

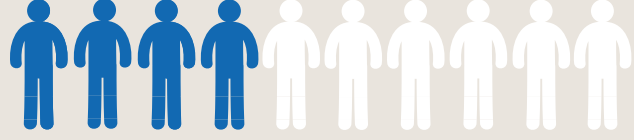
Chronic Disease in U.S.



Problem



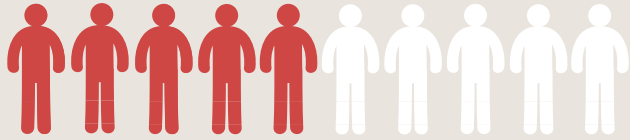
6 in 10 Americans have a **Chronic Disease**



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



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



Half of all Americans have **Cardiovascular Disease**



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



1 in 3 Americans have Pre-Diabetes

88 Million

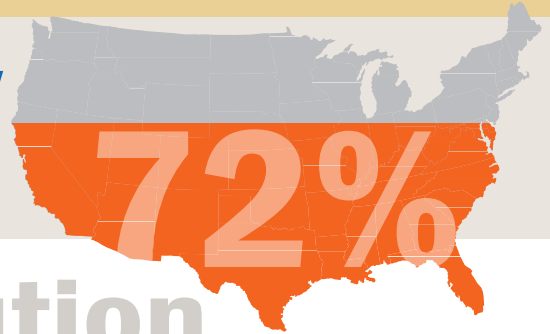
Americans have Pre-Diabetes | 90% do NOT know it

34 Million

people live with Type 2 Diabetes

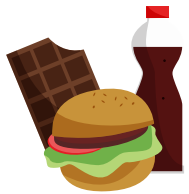
72% of Americans with Overweight or Obesity

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

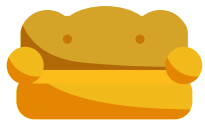


Cause

Eliminate



Poor Diet



Sedentary Behavior



Smoking

Prevent

80% of heart disease & stroke

80% of type 2 diabetes

40% of cancer

Solution

Restore Health

Whole-food, plant predominant diet



150 mins/wk of moderate exercise



8 hours of restful sleep



Daily relaxation time to lower stress



No Smoking



Regular connection to positive people



Lifestyle Medicine providers treat and reverse chronic disease