


It is all about a healthy me!



"It is health that is real and not pieces of gold and silver."
Mahatma Gandhi

LaMont Pack, P.A., M.P.A.
Alabama Department of Public Health
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About Health

The objectives today are to understand the nebulous term health, problems of health, and what can be done

- What is health?
- What is good health?
- Why is health important?
- What can be done about health?

2

What is Health?

- In 1946 the World Health Organization (WHO) defined health as...
 - “ Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”
- The Lancet questions WHO’s definition of health (the Lancet is Britain’s premier medical journal) stating health is not a “state of complete physical, mental, and social well-being. Neither is it merely the absence of disease or infirmity.”

WHO, Lancet 3

What is Health? (Continued)

- In 1986, during the Ottawa Charter for Health Promotion, WHO said health is: "a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities."

"Attention to health is life's greatest hindrance."
Plato

Health is warm (if you are alive) and fuzzy (no one person agrees on what it is); therefore, it may be a "warm-fuzzy"

WHO 4

What is Good Health?

Agreement was made in two areas:

Physical health and mental health

- Physical health or physical well-being is:
 - Good body health and regular physical activity (exercise)
 - Good nutrition and adequate rest

"Water, air, and cleanliness
are the chief articles in
my pharmacopoeia."
Napoleon

5

What is Good Health? (Continued)

Physical health includes:

- Fitness
 - Cardiorespiratory endurance, muscular strength, flexibility, and body composition
- Nutrition
 - Proper nutrition and body weight management
- Lifestyle
 - Abstaining from drug abuse, avoiding alcohol abuse, avoiding tobacco product use, having responsible sexual behavior (sexual health), hygiene, and getting the right amount of sleep

6

What is Good Health? (Continued)

- Mental Health
 - People’s cognitive and emotional well-being
 - A person who enjoys good mental health does not have a mental disorder

“The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles but to live in the present moment wisely and earnestly.”

Buddha

7

What is Good Health? (Continued)

- WHO says mental health is:

“a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

WHO

8

Why is Health Important?

Determinants of health may determine your health status, such as:

- Where we live
- The state of our environment
- Genetics
- Our income
- Our education level
- Our relationship with friends and family

“A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illness.”

Hippocrates

9

Why is Health Important? (Continued)

WHO's determinants of health states

- Our economy and society
- Where we live, what is physically around us
- What we are and what we do
 - Person's individual characteristics and behaviors

University of East Carolina says this about health...

- Allows for integration of mind, body and spirit
- Achieves goals and finds meaning and purpose in our lives
- Combines ability to live life to the fullest and maximize personal potential in a variety of ways

10

What Can Be Done About Health?

The Problems

- Diabetes, cardiovascular disease, obesity, etc...

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you rather not."

Mark Twain

"Our own physical body possesses a wisdom which we who inhabit the body lack. We give it orders which make no sense."

Henry Miller

Now we will discuss the very health problems Henry Miller alluded to...

11

Diabetes and Prediabetes



CDC says: 40% of Americans will develop diabetes

- In Hispanic men and women, and non-Hispanic black women, the projected increase risk is even higher, over 50%...

NIH says: The proportion of U.S. youth with Type 2 diabetes rose by 30.5% from 2001-2009

CDC, NIH

12

Projected Growth of Diabetes in the United States

- Number of Americans with diabetes in 2007 was 18.5 million and today it is 29.1 million
- Projected number of Americans with diabetes in 2025/50: 50 million
- Projected increase of diabetes from 2005-2025 by gender
 - Women: 2 in 5
 - Men: 1 in 3
 - Children born after the year 2000: 1 in 3

Diabetes Care, February 2008, CDC 2012 13

Projected Growth of Diabetes in the United States (continued)

- Projected increase of diabetes from 2005-2025/50 by race/ethnicity
 - Hispanics – 481% (projected population growth: 188%)
 - Blacks – 208% (projected population growth: 71%)
 - Whites – 113% (projected population growth: 7%)

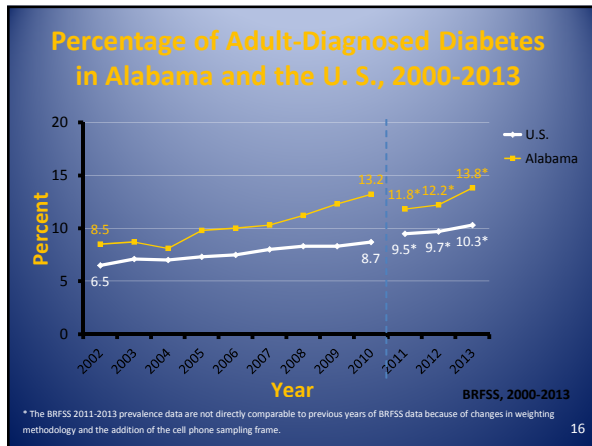
Diabetes Care, February 2008 14

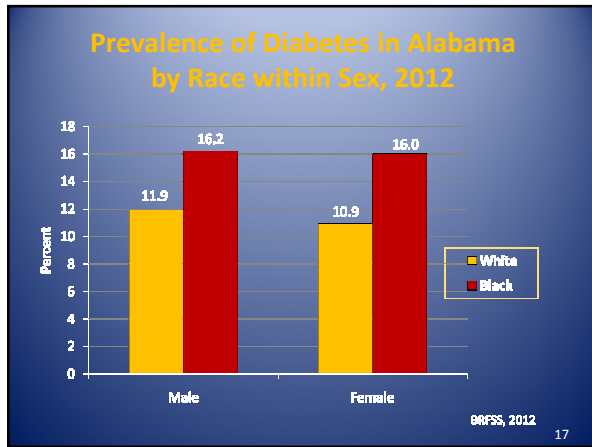
Diabetes and Prediabetes in Alabama

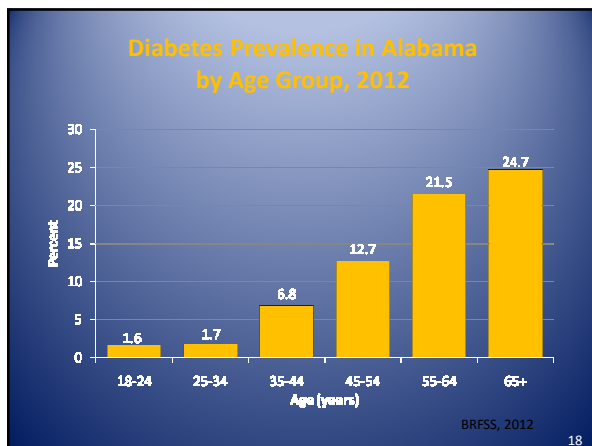
- Approximately 510,000 Alabama adults have diabetes (13.8% diabetes prevalence)
- Approximately 255,000 Alabama adults have prediabetes (8.5% prevalence rate)
- CDC predicts approximately 25 million people with prediabetes will develop type 2 diabetes within the next 2-6 years unless healthy lifestyle intervention occurs

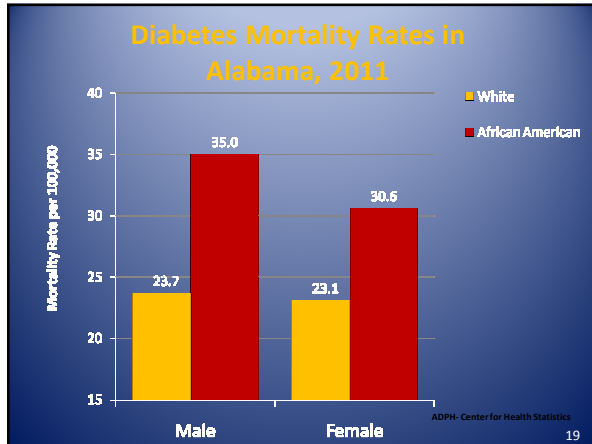


BRFSS 2013, CDC 15











Prediabetes

- Higher than normal A1c levels
- Causes increased risk of developing Type 2 diabetes, heart disease, and stroke
- Can be prevented or delayed through lifestyle modification
 - Good nutrition-fruits and vegetables
 - Physical activity, not inactivity like this
 - food on chest, remote in hand
 - Alabama’s overweight and obesity rate is about 68%
 - Alabama high school students rank 1st in the nation in obesity



20

Risk Factors for Diabetes

- Family history of diabetes
- Age (greater than 45)
- Overweight/Obesity
- High blood pressure
- Smoking (Tobacco use)
- Lack of exercise
- Being of ethnic group: Black, Hispanic, American Indian, or Asian
- History of gestational diabetes
- Had a child weighing over 9 pounds

ADA, CDC 21

Signs and Symptoms of Diabetes

- Blurred vision
- Feeling very tired
- Frequent infections
- Increased hunger
- Increased thirst
- Increased urination
- Sexual problems
- Sudden weight loss
- Sore that will not heal
- Numbness or tingling in hands and feet

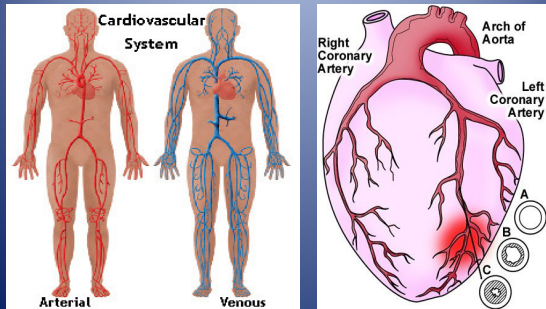
ADA, CDC 22

Diabetes Complications

- 7th leading cause of death in the United States and 6th leading cause of death in Alabama
 - Nerve damage
 - Leading cause of heart disease and stroke
 - Kidney failure: accounting for 44% in 2008
 - Amputation: of non-traumatic lower-limb amputation, more than 60% in people with diabetes, about 65,700
 - Blindness: new cases of blindness in adults aged 20-74 years

cdc, 23

Cardiovascular Health



24

CVD Risk Factors

Key Contributors

- High blood pressure
- High LDL cholesterol
- Smoking

Other Risk Factors

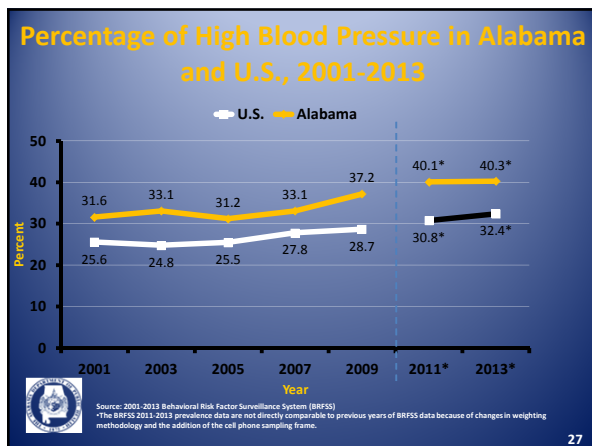
- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

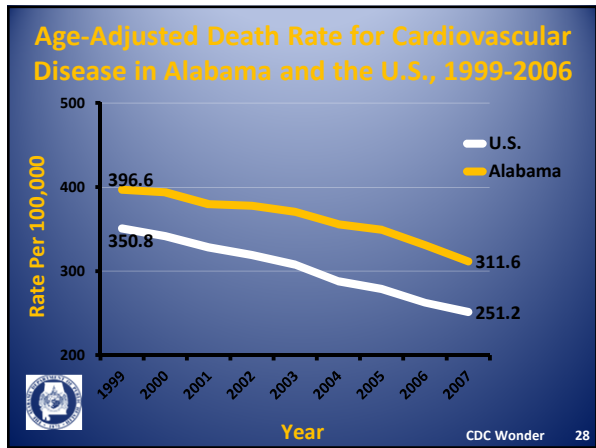
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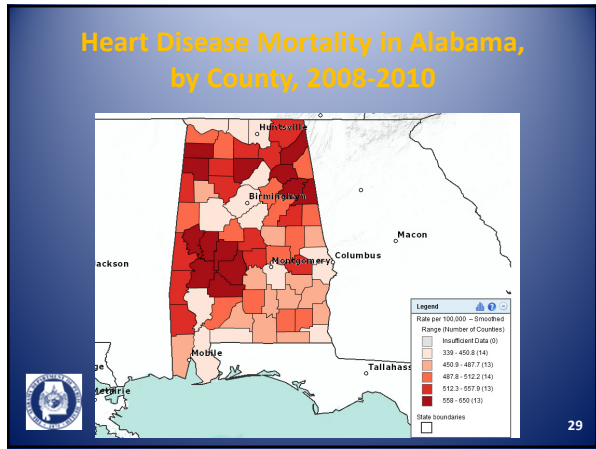
Preventing Cardiovascular Disease by Blood Pressure Control

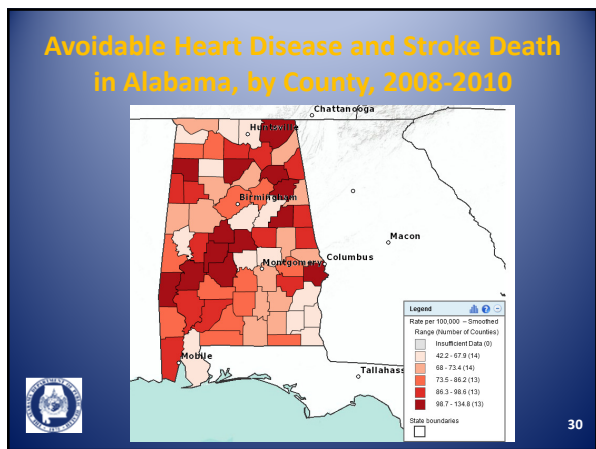
- Approximately one of three adults in the U.S. have hypertension
- Hypertension is called the "silent killer" because often there are no symptoms
- A 12–13 point reduction in average systolic blood pressure reduces:
 - Heart disease risk by 21%
 - Stroke risk by 37%
 - Total cardiovascular death risk by 25%

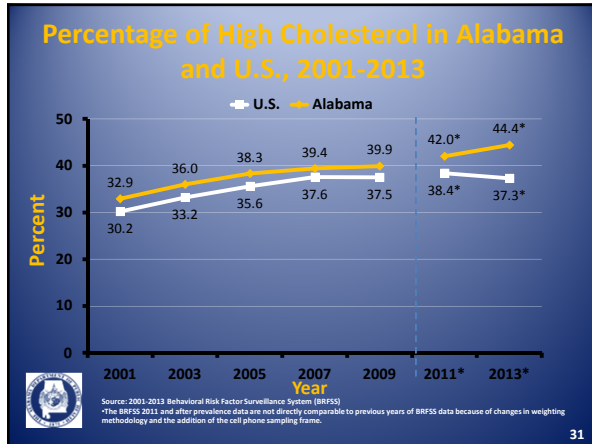
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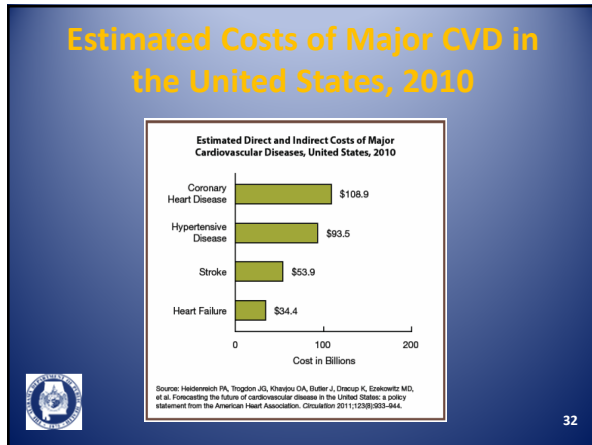












Obesity

“Corpulence is not only a disease itself, but the harbinger of others.”

Hippocrates (460 BC-370 BCE)

“Let food be thy medicine and medicine be thy food.”

Hippocrates


Overweight and Obesity

- Alabama has the 8th highest obesity rate in the country
- To lose weight is simple: take in fewer calories than your body uses, substitute water for soda and other sugary and pre-sweetened beverages, and be physically active five days a week 30 minutes a day, or walk the U.S. Surgeon General-recommended 10,000 steps a day

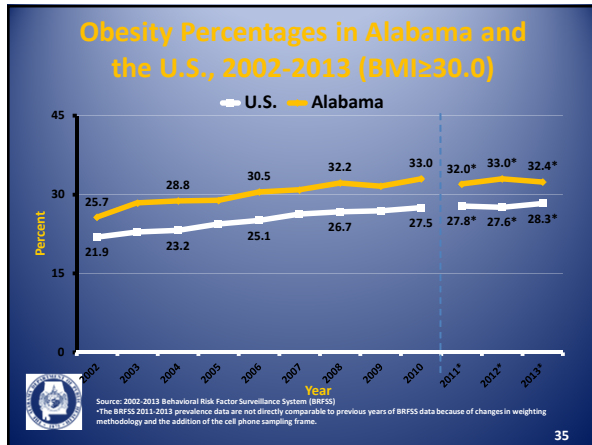
“The devil has put a penalty on all things we enjoy in life. Either we suffer in health or we suffer in soul or we get fat.”

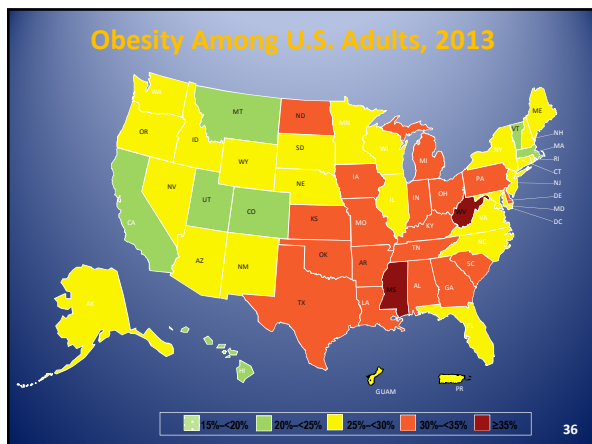
Albert Einstein

- Drinking water with each meal and taking small sips of water throughout the day helps with weight loss and keeping the blood sugar normal



BRFSS 34





Alabama Tobacco Quitline

Any Alabama resident can call
1-800-Quit Now
or visit www.alabamaquitnow.com
for free help to quit tobacco use



40

Physical Inactivity

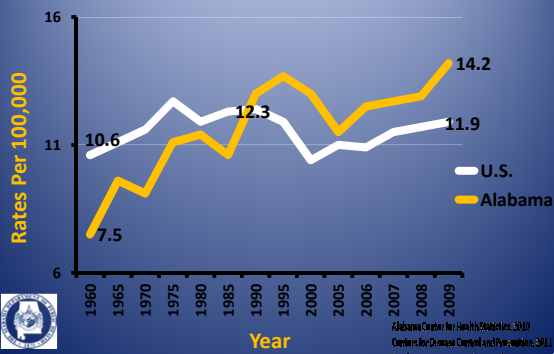
- 31 percent of adults in Alabama report they participated in physical activity or exercise in the last 30 days, other than that included in their regular job



BRFSS, 2009
41




U.S. and Alabama Suicide Rates 1960-2009



42

Diabetes in Alabama-Youth



- Approximately 2,900 school-age children in Alabama have diabetes. This includes 1,000 children with Type 2 diabetes.
- The obesity and physical inactivity epidemics lead to increasing numbers of youth with Type 2 diabetes.

43

Diabetes in Alabama-Youth

- Type 2 diabetes is **more** dangerous in children
- Diabetes control medications used for adults failed to work in children
- Children who developed Type 2 diabetes at younger ages have an increased lifetime risk for serious complications such as heart attack and stroke
- Adults are children's role models
 - Children observe what adults do and copy adults' behavior

44

Like Father-Like Son, Like Mother-Like Daughter

You are your kids' role models

- 77% of diabetics have high blood pressure (gen pop 40%)
- 74% have high cholesterol (gen pop 41.6%)
- 34.2% are overweight (gen pop 34.8%)
- 53.8% are obese (gen pop 33%)
- 16.1% smoke (gen pop 23.5%)
- Only 19.25% eat 5 servings of fruits and vegetable daily
- Only 25.6% of diabetics met the CDC guidelines for moderate physical activity, statewide 28.54% did

45

Diabetes Epidemic in Youth

The epidemic of Type 2 diabetes in Youth

- Causes
 - High calorie intake and low activity
- Result of
 - Socioeconomic factors
 - Food deserts
 - Lack of safe places for activity
 - Sedentary lifestyle (hours of daily video games, TV viewing, etc.)
 - Type 2 diabetes is 6 times more common in Black children than white children
 - Risk for Type 2 diabetes in children born after 2000:1 in 3
- Prevention
 - Nutritious foods (lots of fruits, vegetable, and water)
 - Make time for physical activity (i.e. daily family walks in neighborhood)

46

What Can Be Done About Health?

Treatment Goals
Prevent Premature Death and Disability

“Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded.”

Johann Wolfgang von Goethe

47

Public Health Messages

- Know the risk factors, signs and symptoms, and complications for cardiovascular disease, diabetes, prediabetes, and obesity
- See health care providers for cardiovascular, prediabetes, diabetes, and hypertension screening
- Attend Chronic Disease Self-Management and Diabetes Self-Management Education programs if you have a health condition for their use
- Attend diabetes prevention programs

48

Diabetes Prevention

The Road to Health

The Road to Health Toolkit

How to Prevent or Delay Type 2 Diabetes in Your Community: A Toolkit for Community Health Workers

CDC

CDC

49

Community Prevention

Power to Prevent

A Family Lifestyle Approach to Diabetes Prevention

CDC, Alabama Department of Health, NDEP

DIABETES TODAY FOR COMMUNITY LEADERS

Sponsored by: Centers for Disease Control & Prevention, Appalachia Regional Commission and The Center for Rural Health at Marshall University

50

Chronic Disease Self-Management Program

Living a Healthy Life with Chronic Conditions

Self-Management of Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and others

Kate Lorig, RN, DPH, Halsted Holman, MD, David Sobel, MD, Diane Lawrence, MPH, Virginia Gonzalez, MPH, and Marian Minor, RPT, PhD

Living Well Alabama

WHAT IS LIVING WELL ALABAMA?

Living Well Alabama is a free, self-paced, online program that helps you manage your chronic condition and live a healthier life. It is designed for people with chronic conditions who want to learn more about their condition and how to manage it. The program is available in English and Spanish.

ADDRESS: 1000 University Blvd, Birmingham, AL 35293

CONTACT: 1-800-458-5231

WEBSITE: www.livingwellalabama.com


51

**Youth Diabetes Prevention:
The Eagle Books**

52

The ABC's of Diabetes Management

- **A** → A1C < 7% for many people
- **B** → Blood pressure (mmHg)
Systolic < 130 for most people, Diastolic < 80
- **C** → Cholesterol – Lipid Profile (mg/dl)
LDL Cholesterol < 100, HDL Cholesterol: Men > 40 and Women > 50, Triglycerides < 150
- **D** → Diet or nutrition-applies to each of us
- **E** → Exercise or physical activity-applies to each of us
- **S** → Smoking cessation-applies to us who smoke



CDC, Dr. Shaffner at VA 53

Final Comments

- Chronic disease carries increased risk of morbidity and mortality; however, 69% of chronic diseases are preventable
- The combination of unhealthy lifestyle choices and the aging population lead to an epidemic of chronic diseases that will radically change quality of life and bankrupt the healthcare system
- By adopting healthier lifestyles, nutrition, physical activity, and managing existing conditions, overall health may be improved
- If anyone you know has diabetes, encourage them to attend a Diabetes Self-Management Education program...go online to adph.org/diabetes for locations and other diabetes resources
- If anyone wants a meal or exercise plan made their way, go online to adph.org/diabetes, click "meals and recipes", then click meal planner or exercise planner for various types of healthy plans

54

Final Comments (Continued)

- National Diabetes Education Program's Prediabetes Screening Test and ADA Type 2 Diabetes Screening Test are first steps to prediabetes and diabetes prevention: Know Your Risk!



Also, measure your waist regularly for a quick check, because...



"Nature, time and patience are three great physicians." H.G. Bohn 55
