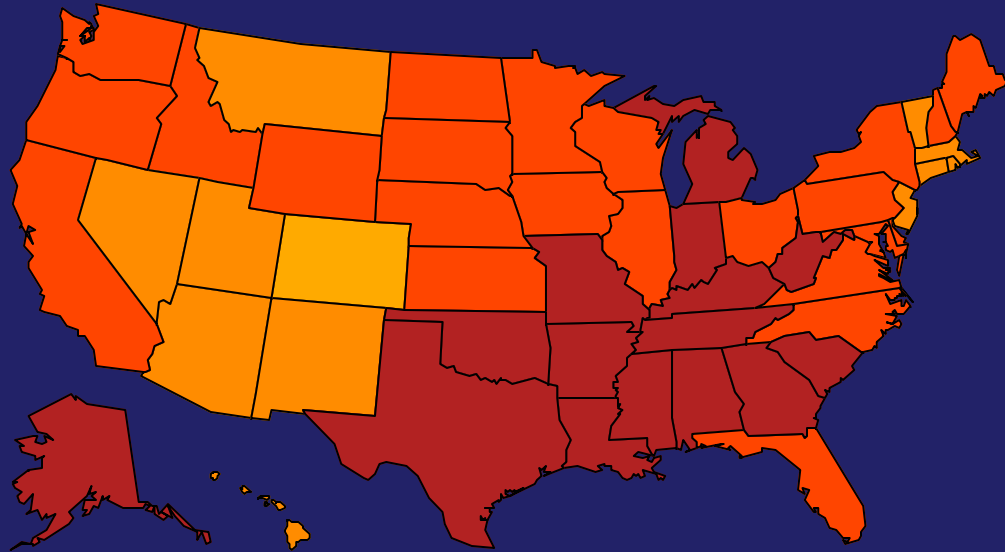
Diabetes



2005

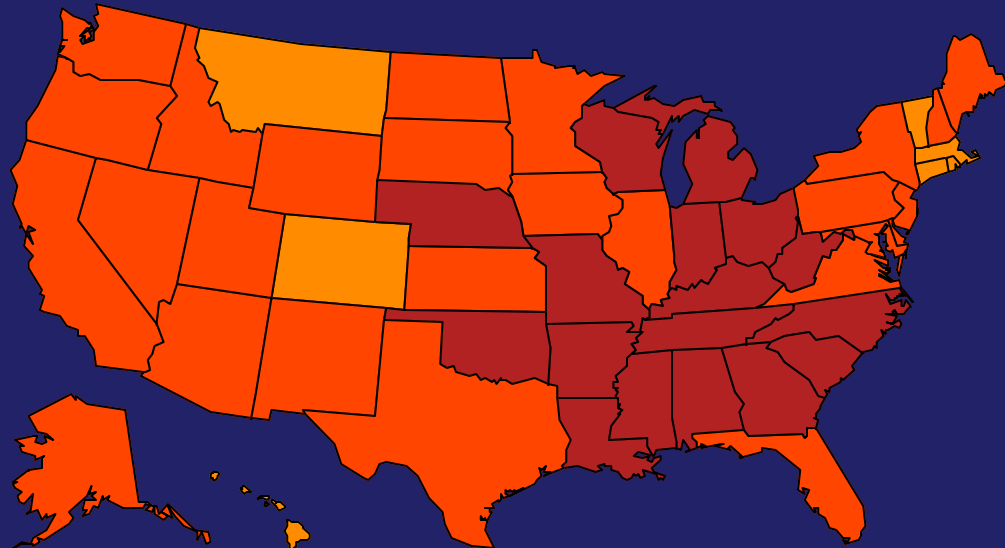
Obesity (BMI \geq 30 kg/m²)

Diabetes

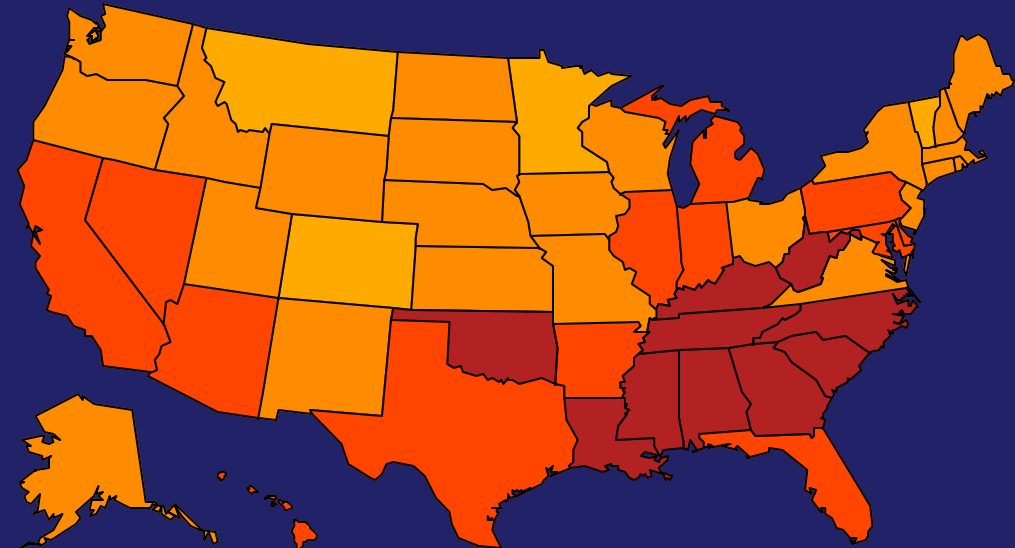


2006

Obesity (BMI ≥ 30 kg/m²)



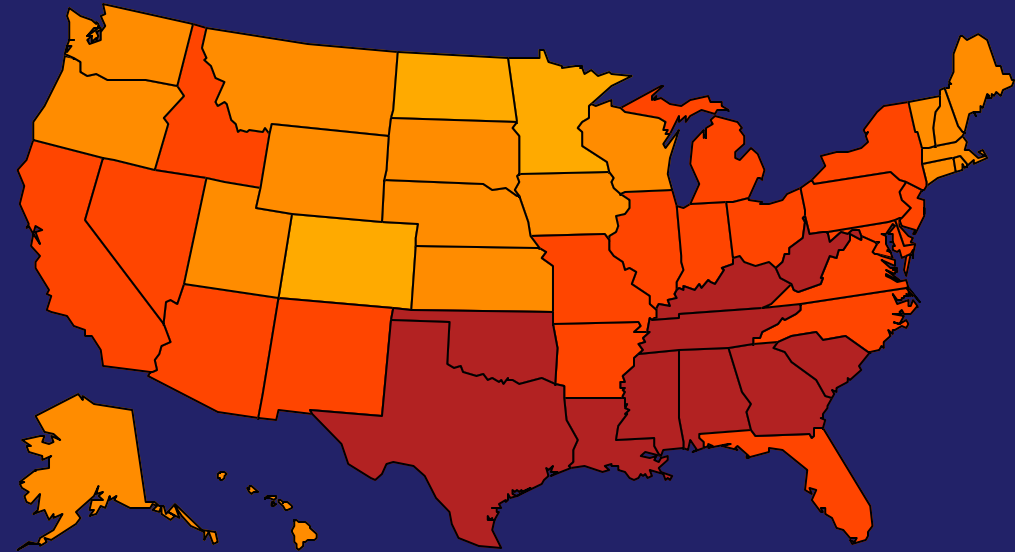
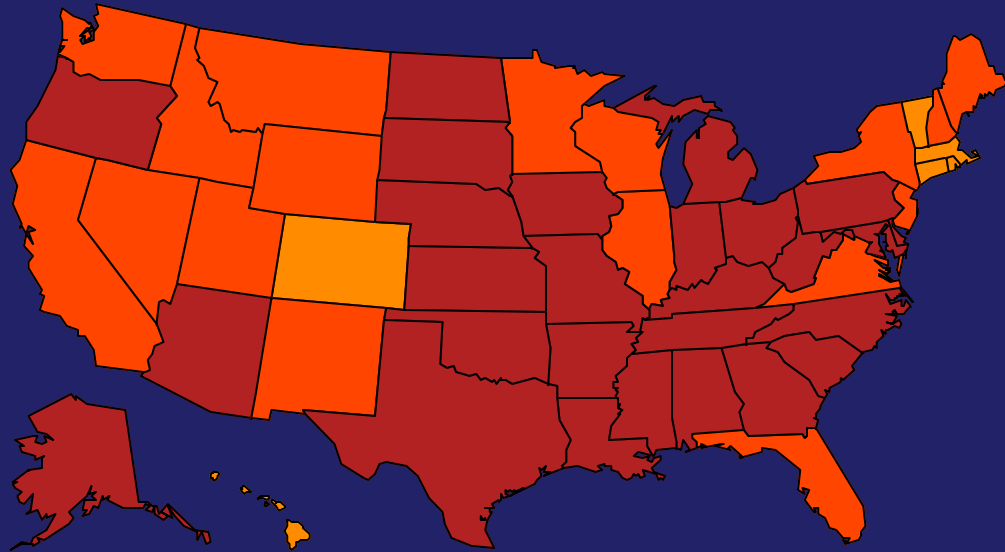
Diabetes



2007

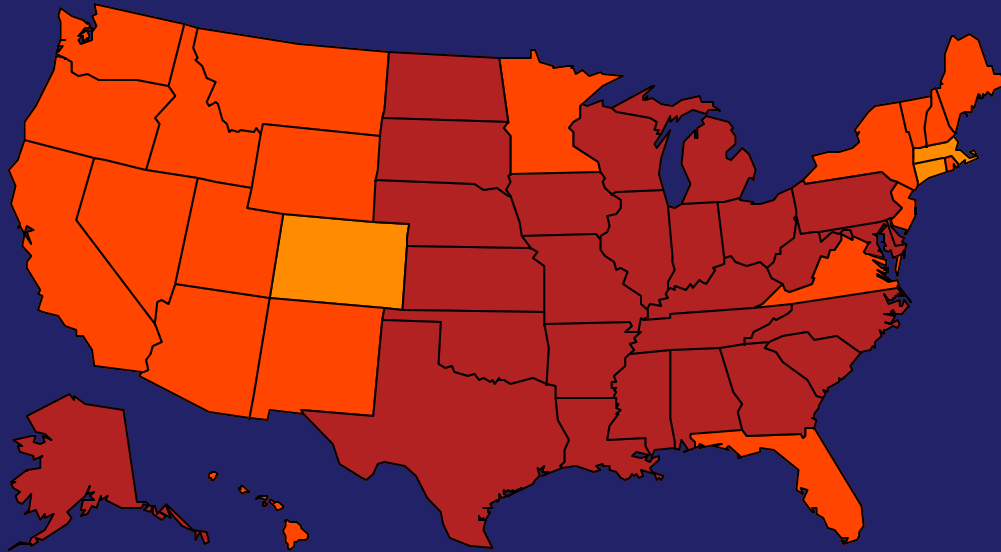
Obesity (BMI ≥ 30 kg/m²)

Diabetes

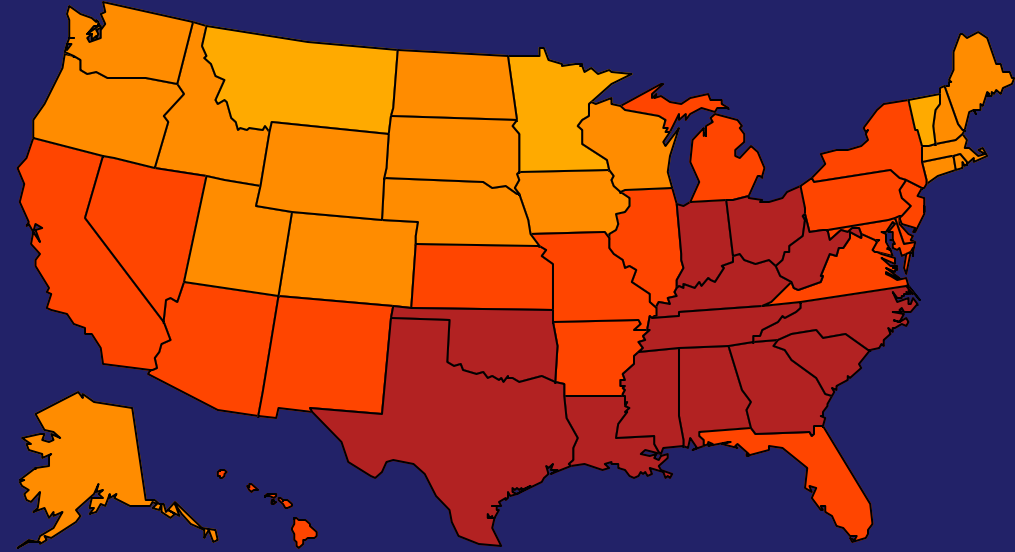


2008

Obesity (BMI ≥ 30 kg/m²)



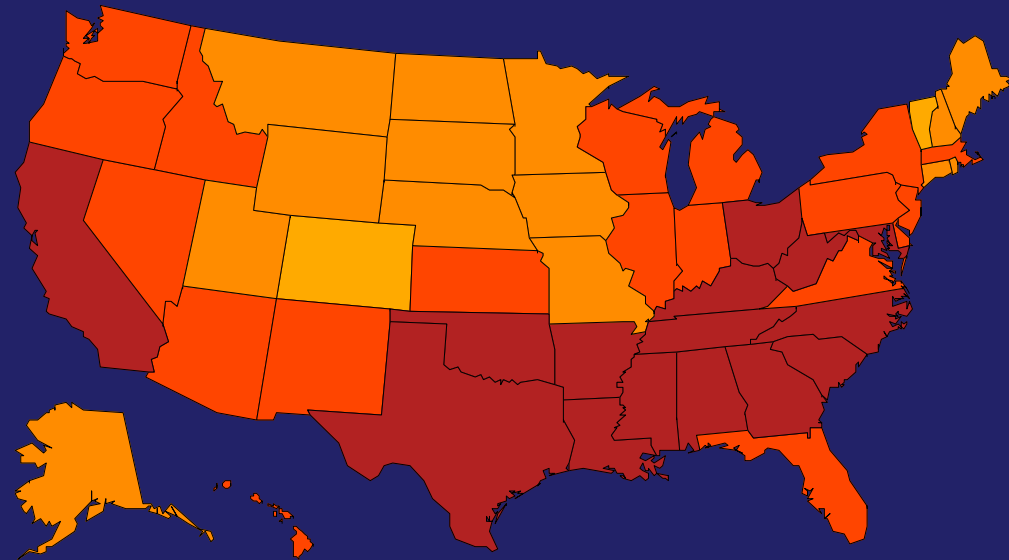
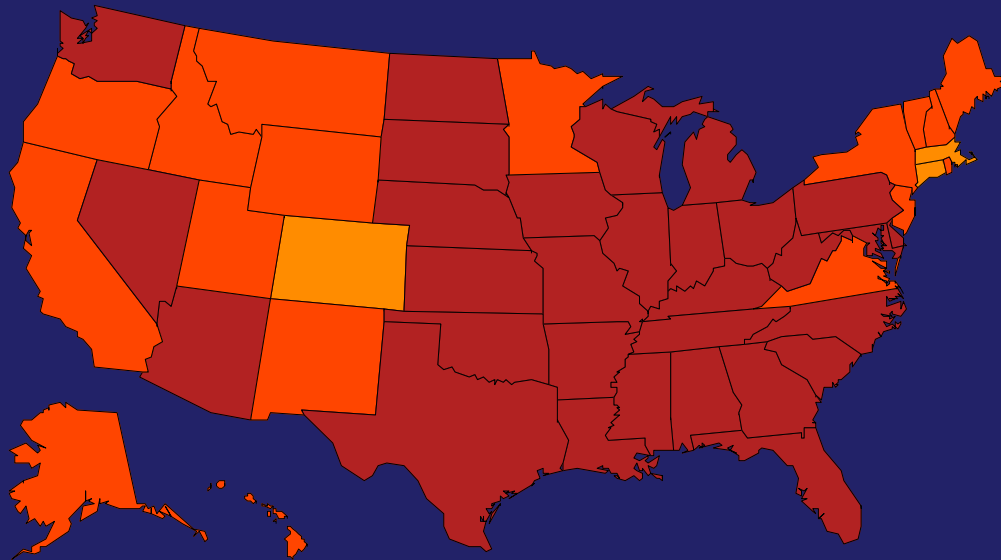
Diabetes



2009

Obesity (BMI \geq 30 kg/m²)

Diabetes



Missing Data
14.0%–17.9%
22.0%–25.9%

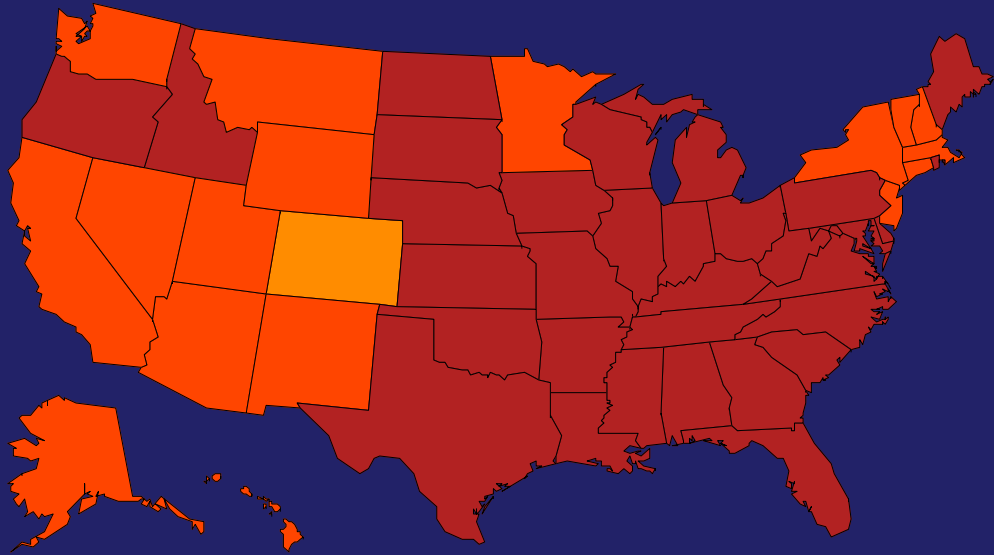
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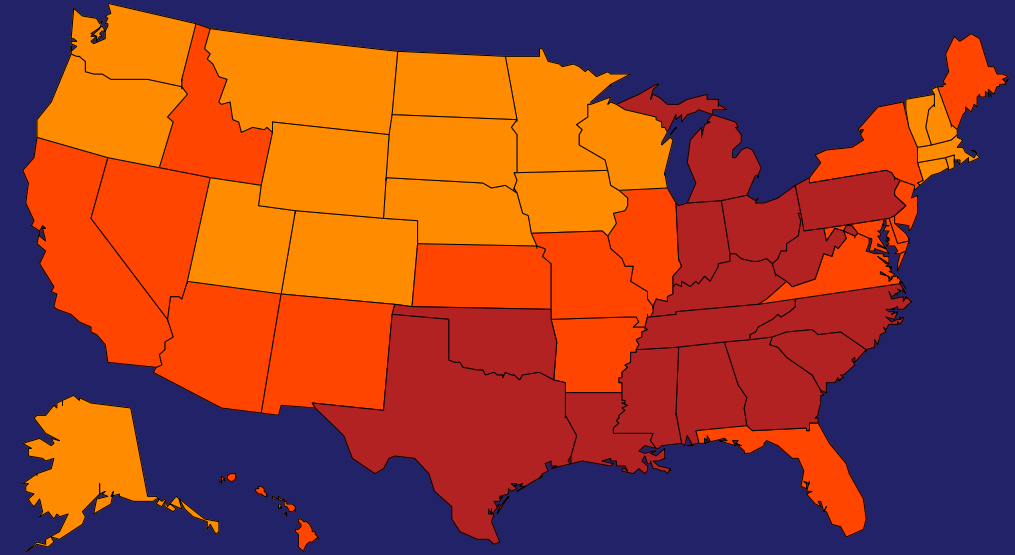
<4.5%
6.0%–7.4%
 \geq 9.0%

2010

Obesity (BMI \geq 30 kg/m²)

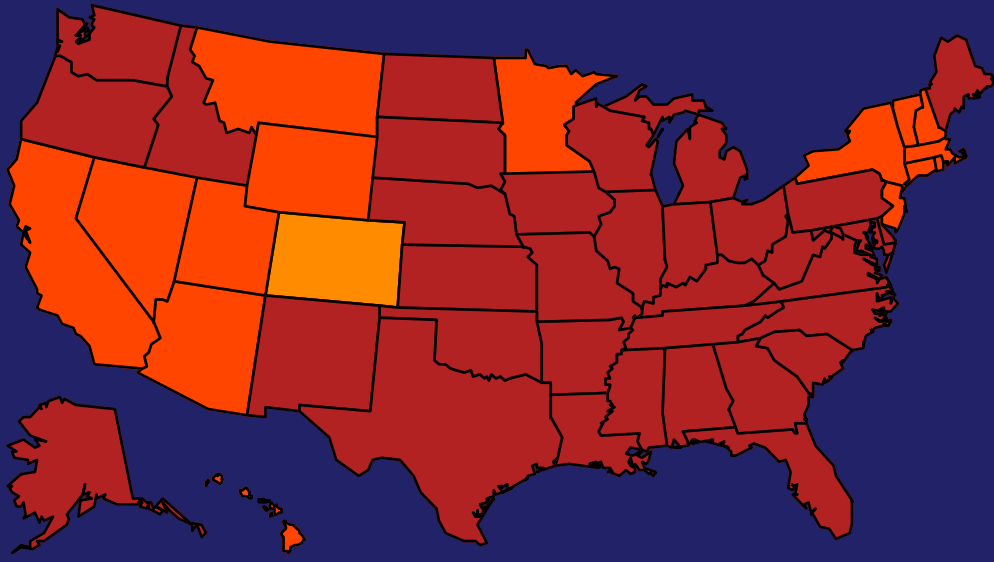


Diabetes

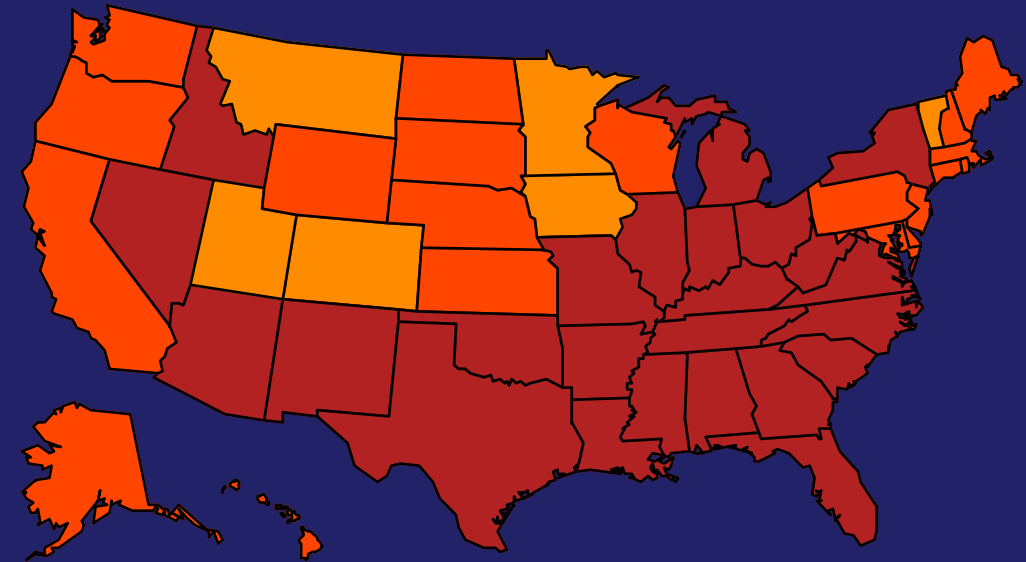


2011

Obesity (BMI \geq 30 kg/m²)

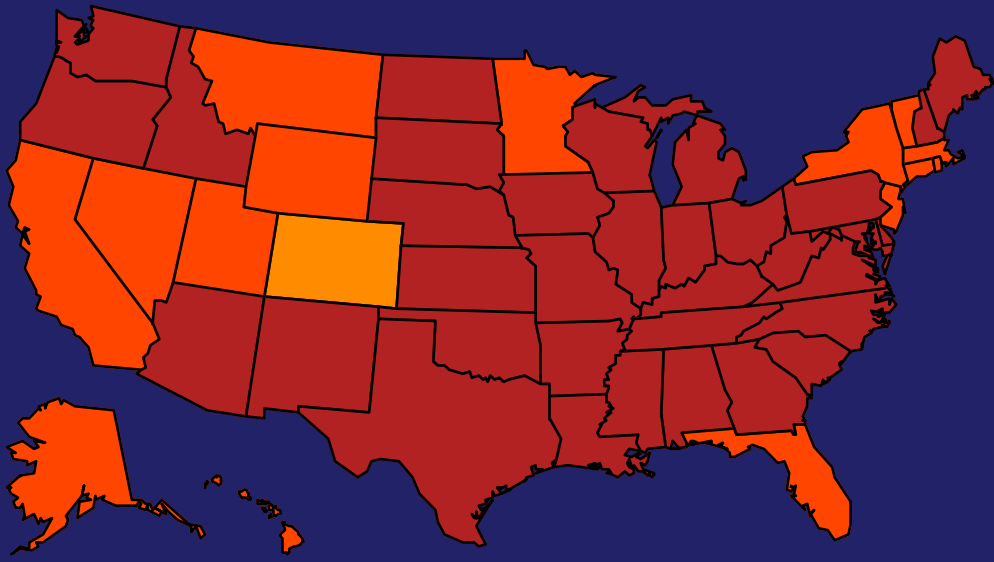


Diabetes

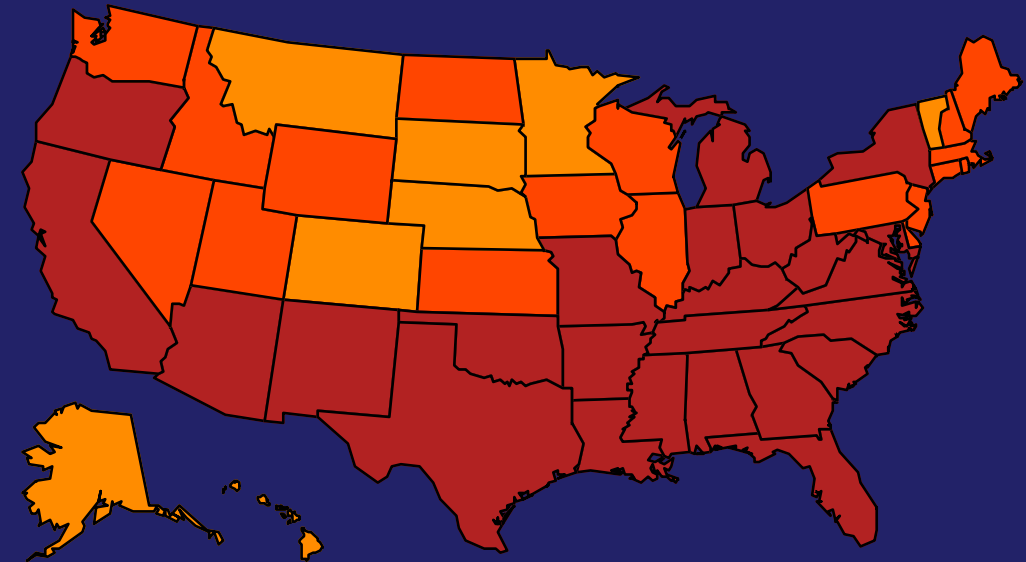


2012

Obesity (BMI \geq 30 kg/m²)

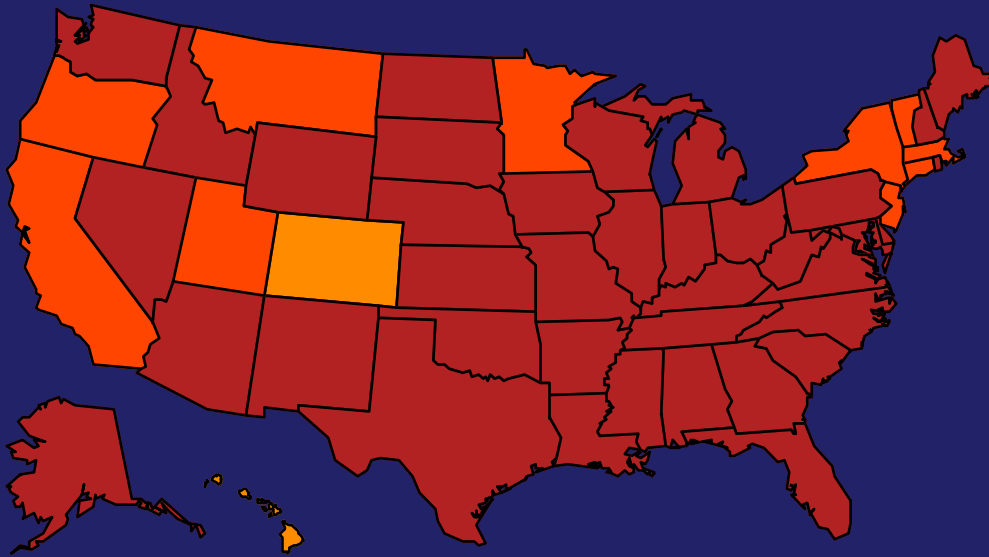


Diabetes

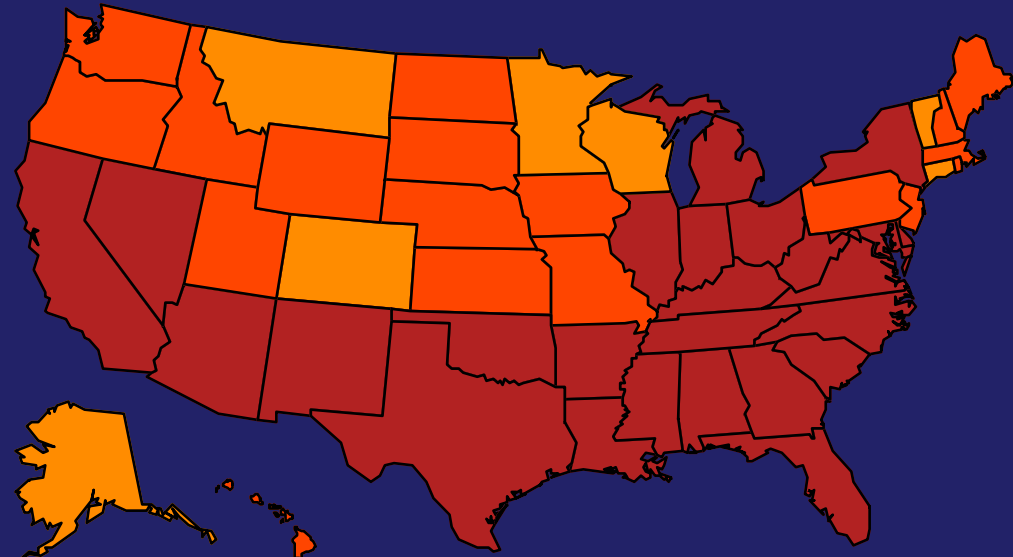


2013

Obesity (BMI \geq 30 kg/m²)

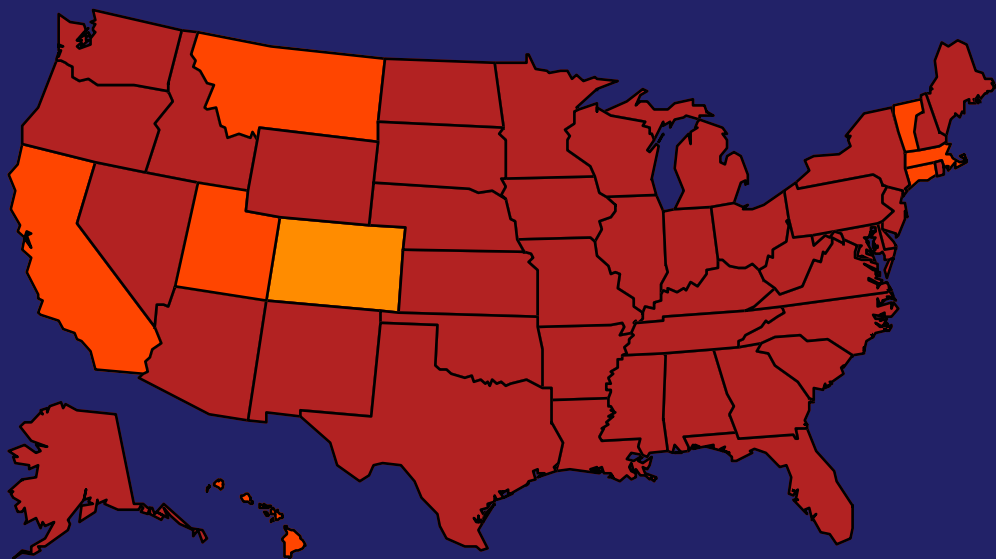


Diabetes

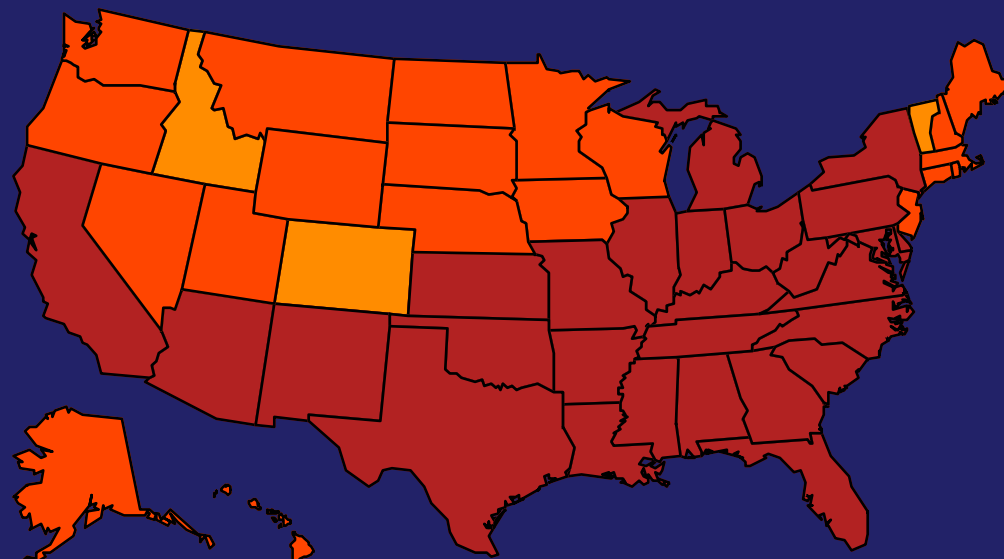


2014

Obesity (BMI \geq 30 kg/m 2)



Diabetes



Missing Data
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22.0%–25.9%

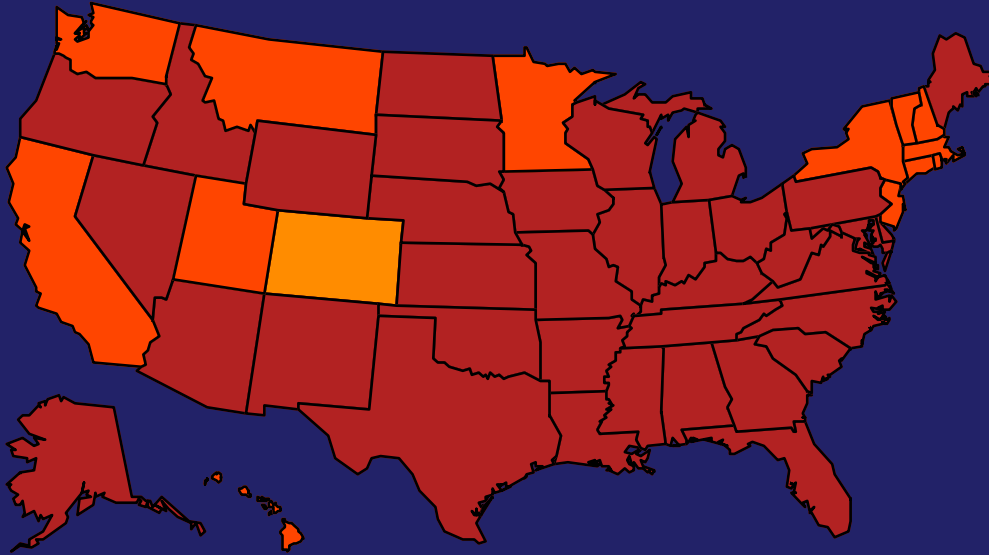
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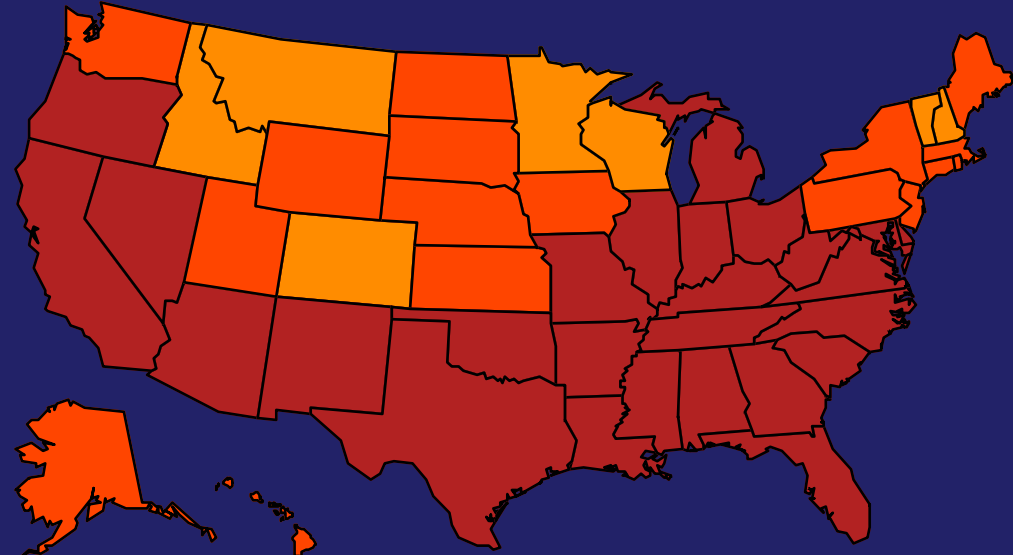
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2015

Obesity (BMI \geq 30 kg/m²)



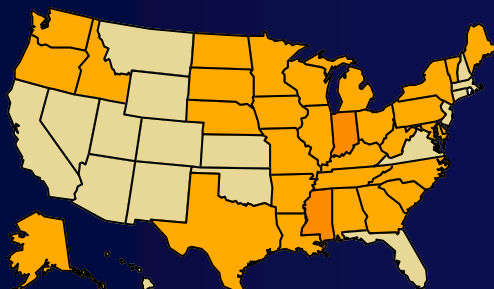
Diabetes



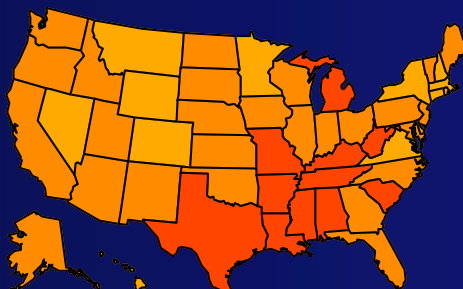
Obesity and Diagnosed Diabetes Among US Adults

Obesity

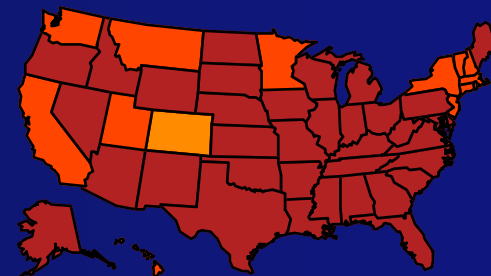
1994



2000

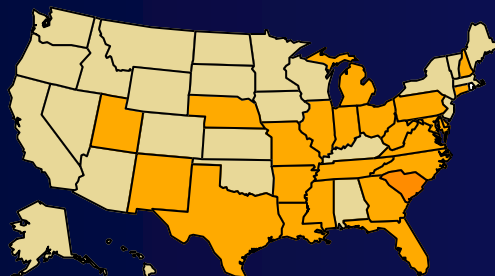


2015

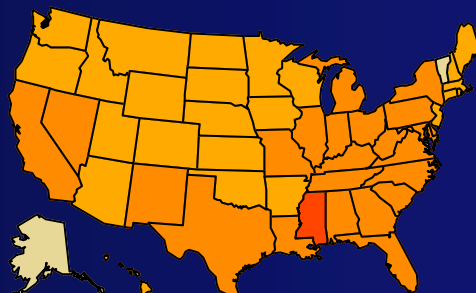


Diabetes

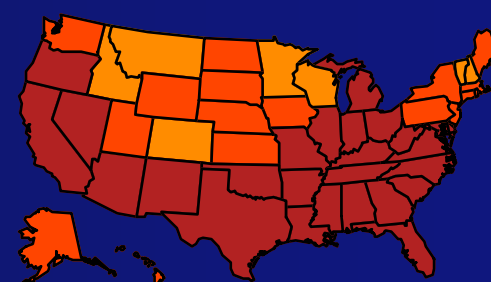
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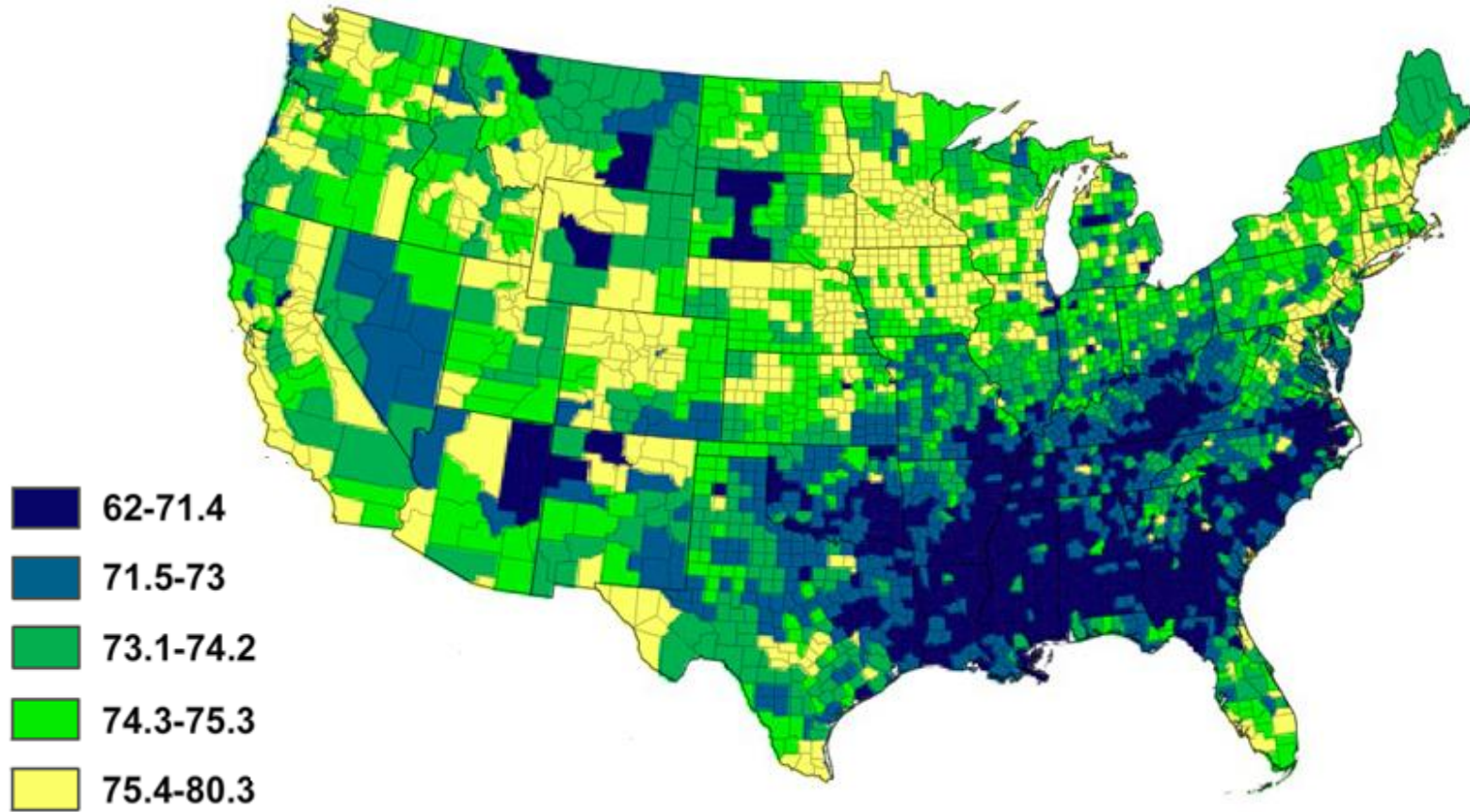
2000



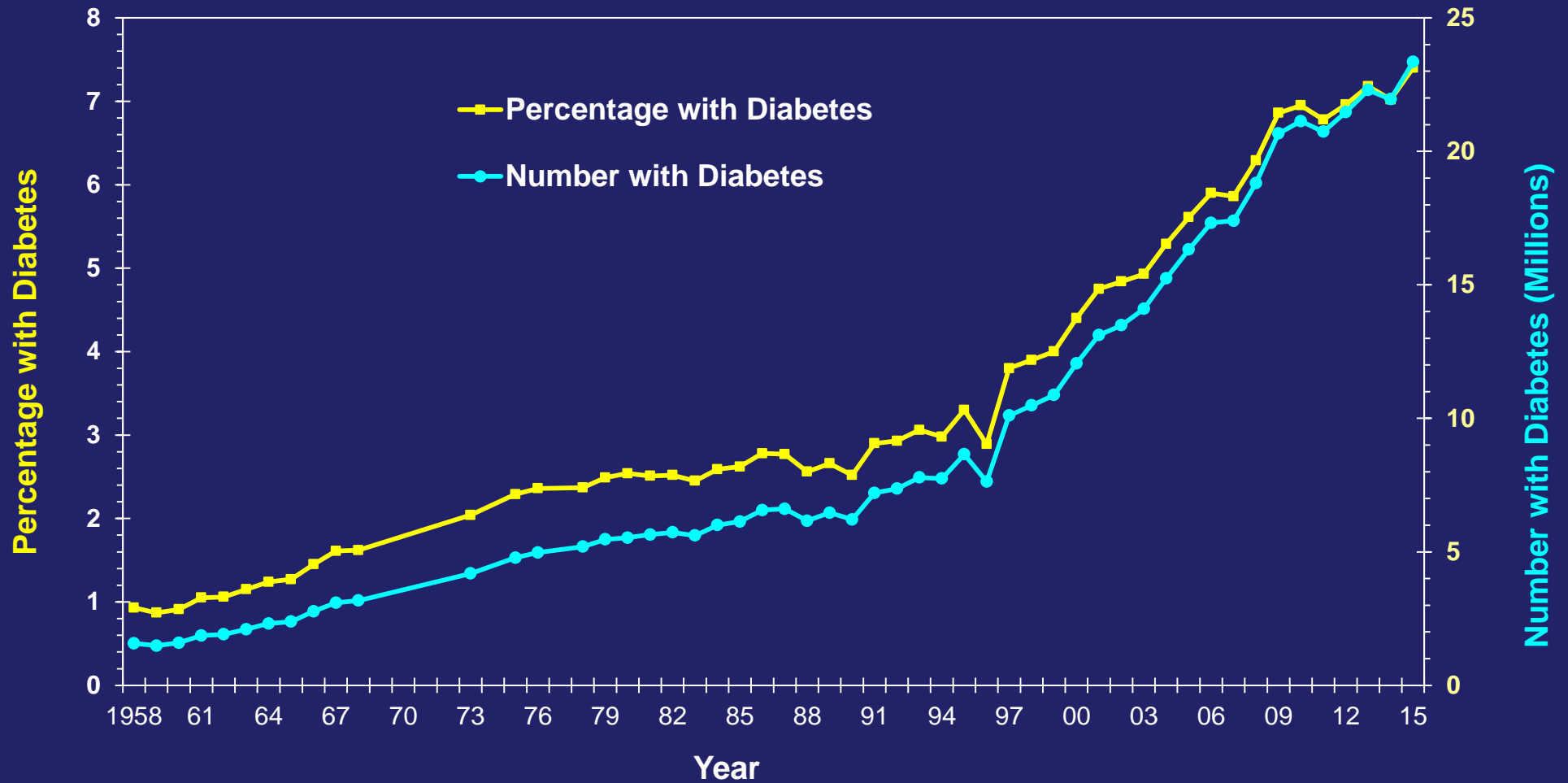
2015



Life Expectancy by County



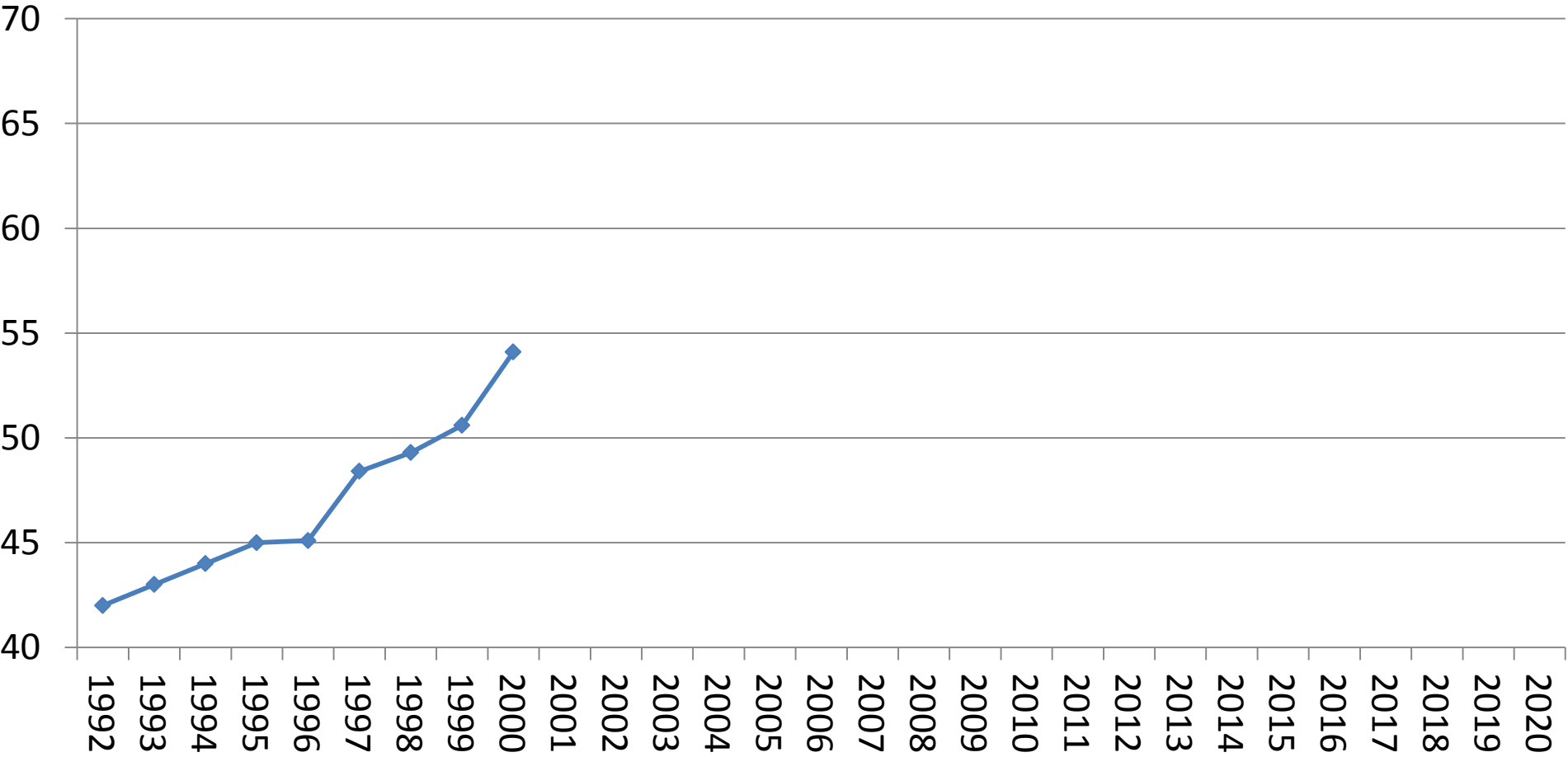
Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2015



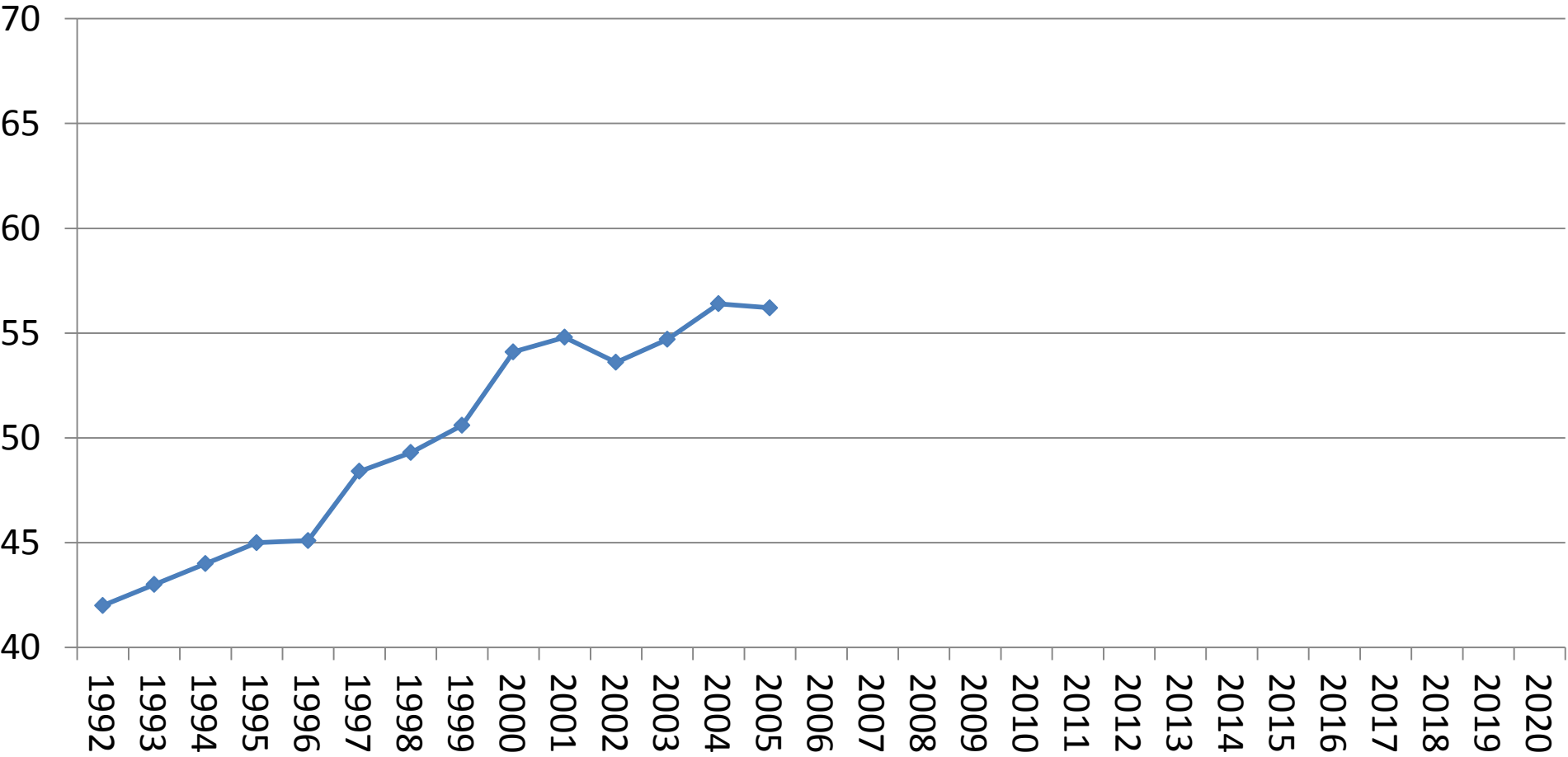
Percent of Adults in Utah Who Are Overweight or Obese



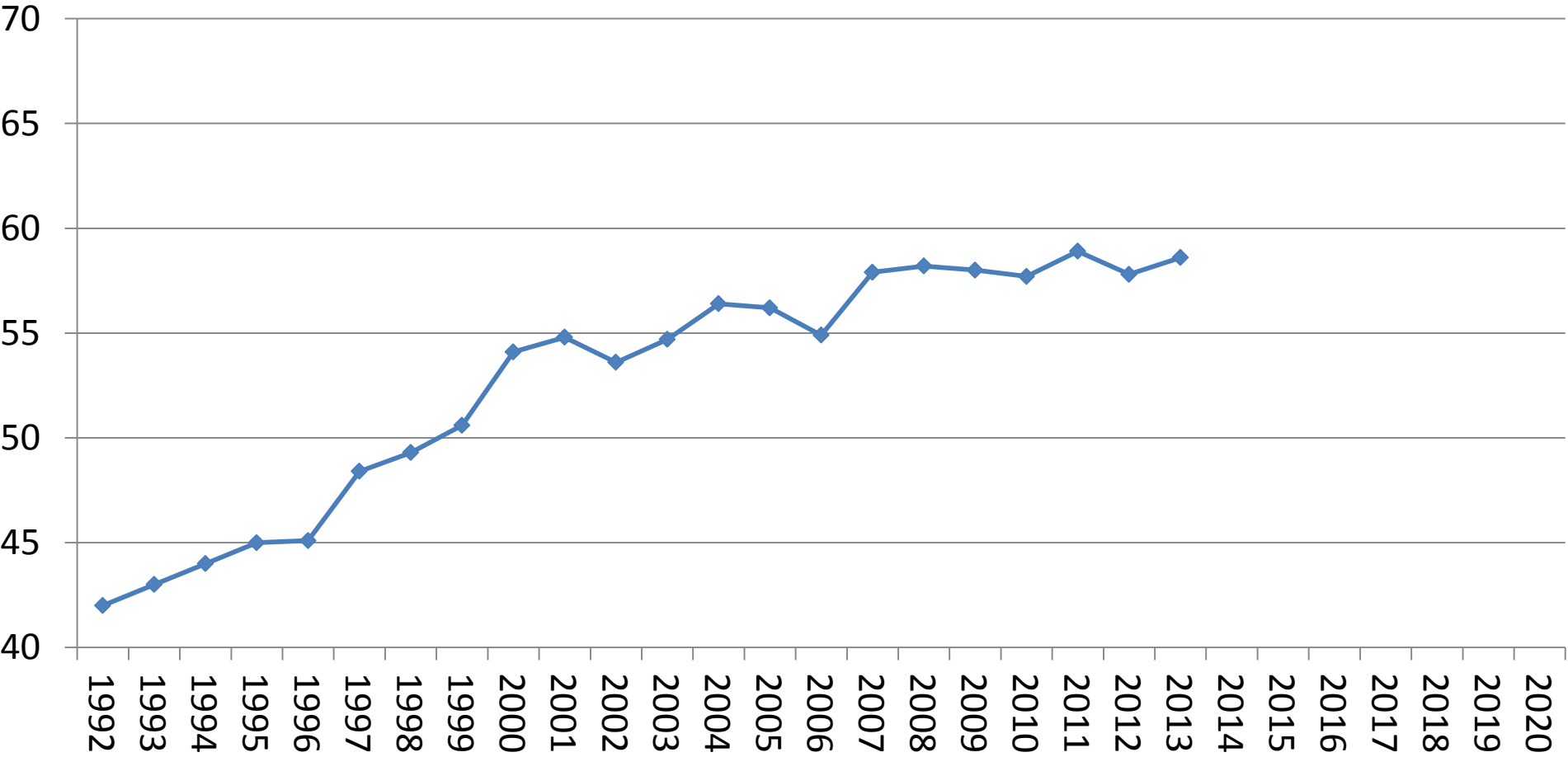
Percent of Adults in Utah Who Are Overweight or Obese



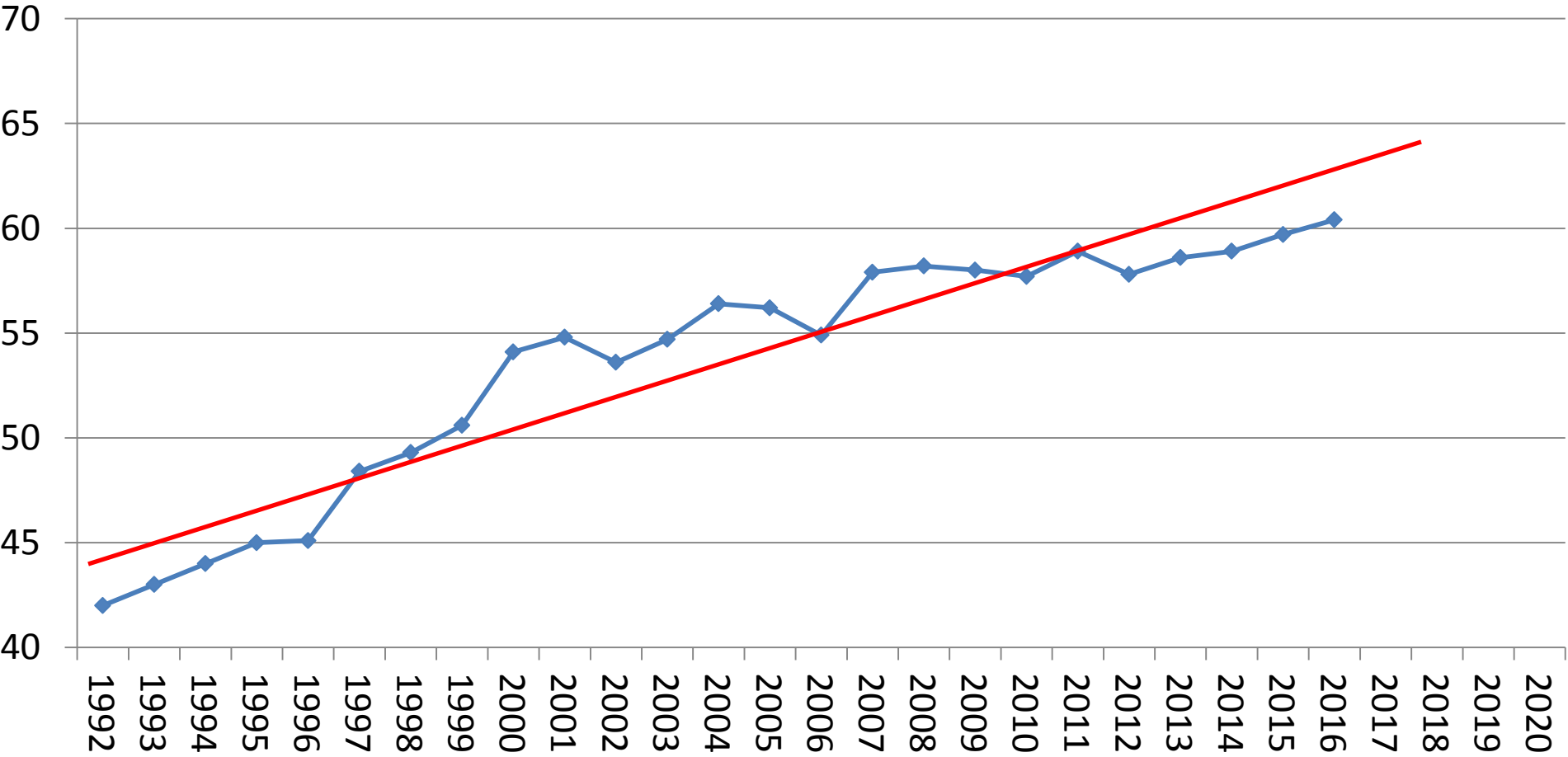
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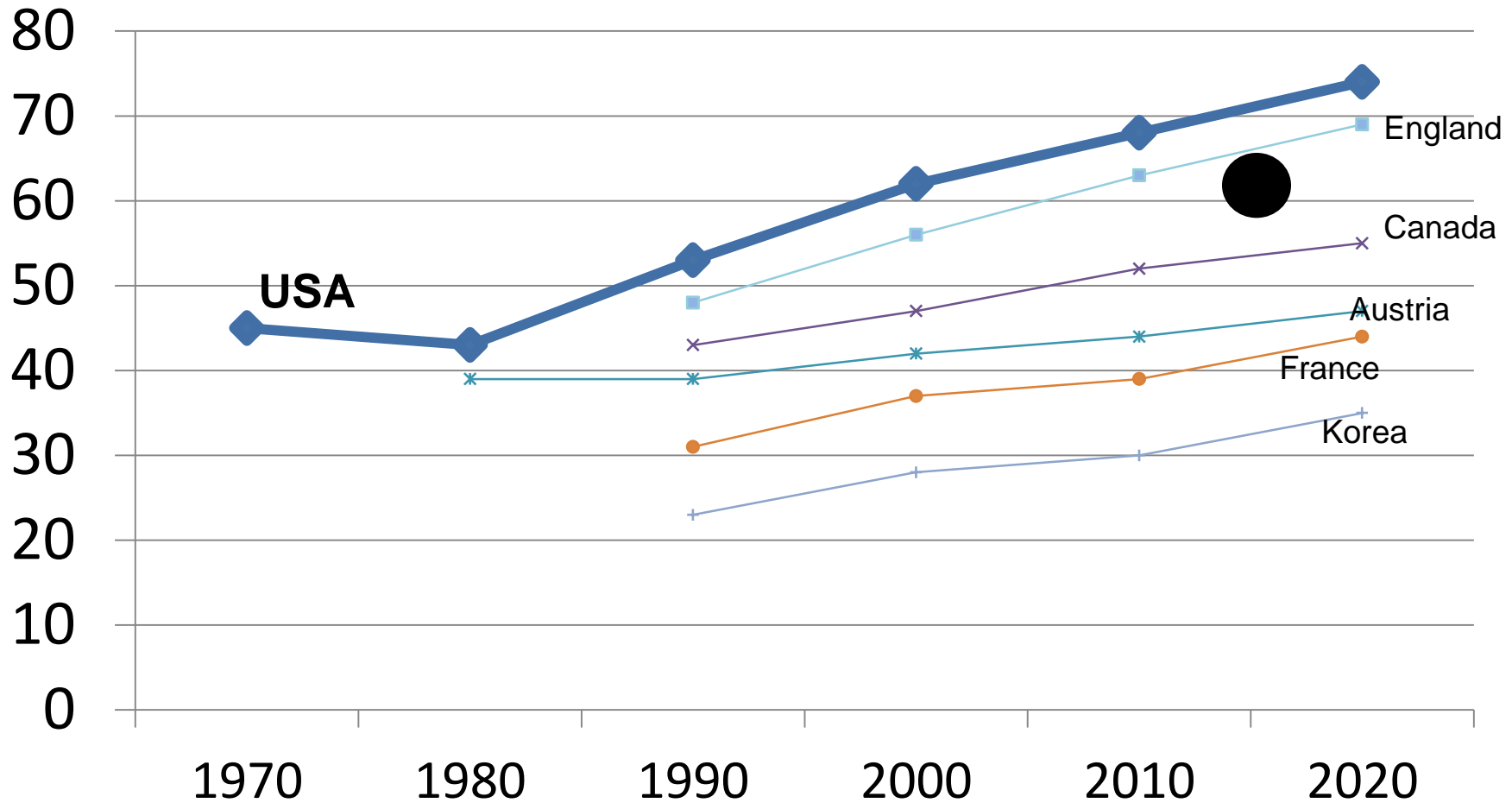
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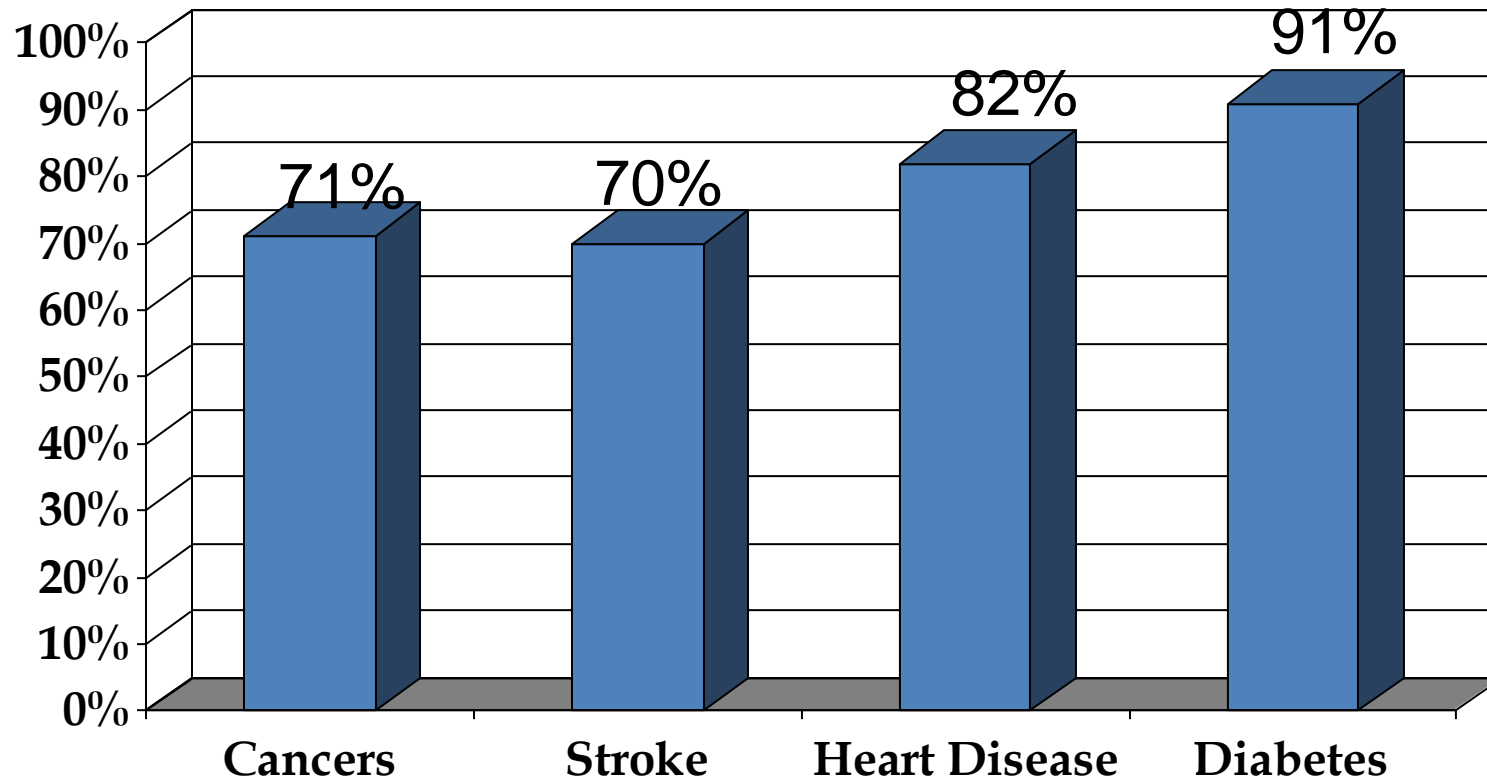
Percent of Adults in Utah Who Are Overweight or Obese



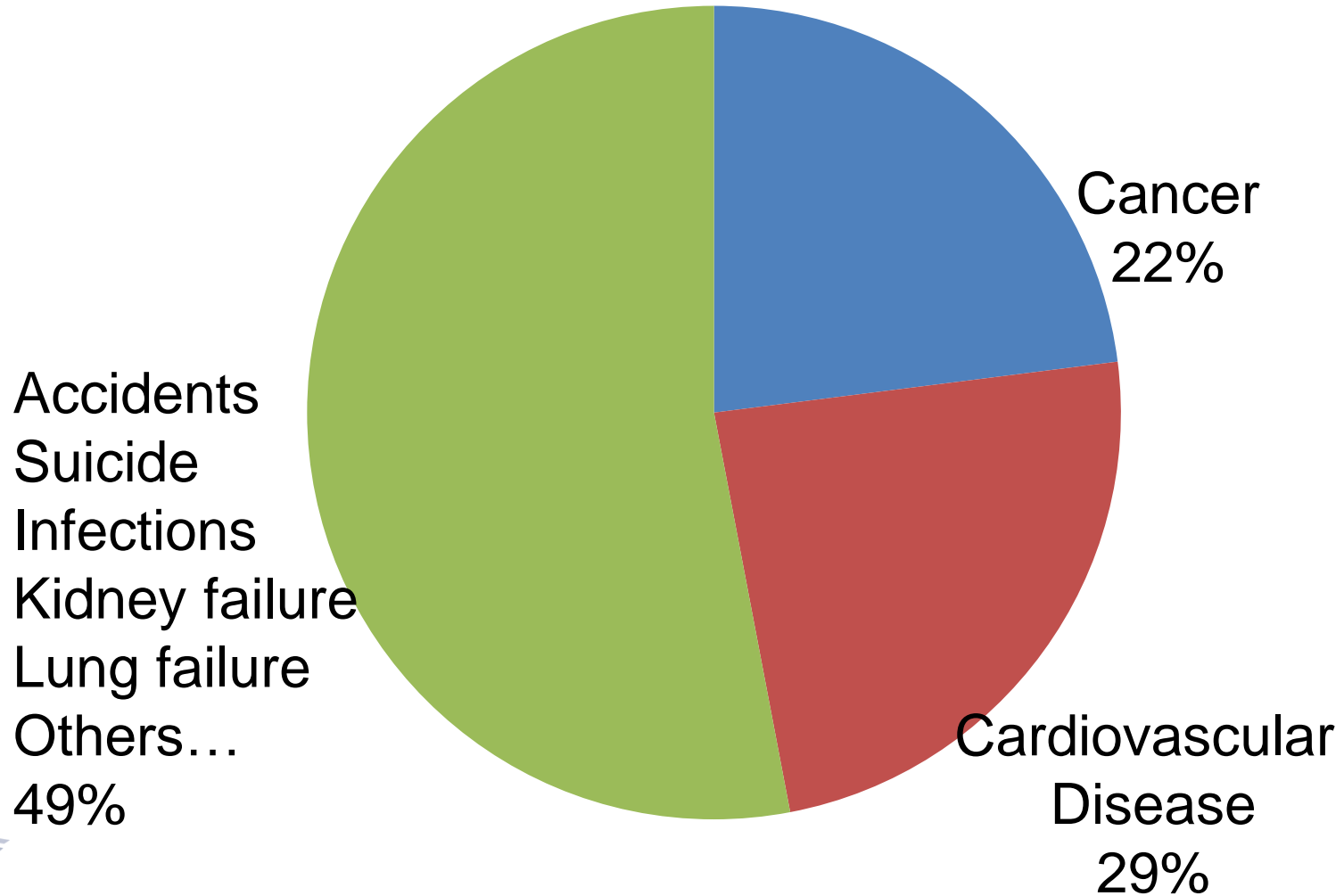
Percent Overweight



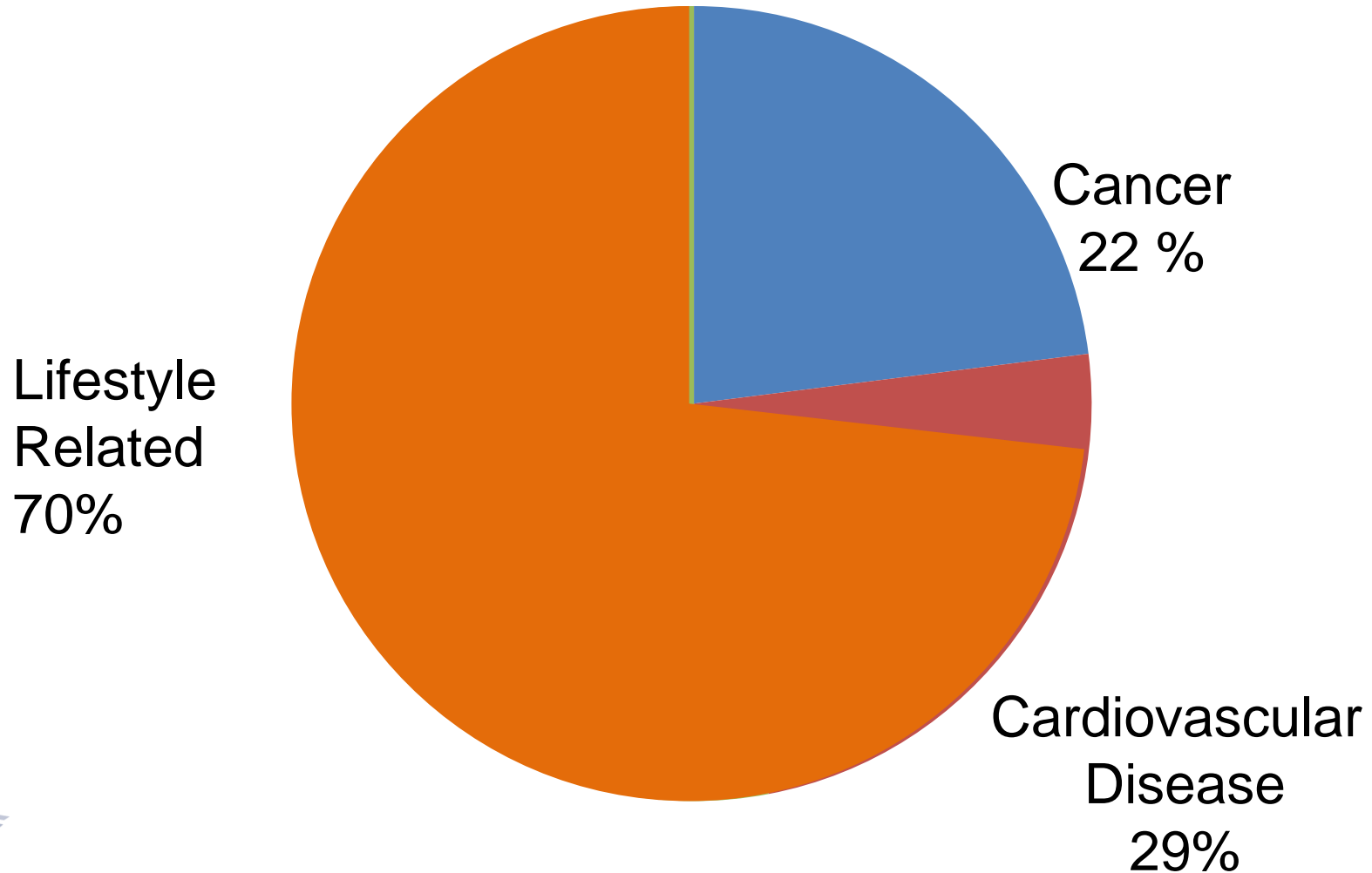
Percent of Chronic Diseases That Are Caused by Poor Lifestyle



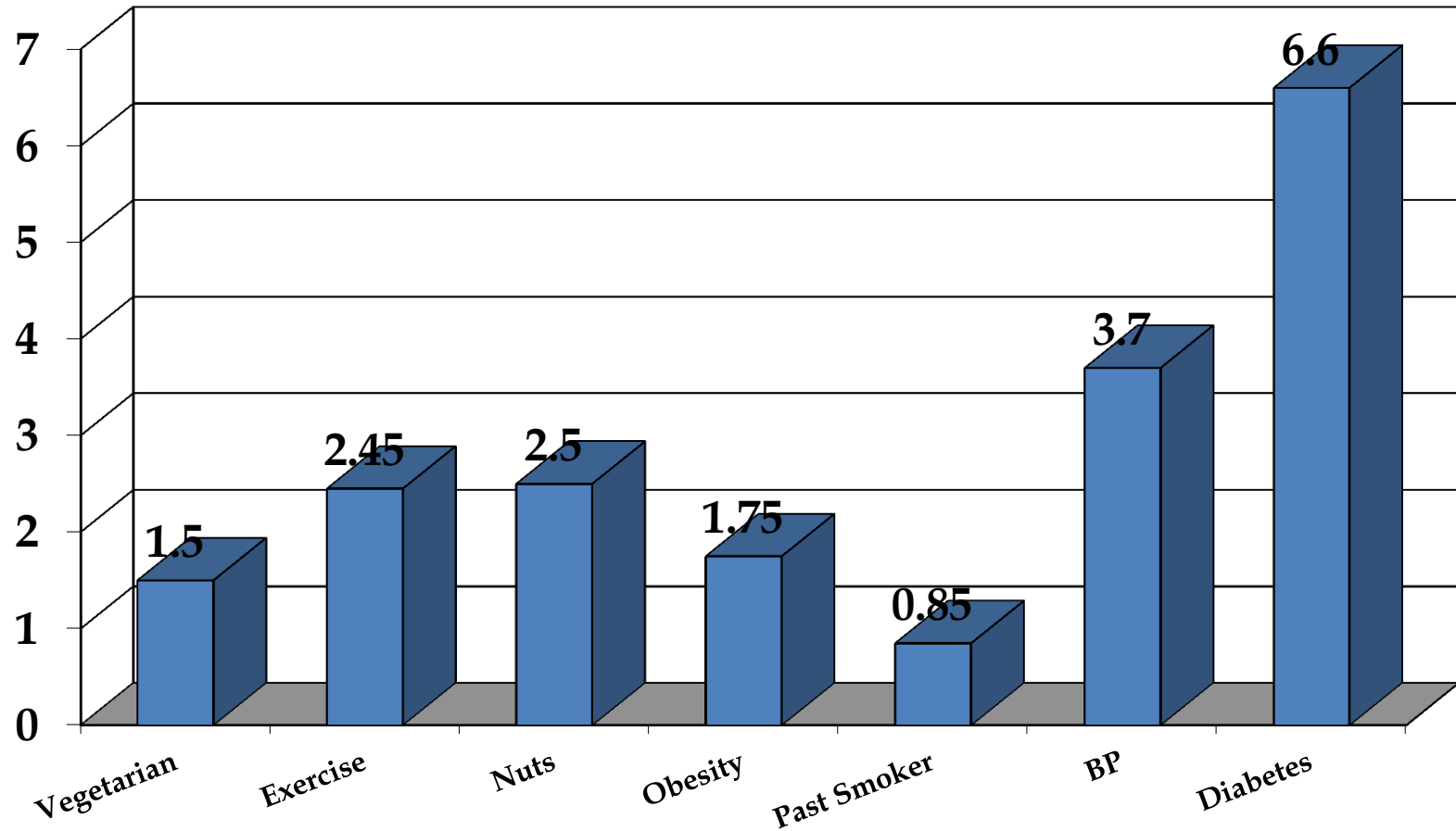
Deaths in 2016



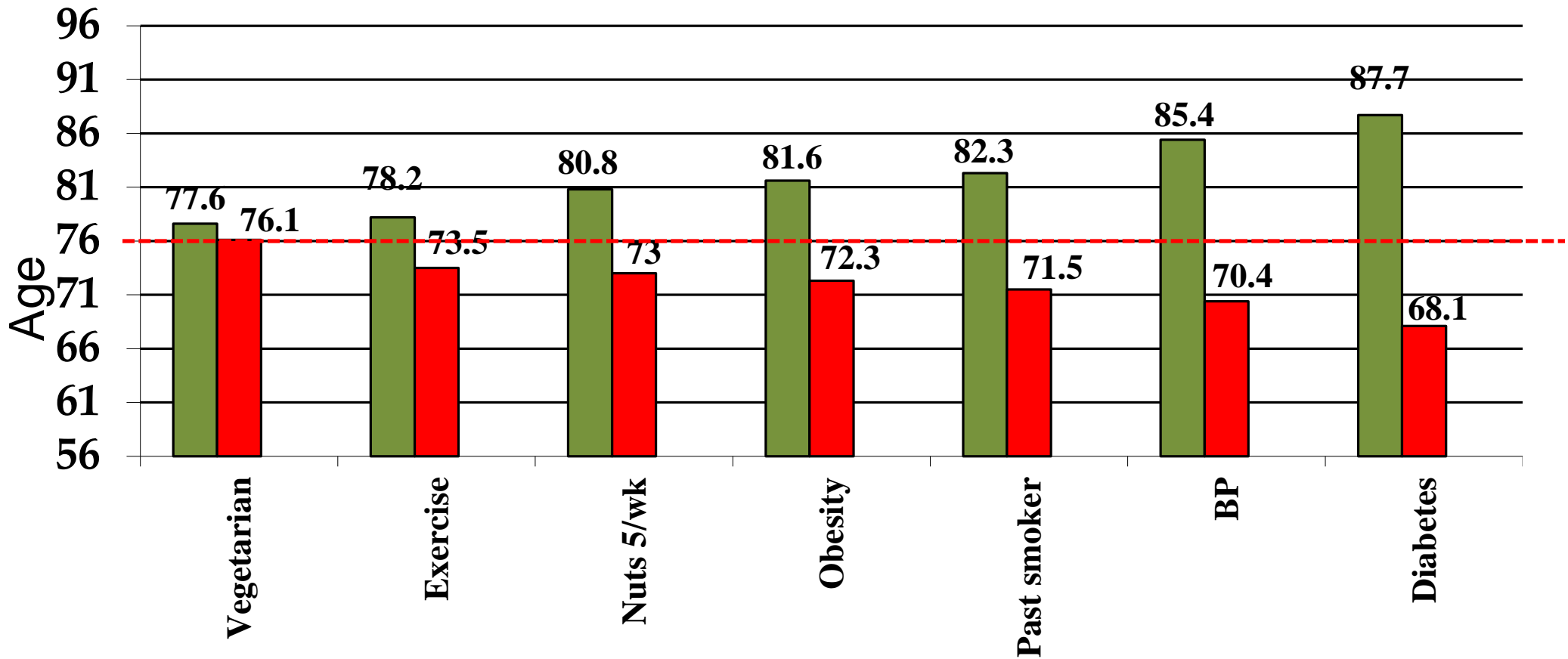
Lifestyle Related Deaths in 2016



Difference in Years of Life Between High and Low Health Risk



Low vs High Health Risks and Life Expectancy (cumulative)



What about Utah residents?

- Low rates of cancer and heart disease compared to other states
- Live a little longer than average (10 states better)
- 10% smoke compared to 18% (US)
- Have more body fat now than at any other time in recorded history

What about Utah Mormons?

- Less physically active than non LDS
- Weight 10.5 lbs more than non LDS
- Weigh significantly more than members of other religions in Utah
- Eat fewer fruits and vegetables
- Similar to the rest of the nation on all other health risk and diseases

“You Mormons have the code of health, but you don’t follow it. Like the rest of Americans you have become secular.”

Dr. Hans Diehl
Loma Linda University

What Happened?

- Wrong kinds of foods
- Lack of the healthy foods
- Too much food
- Sedentary leisure activities
- Labor saving devices

Labor Saving Changes







Then . . .

Now . . .





Then . . .



Now . . .





Then . . .

Now . . .





Then . . .

Now . . .





Then . . .

Now . . .





Then . . .

Now . . .





Then . . .



Now . . .





PUTNAM

48-4700

HVE 1978

RVT 7043





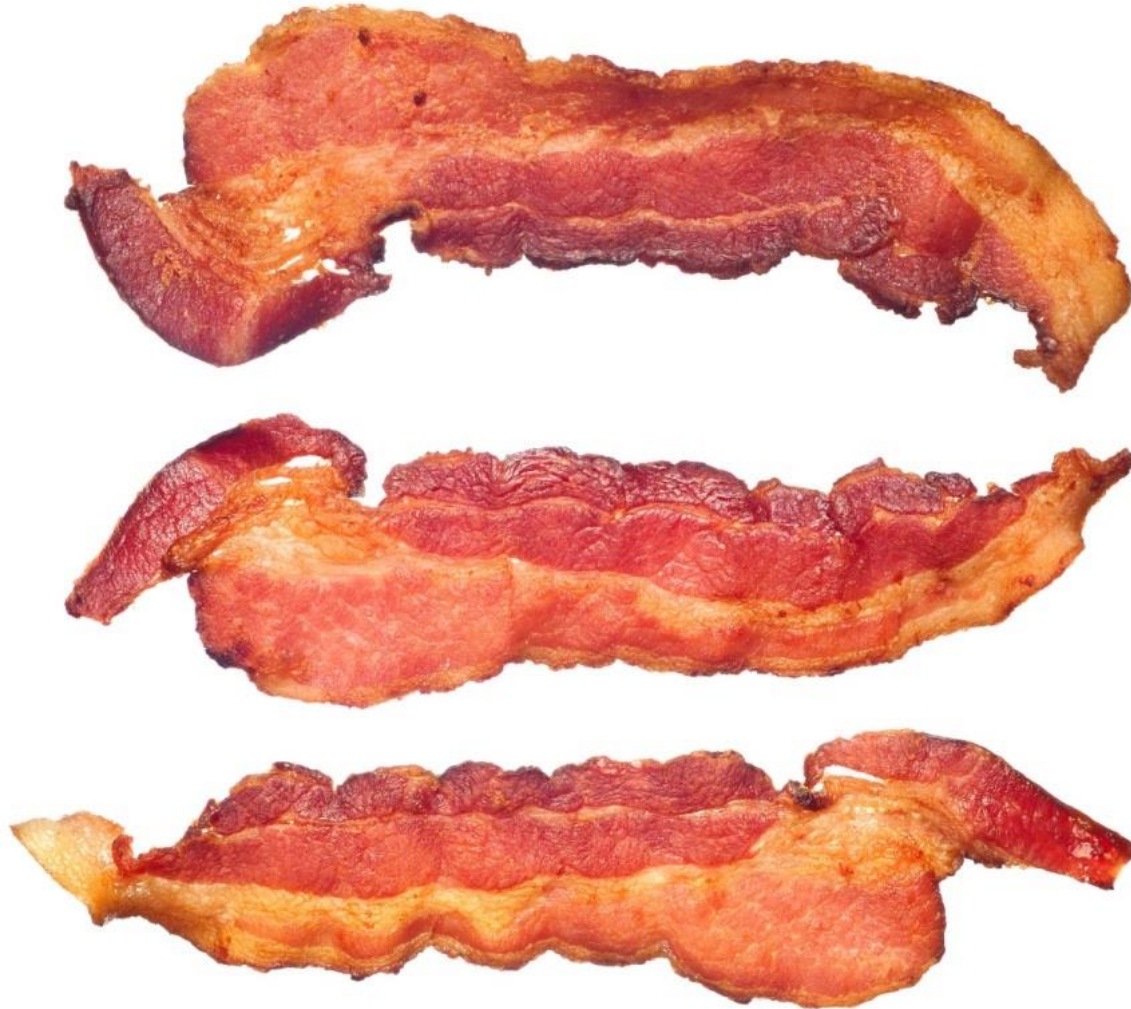


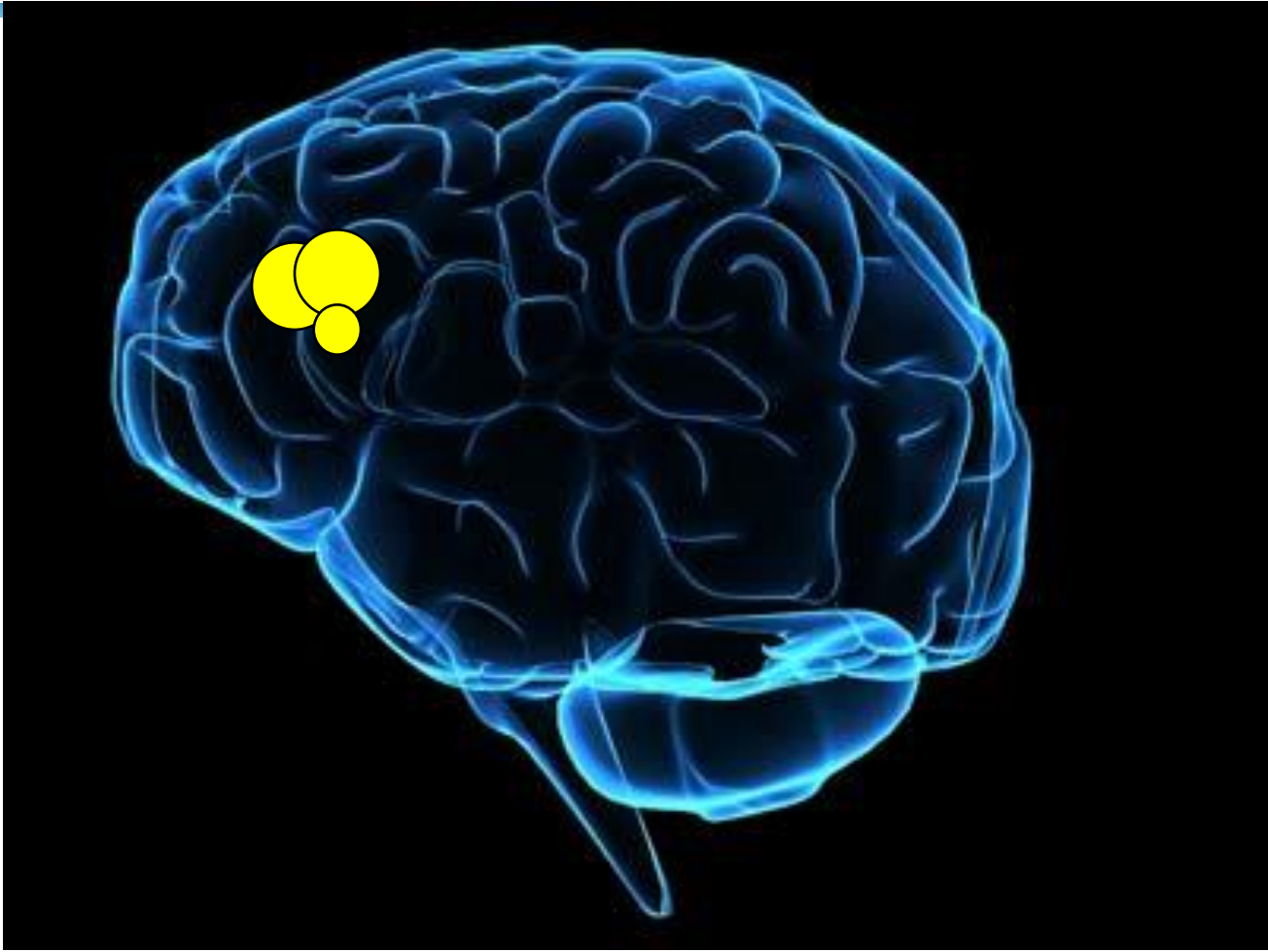


POLL



Bacon





Systemic Manipulation of These Three Flavors







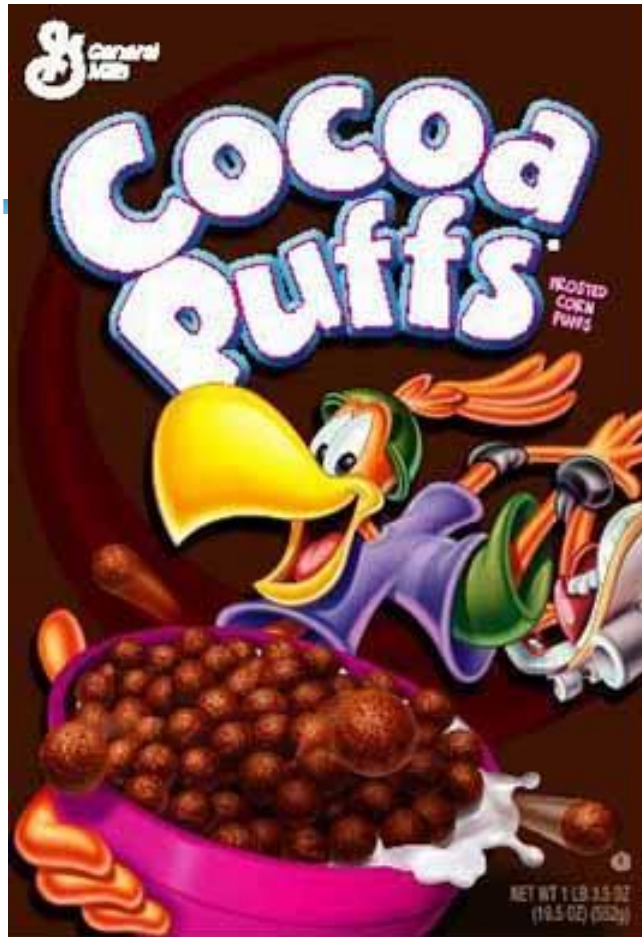
Karachi, Pakistan



Buy, Taste, Crave, REPEAT









American Heart Association

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

The cost: Thousands of dollars per product

To be enjoyed as part
of a healthy, active lifestyle.
To learn more about
nutrition, visit
www.mypyramid.gov.

inside

Be fruitwise
Get to know what's
SEE BACK OF PACK



Sour then Sweet[®]

SOUR PATCH[®]

Soft & Chewy Candy



Watermelon

Artificially
Flavored

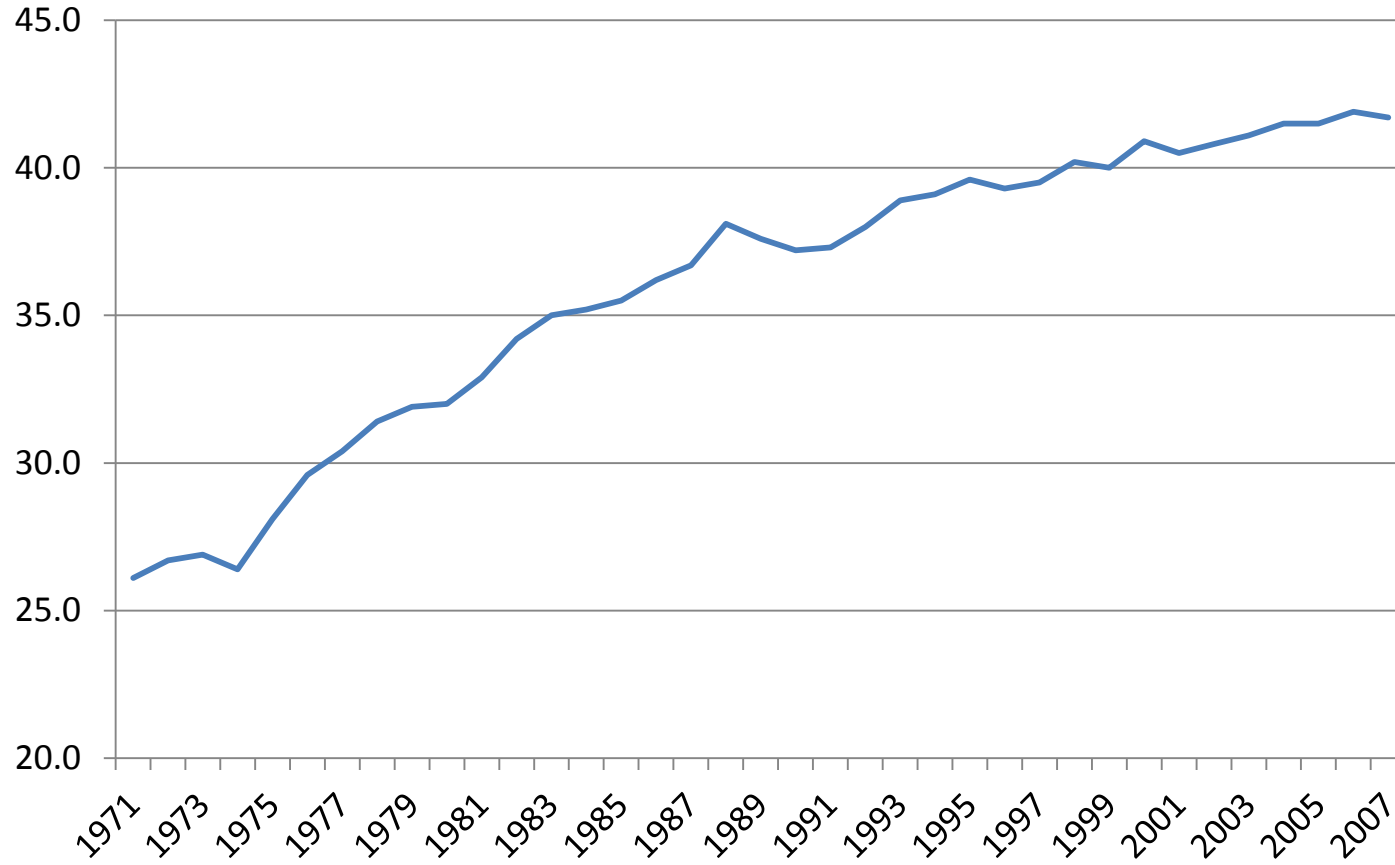
NET WT 5.07 (141 g)



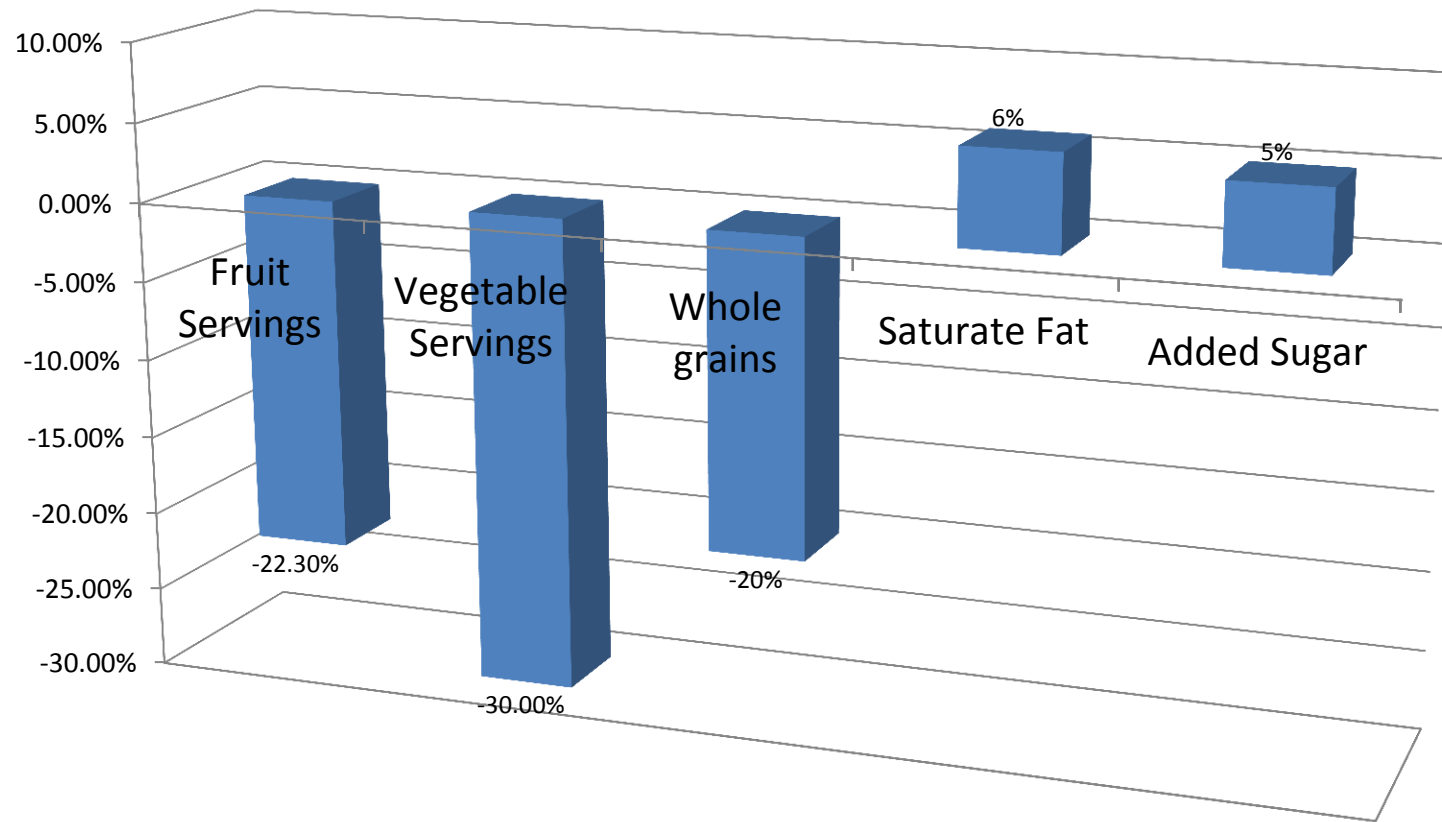
How has your food changed?

- More fast food
- Larger serving sizes
- More salt, sugar, fat

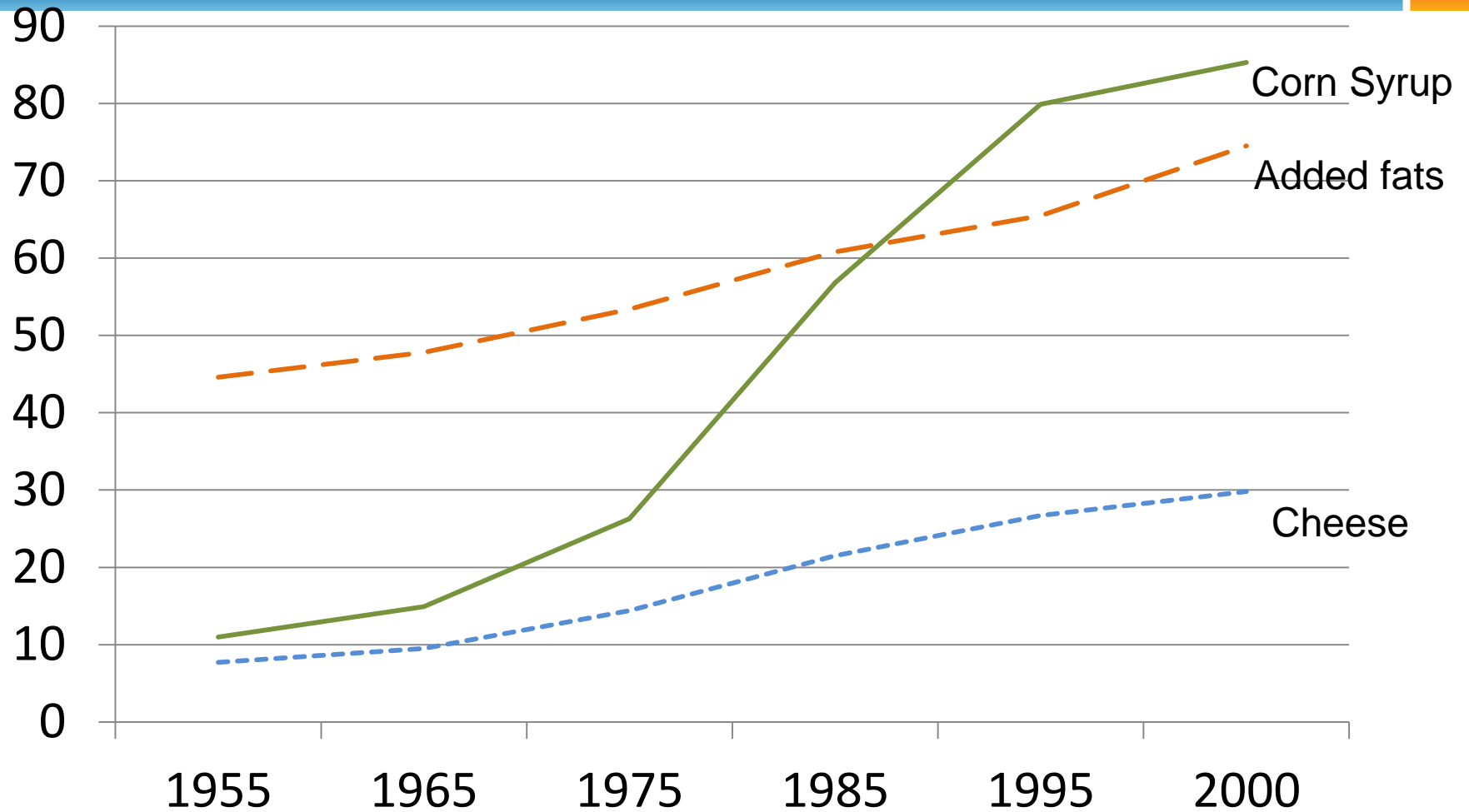
Percentage of Meals Eaten Outside the Home



Meals Eaten Outside the Home:



Pounds/person/year



What Happened?

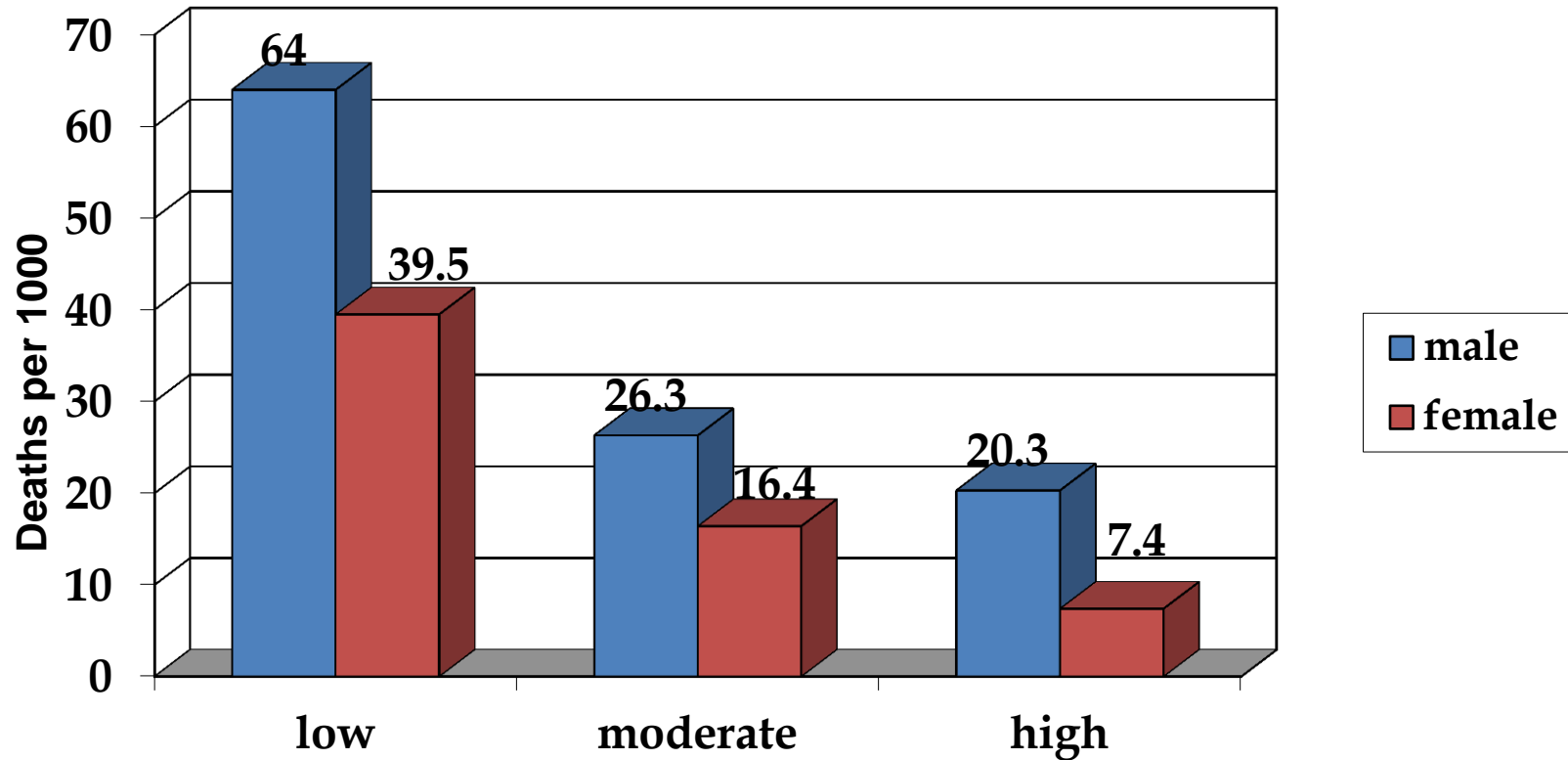


The Solution

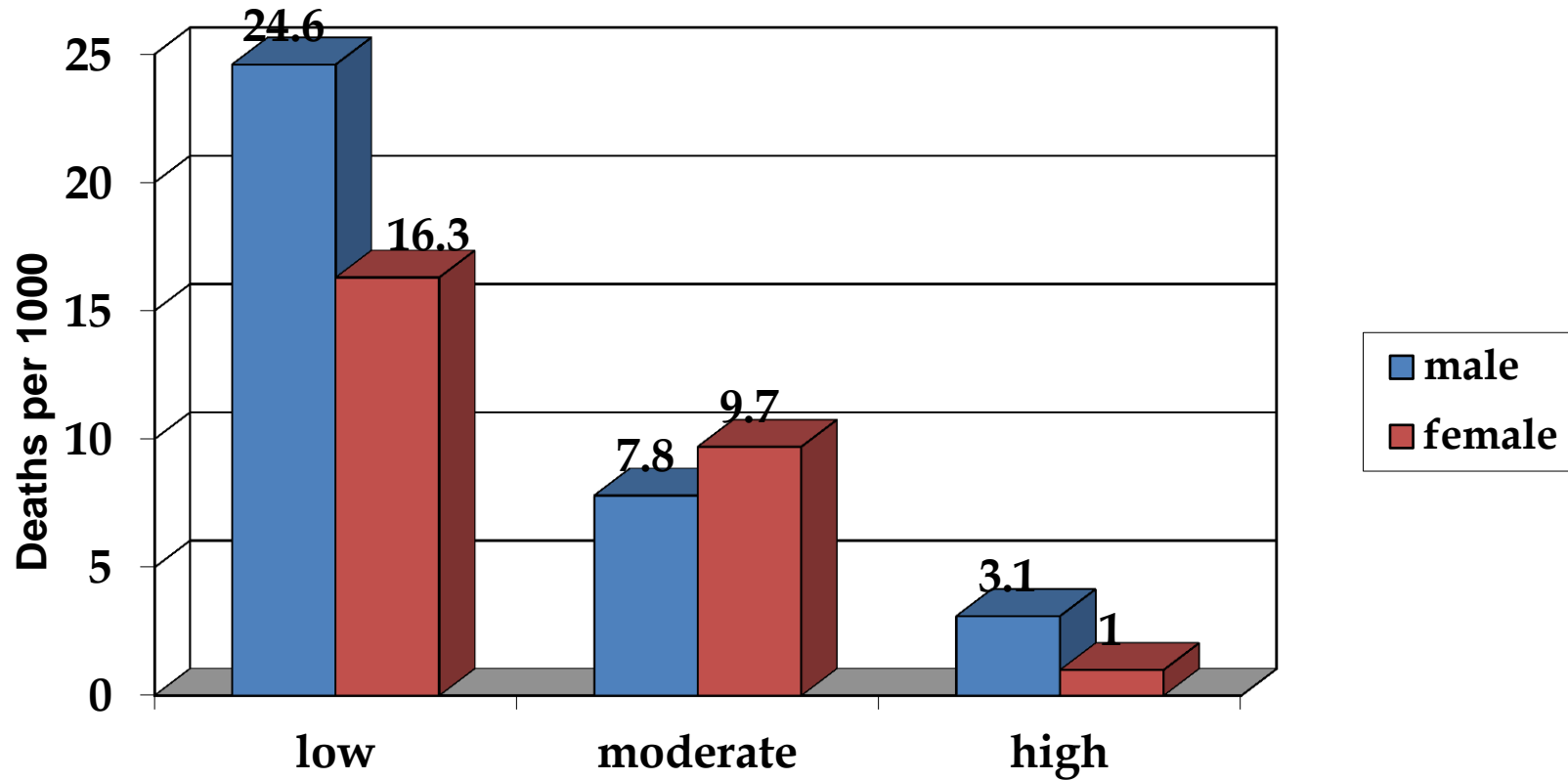


Benefits of Activity

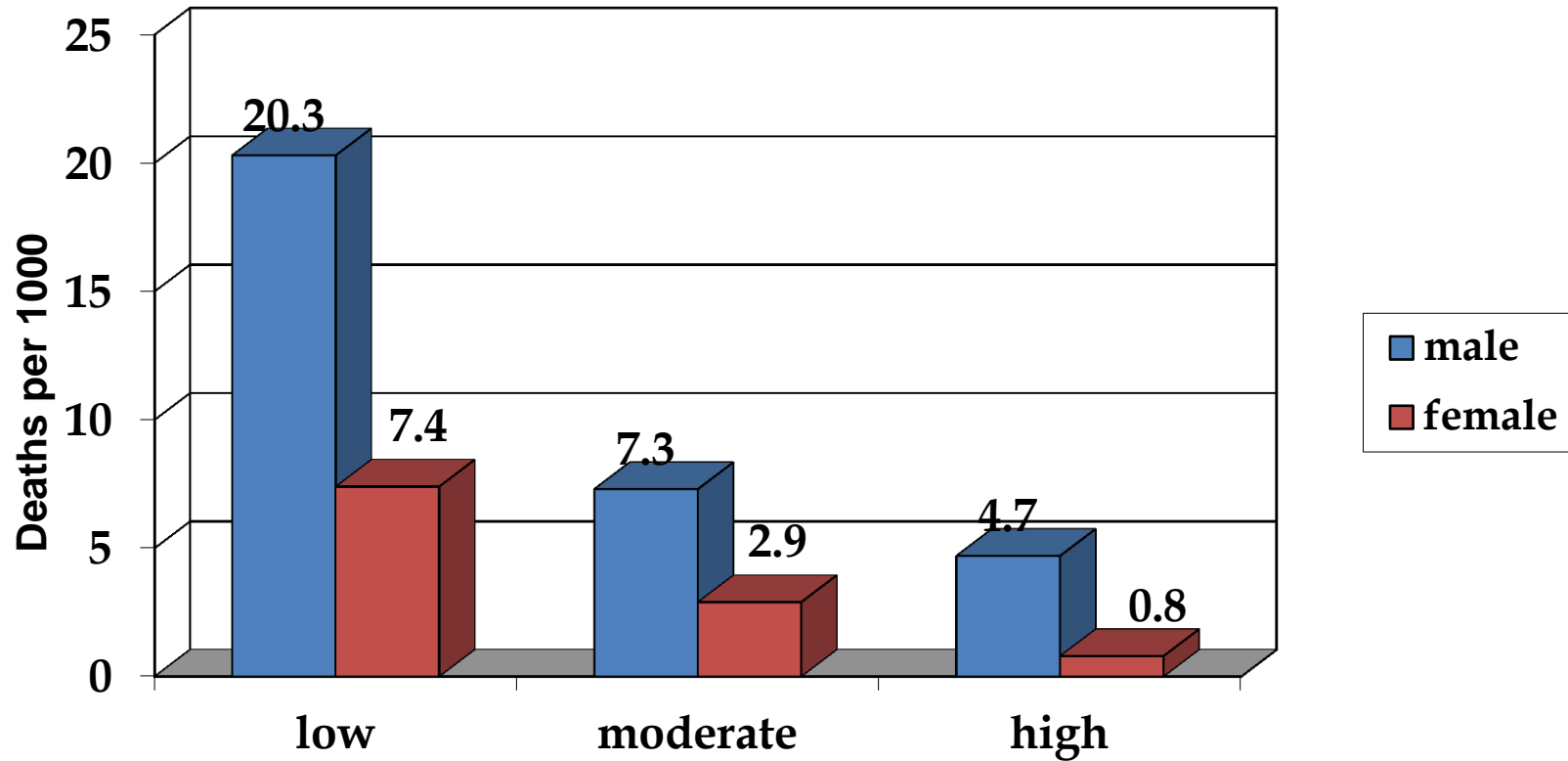
Fitness and All-cause Mortality



Fitness and CVD Deaths



Fitness and Cancer Deaths



Known Benefits:

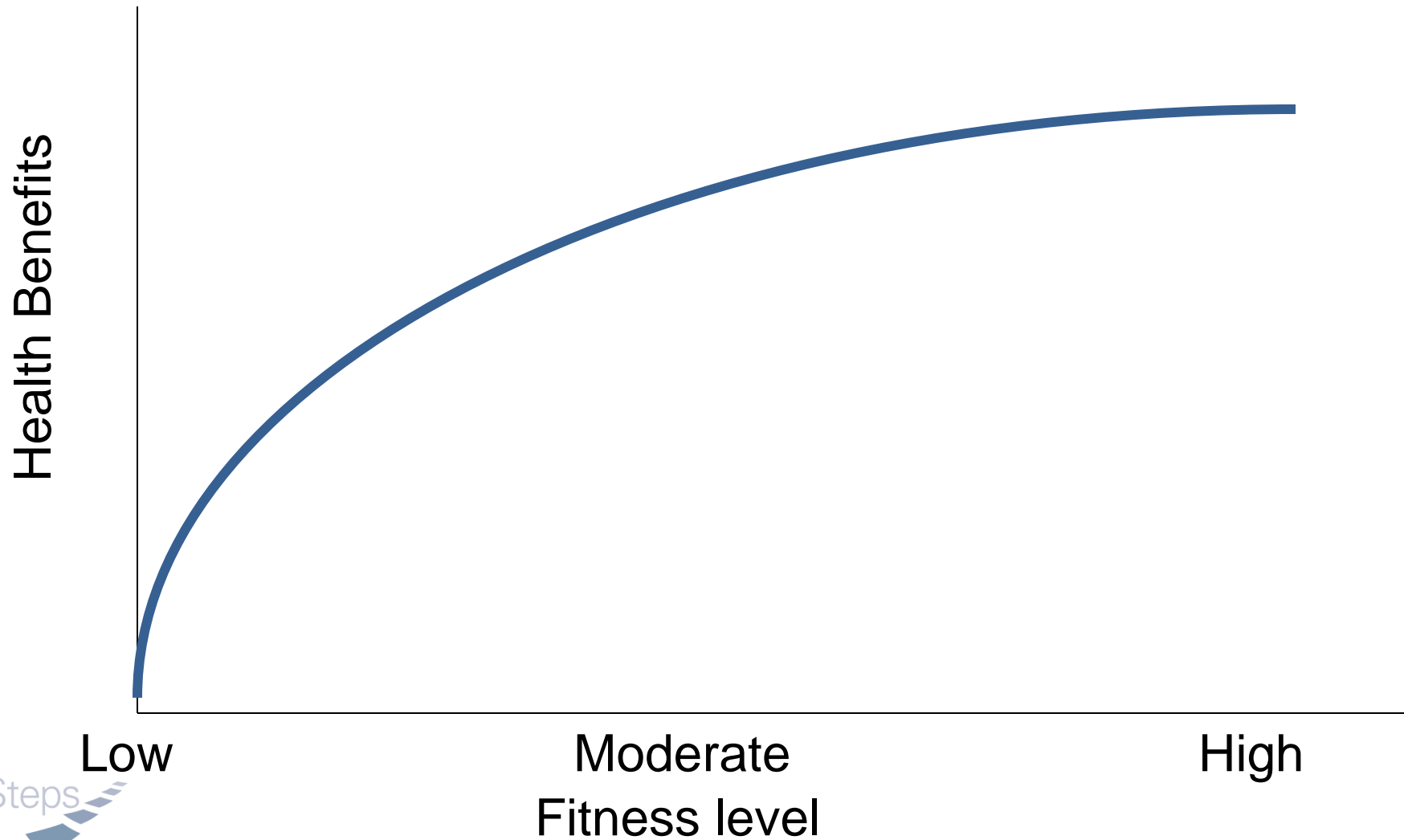
- Reduces the risk of dying prematurely.
- Reduces the risk of dying prematurely from heart disease.
- Reduces the risk of developing diabetes.
- Reduces the risk of developing high blood pressure.

-
- Helps reduce blood pressure in people who already have high blood pressure.
 - Reduces the risk of developing colon cancer.
 - Reduces feelings of depression and anxiety.
 - Helps control weight.
 - Helps build and maintain healthy bones, muscles, and joints.
 - Helps older adults become stronger and better able to move about without falling.

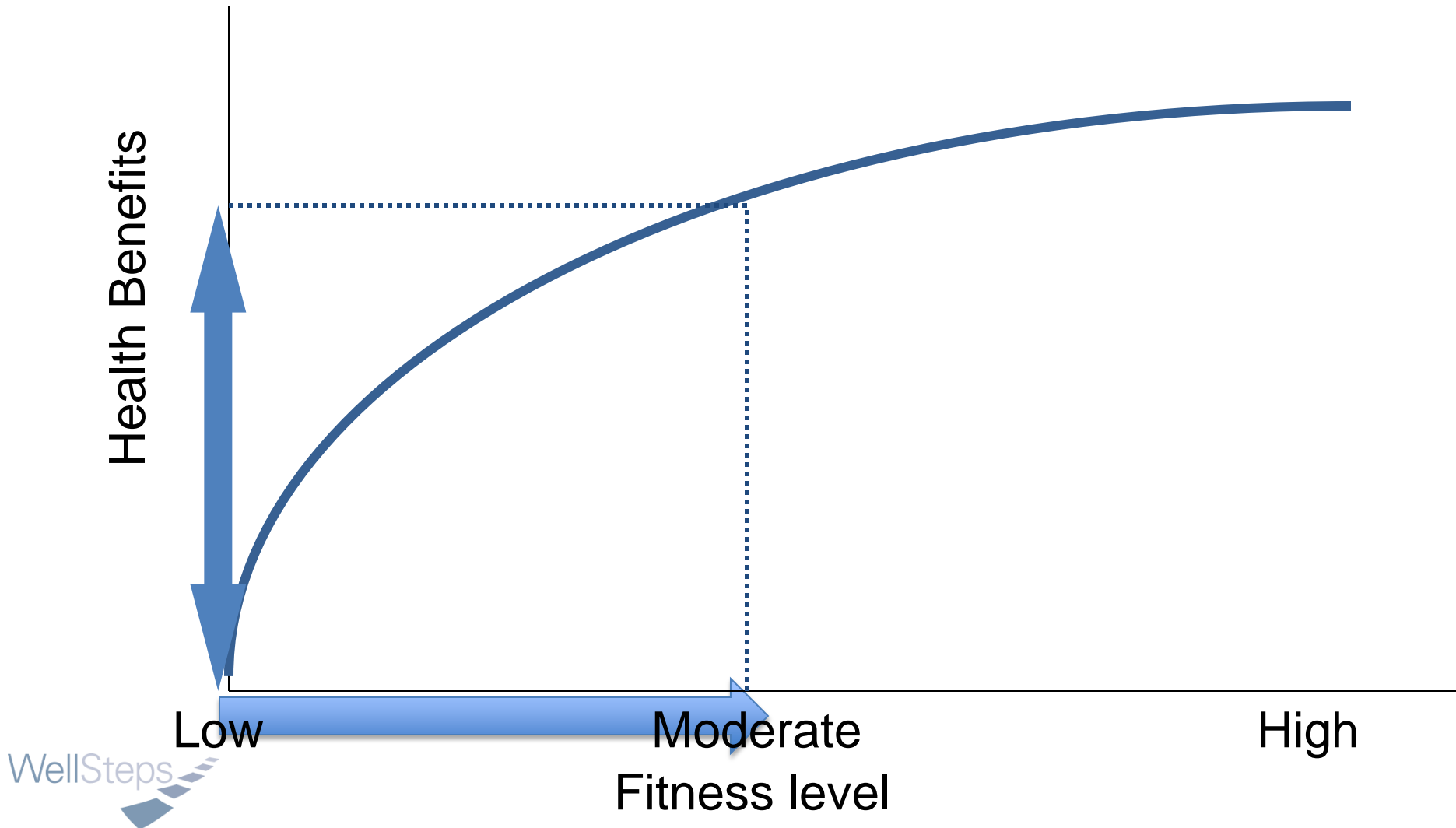
-
- Improves the quality of sleep
 - Helps reduce stress and provides some protection against stress
 - Helps improve self-concept
 - Improves quality-of-life



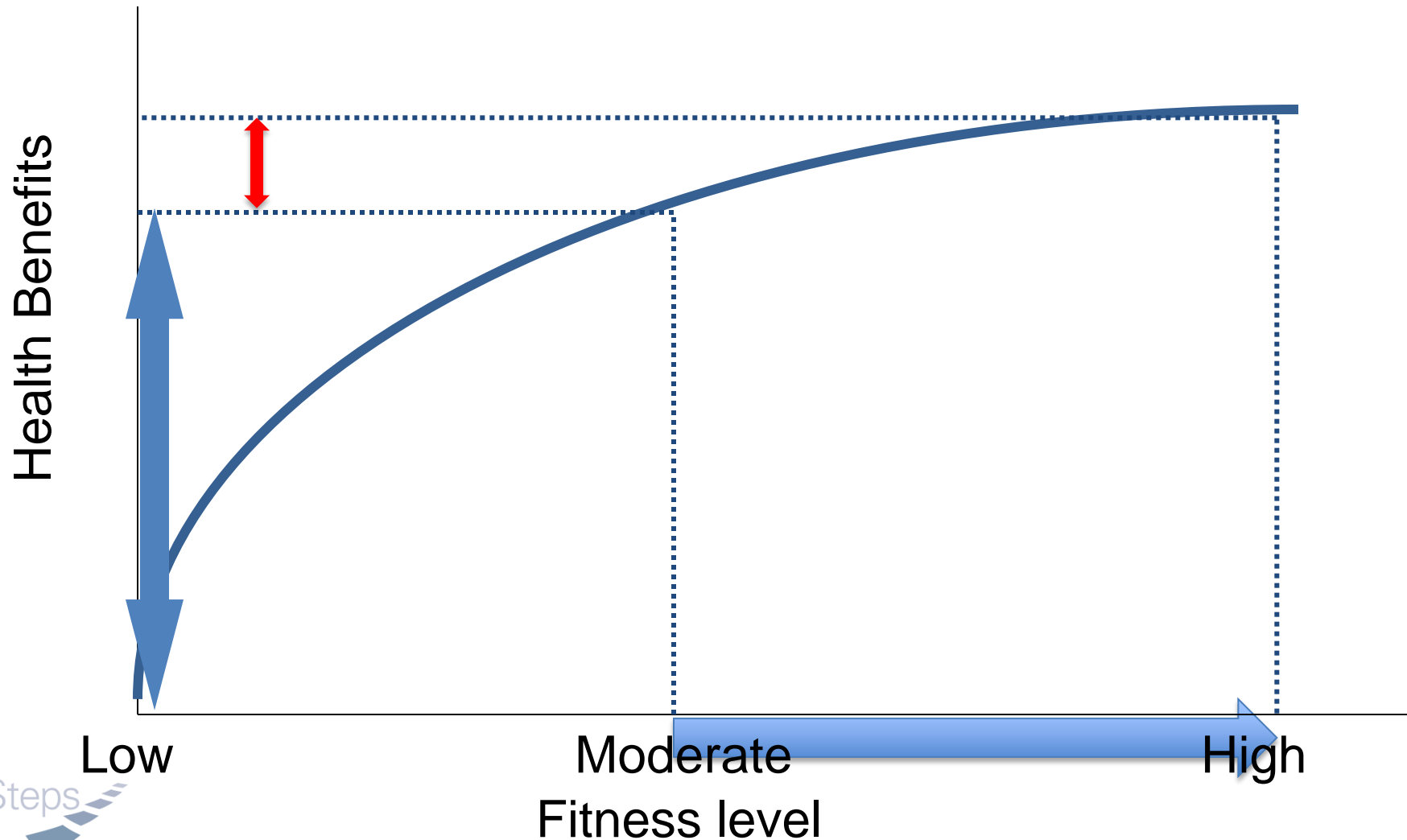
Good News: A little gets a lot



Good News: A little gets a lot



Good News: A little gets a lot



Simple Things at Home

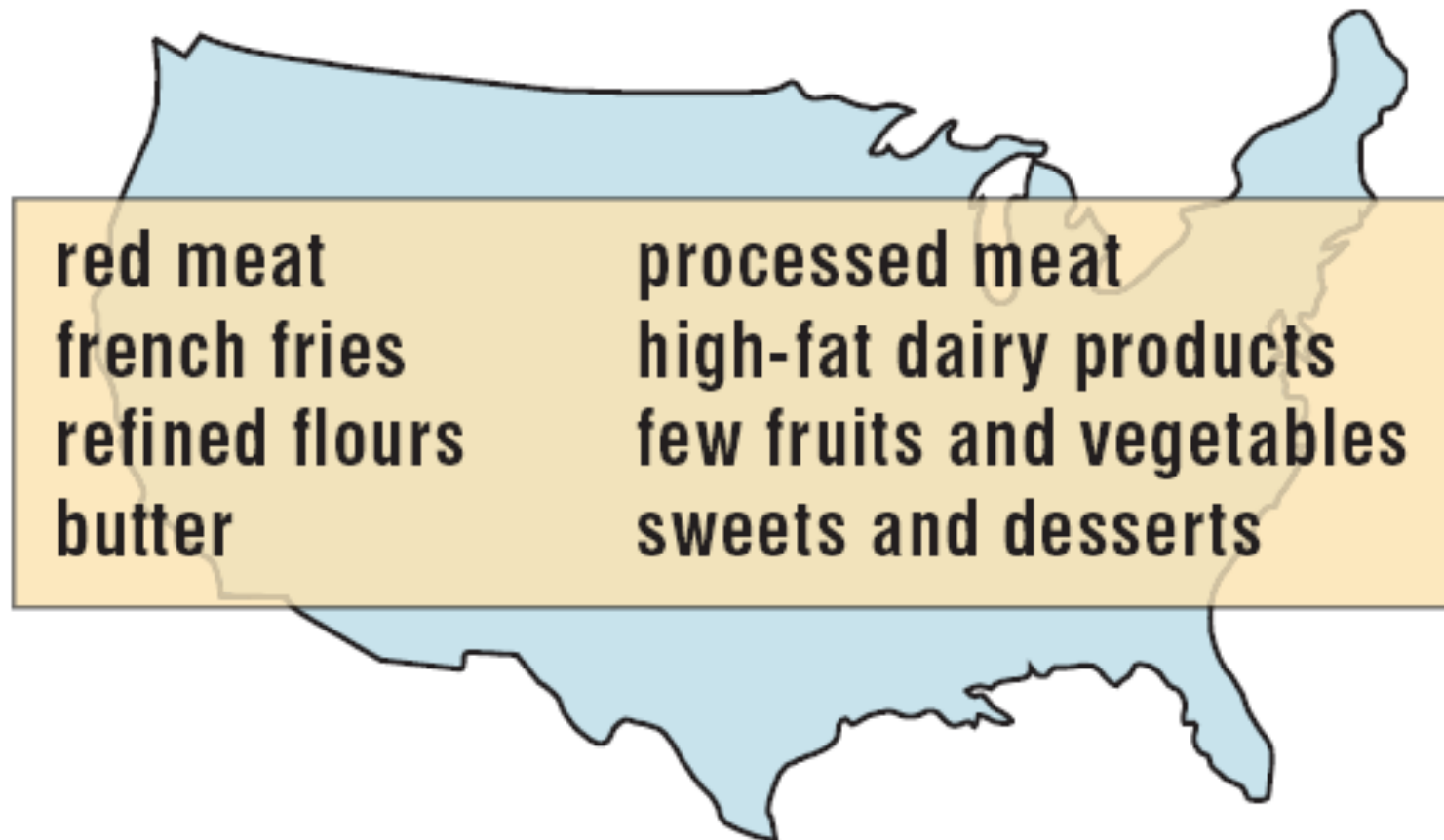
- Walk a pet
- Do chores
- Walk after breakfast and/or dinner
- Work in the yard/garden
- Wash the car
- Exercise with family members

Exercise Must Become a Priority

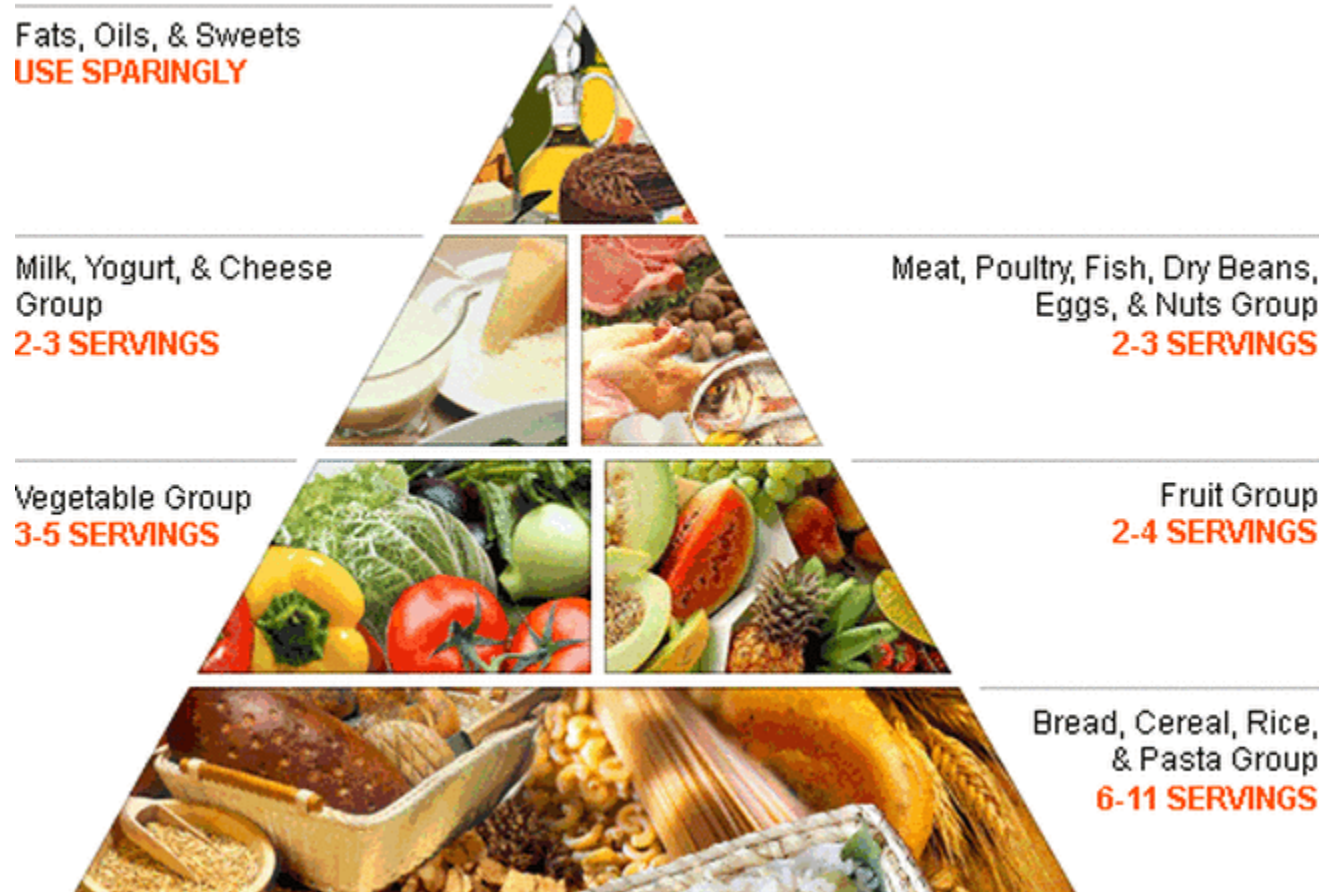
- Work
- Sleep
- Family
- Commute
- Take “ME TIME” every single day



Western Diet Pattern



Prudent Diet Pattern













Western vs Prudent

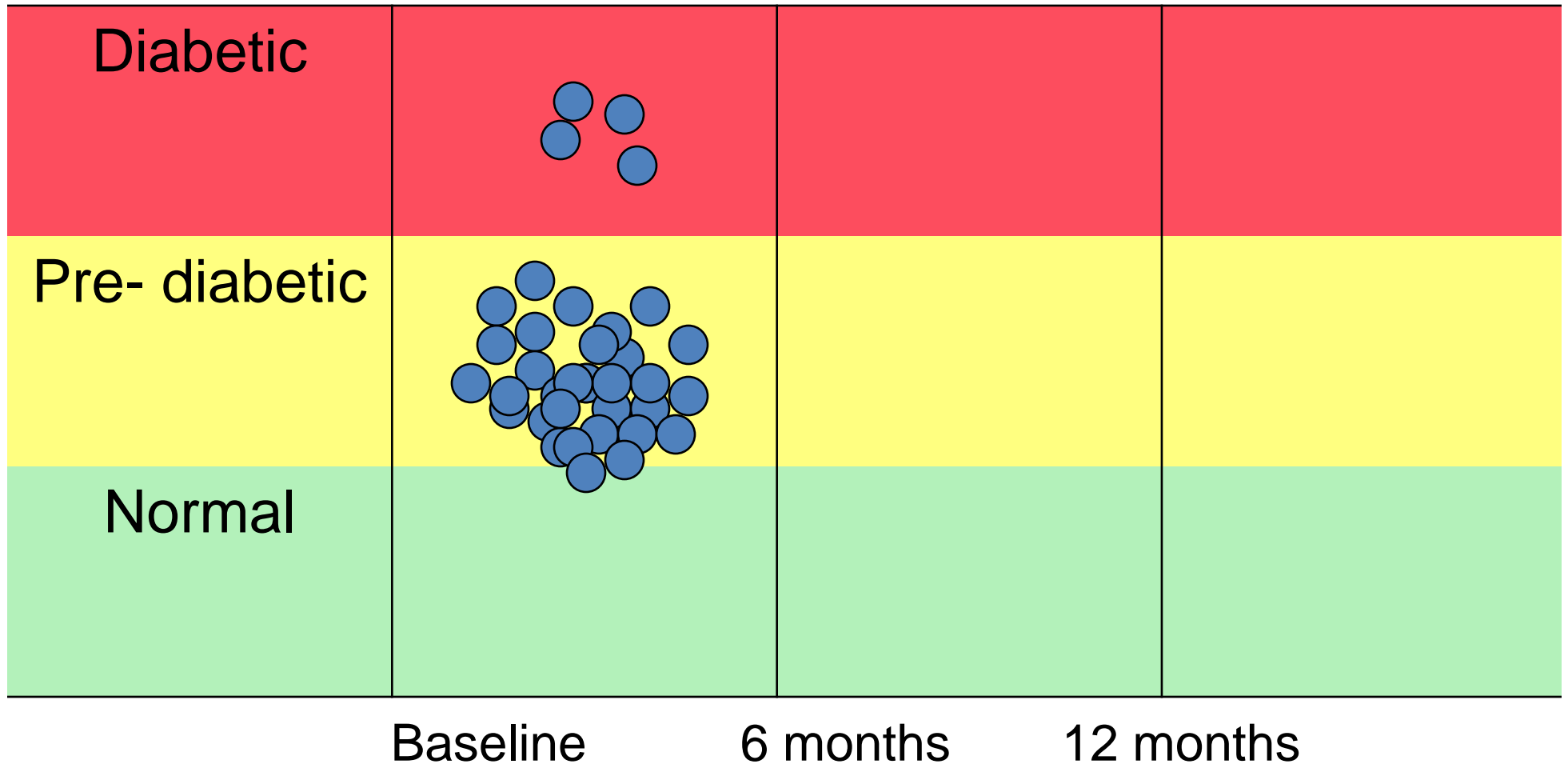
A Western diet has significantly higher risk of:

- Type II diabetes
- Cancer
- Cardiovascular disease
- Premature death
- Alzheimer's disease
- Erectile dysfunction

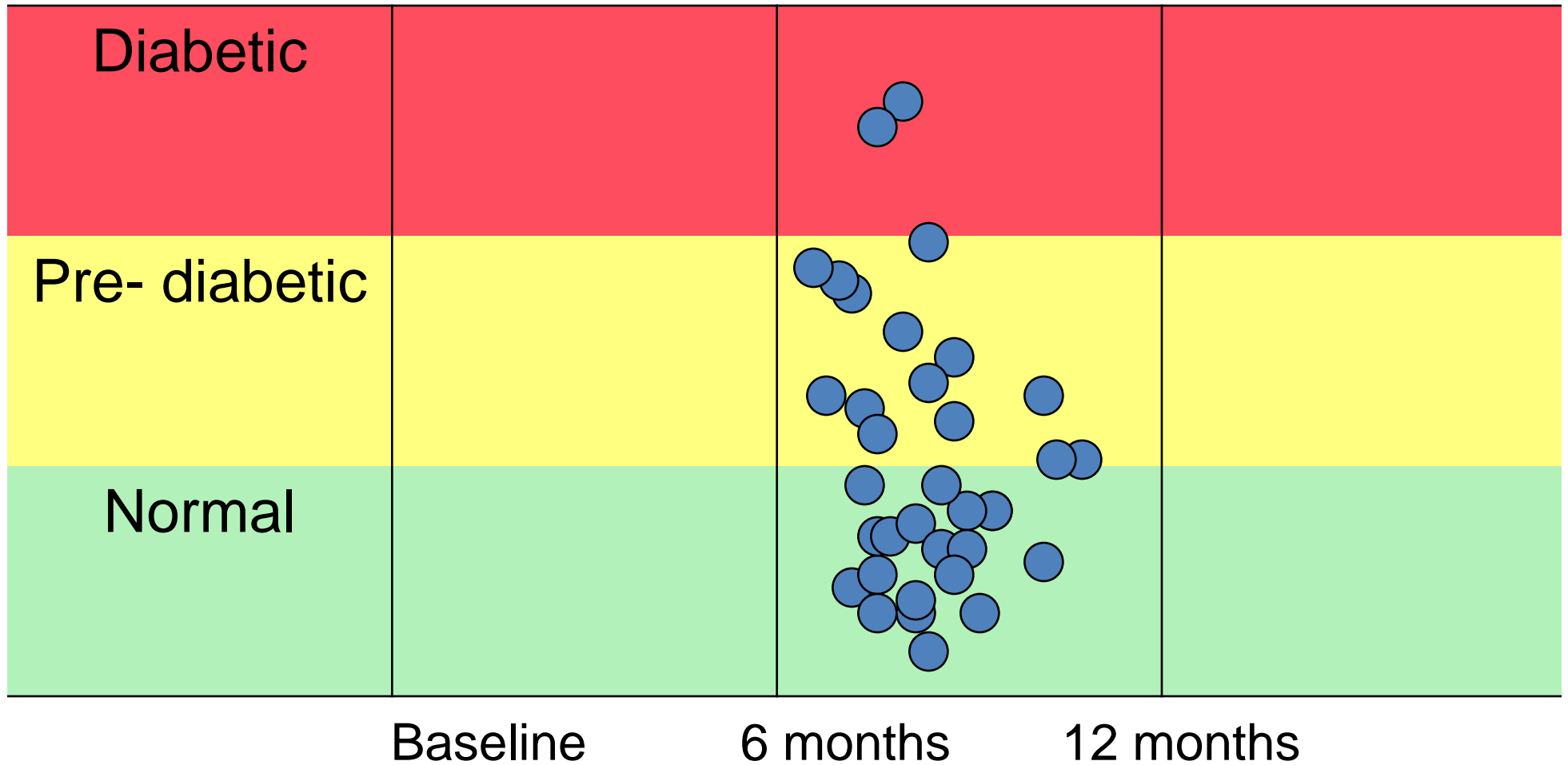
Your Choice:

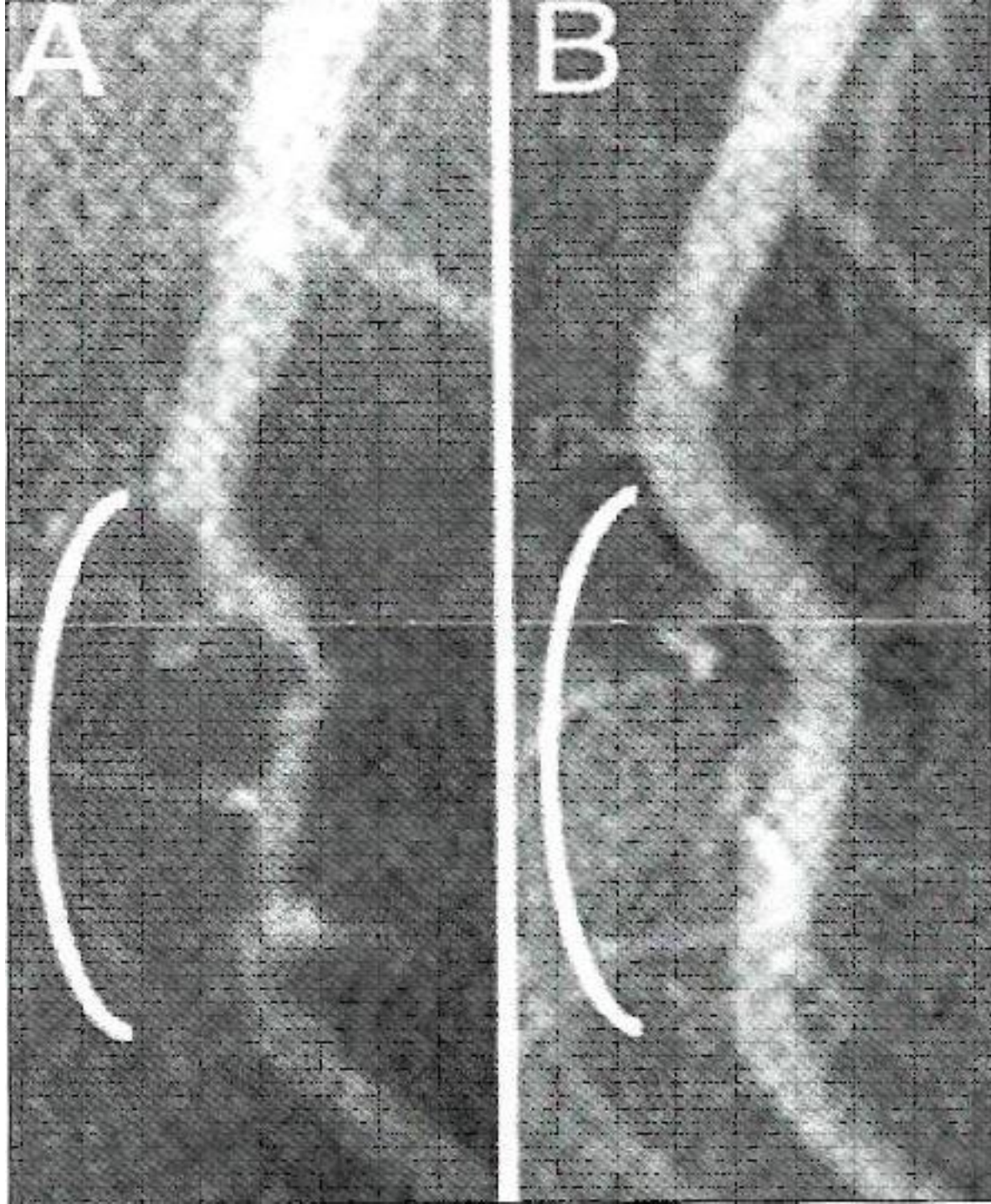


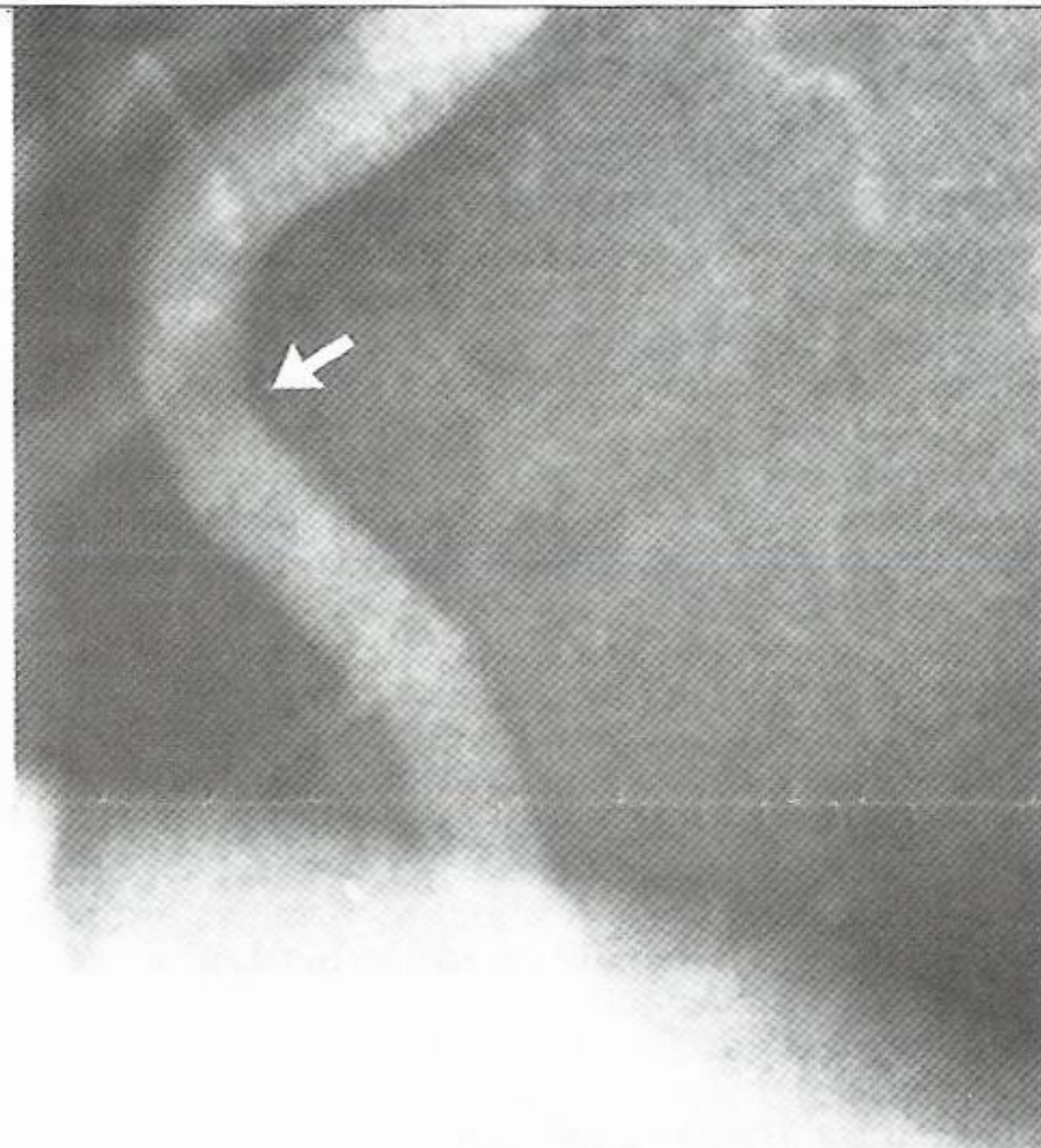
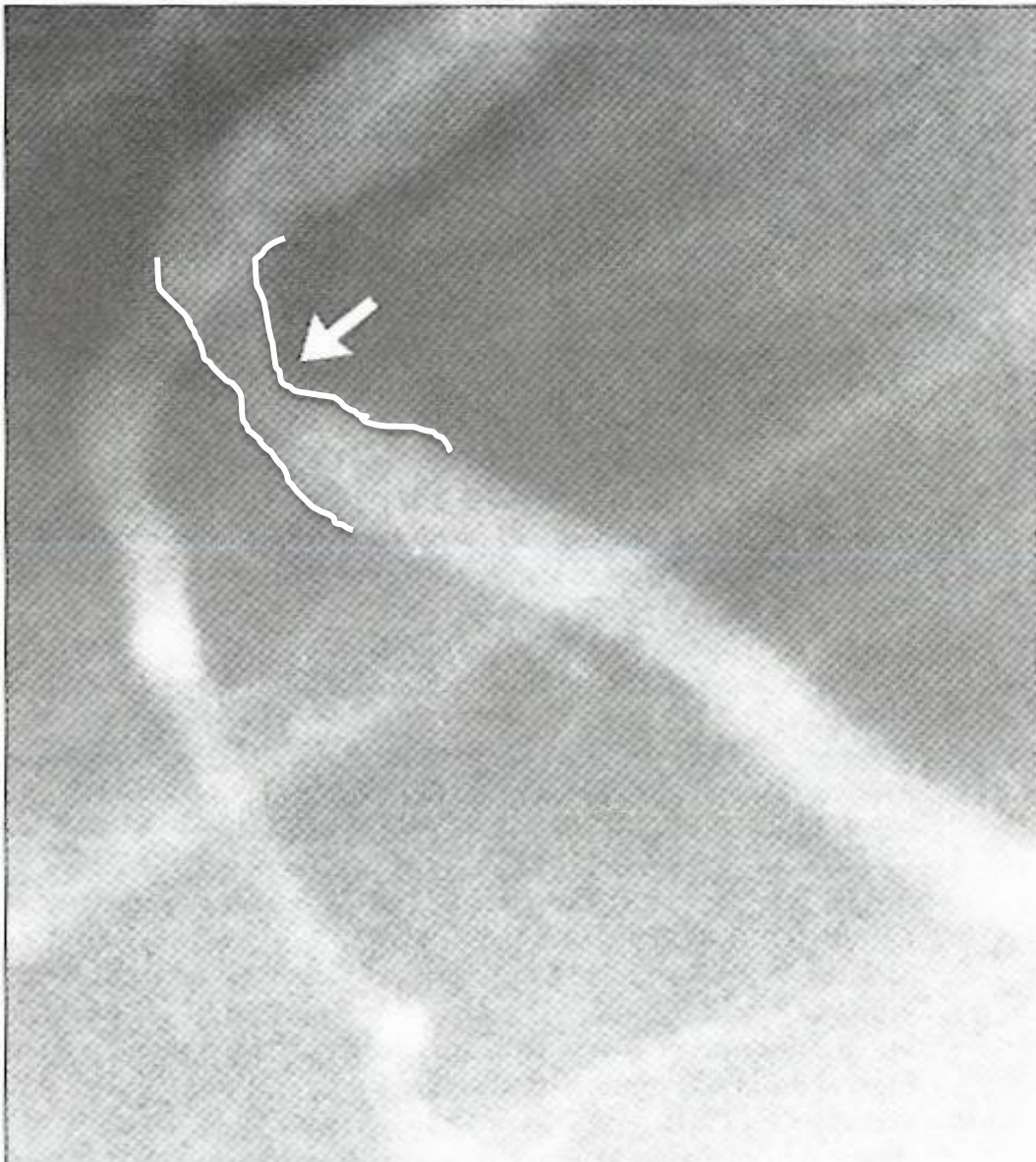
BD Medical

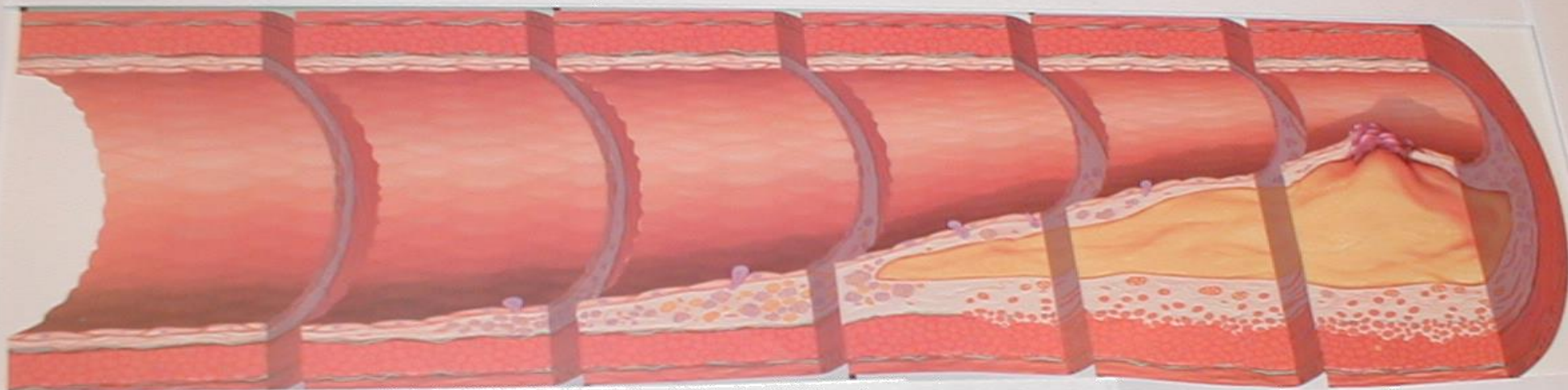


BD Medical









AGE

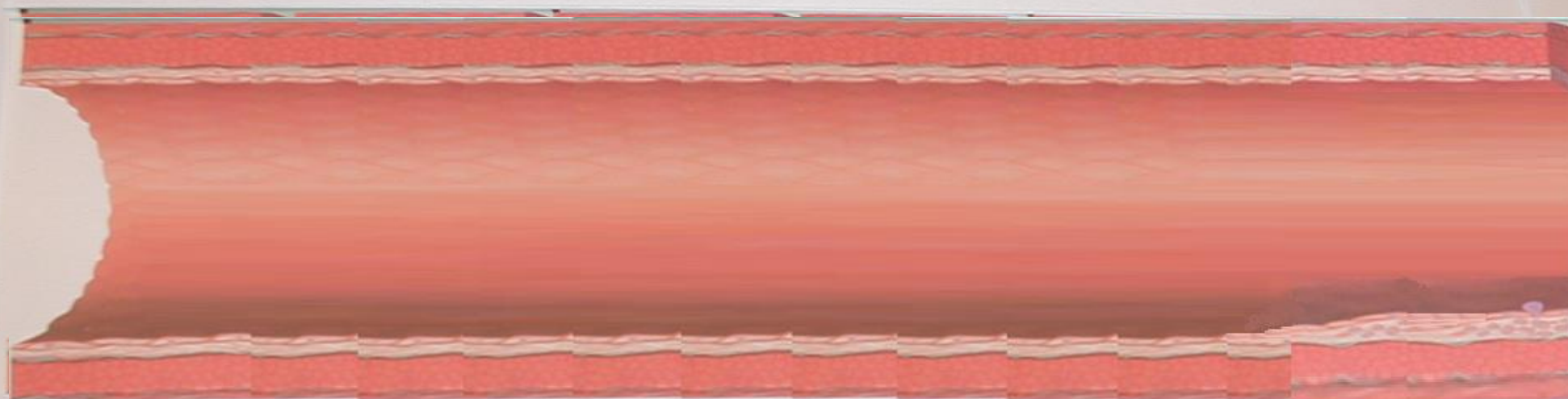
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AGE

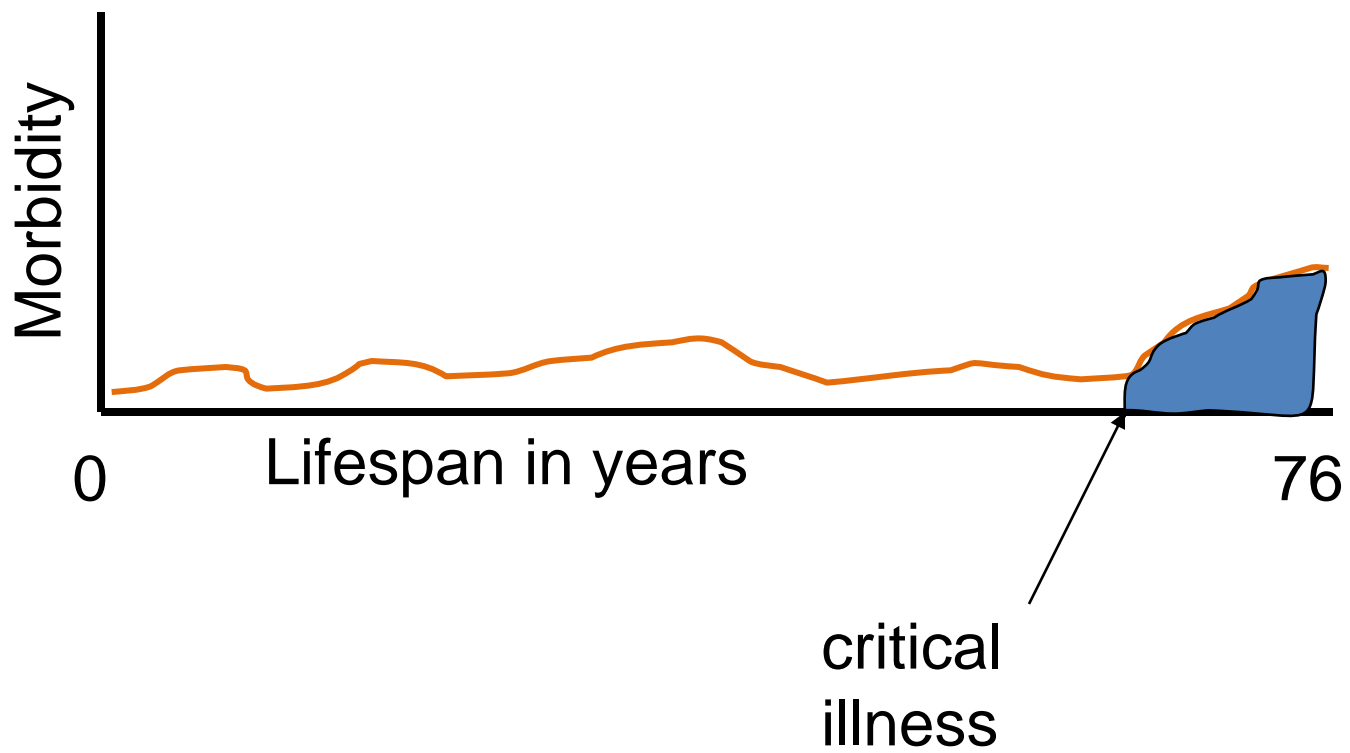
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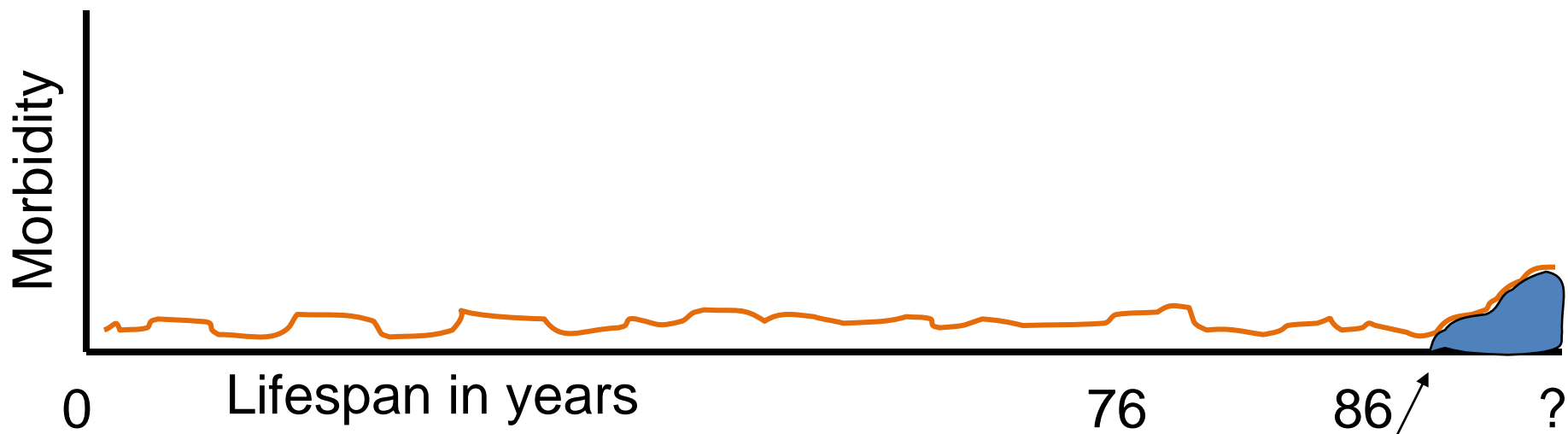
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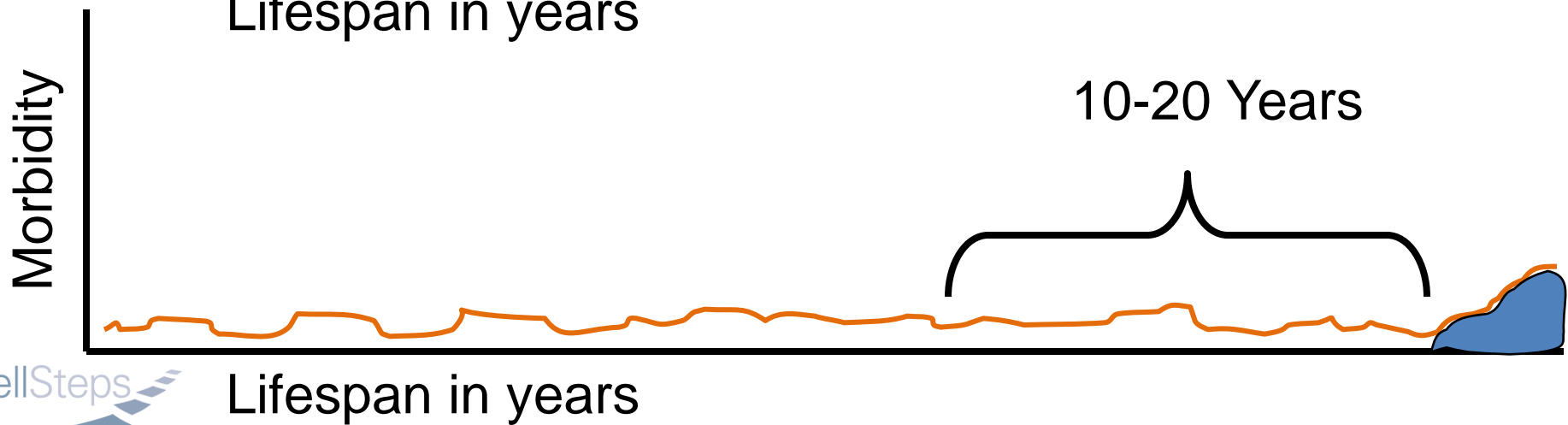
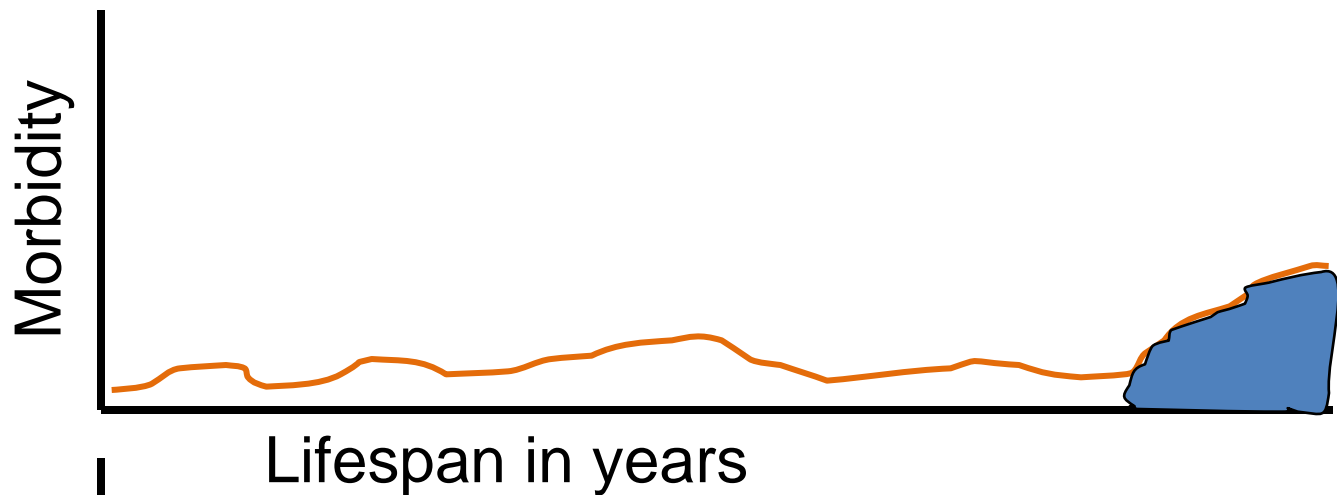
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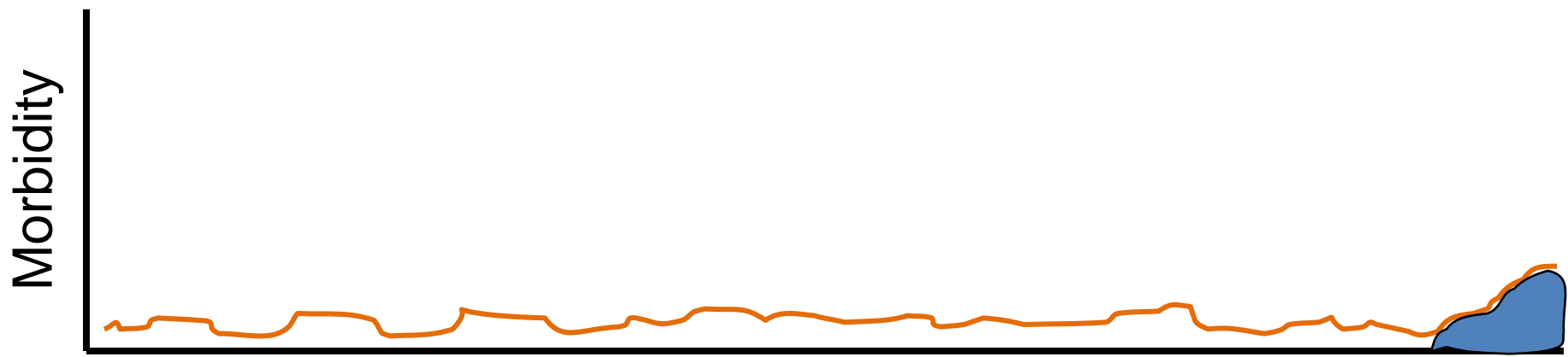
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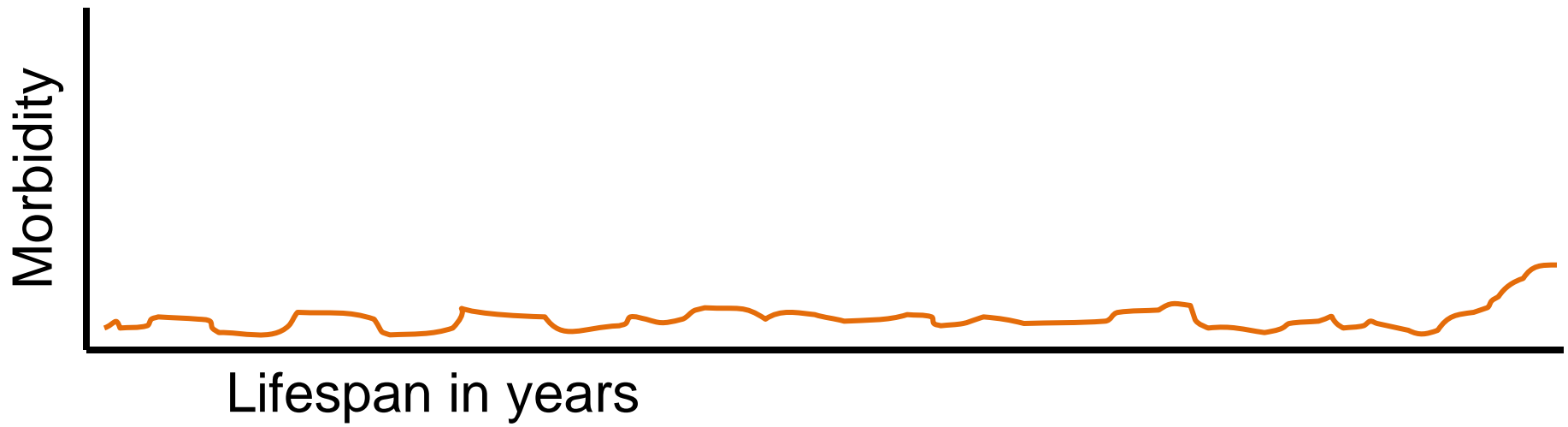


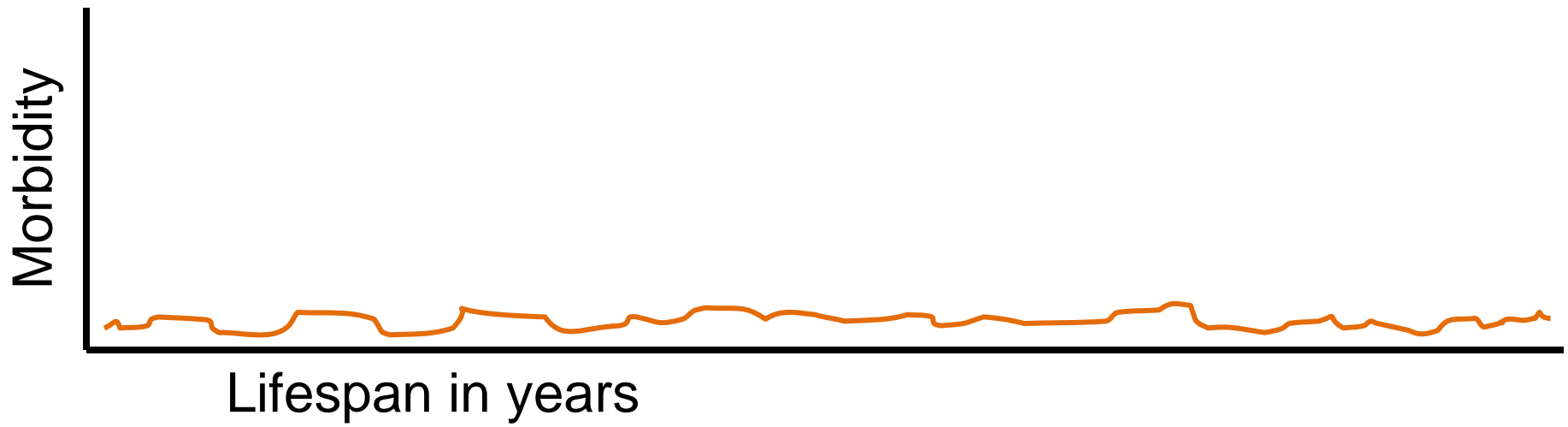
critical
illness

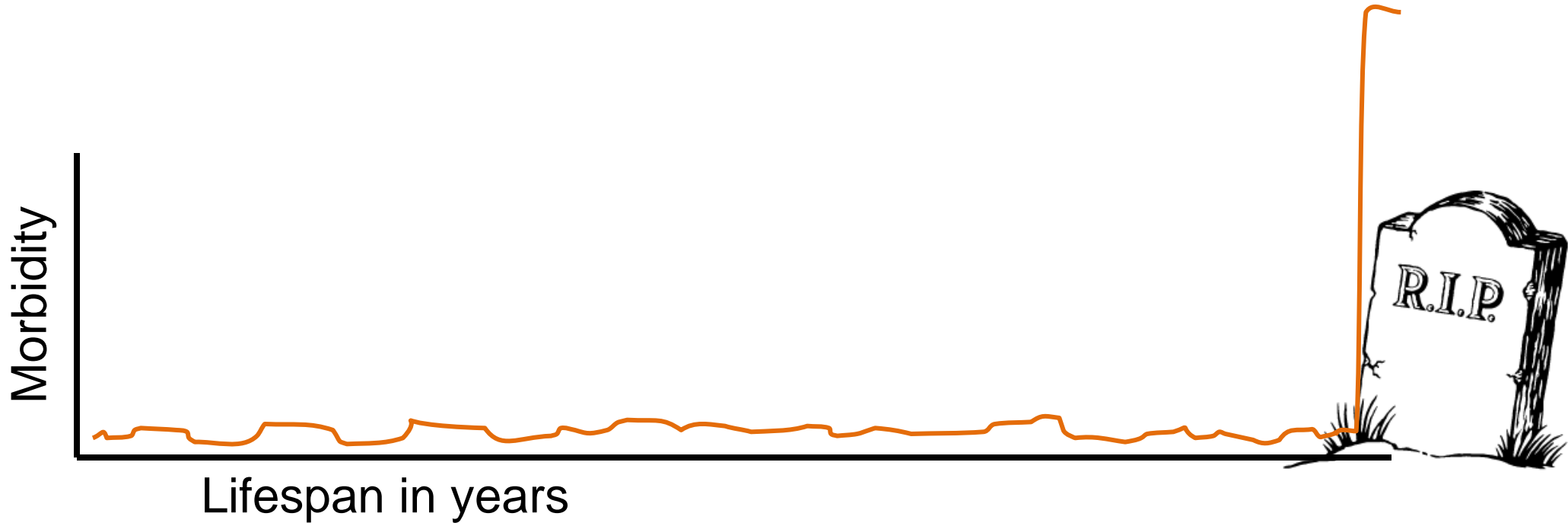




Lifespan in years









WellSteps

