



MAINTAINING A HEALTHY LIFESTYLE

GRADE: 8A

DOCUMENT ANALYSIS

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How can we maintain a healthy lifestyle?

1. Measure and watch your weight .

-Keeping track of your body weight on a daily or weekly basis will help you see what you're losing and/or what you're gaining.

2. Limit unhealthy foods and eat healthy meals.

-Do not forget to eat breakfast and choose a nutritious meal with more protein and fiber and less fat, sugar, and calories.

3. Take multivitamin supplements.

-To make sure you have sufficient levels of nutrients, taking a daily multivitamin supplement is a good idea, especially when you do not have a variety of vegetables and fruits at home.

4. Drink water regularly and stay hydrated, limit sugared beverages.

5. Exercise regularly and be physically active.

-At this time, at-home workouts may be a good idea. But you can also walk your dog or run outside.

6. Reduce sitting and screen time.

-Exercise can't immunize you from your sedentary time. Even people who exercise regularly could be at increased risk for diabetes and heart disease and stroke if they spend lots of time sitting behind computers.

7. Get enough good sleep.

-There is a very strong connection between sleep quality and quantity and your immune system. You can keep your immune system functioning properly by getting seven to eight hours of sleep each night.

What are the diseases that can be caused by not maintaining a healthy lifestyle?

Cardiovascular disease: is the term for all types of diseases that effect the heart or blood vessels, including coronary heart disease (plaque accumulation in arteries) which can cause heart attacks, stroke, heart failure and perpheral artery disease.

Type 2 diabetes: is primarily the result of two interrelated problems: Cells in muscle, fat and the liver become resistant to insulin. Because these cells don't interact in a normal way with insulin, they don't take in enough sugar. The pancreas is unable to produce enough insulin to manage blood sugar levels.

Osteoporosis: is a metabolic bone disease that, on a cellular level, results from osteoclastic bone resorption not compensated by osteoblastic bone formation. This causes bones to become weak and fragile, thus increasing the risk of fractures.

Sources:<https://www.ncbi.nlm.nih.gov>
<https://www.ncbi.nlm.nih.gov>
<https://www.mayoclinic.org>

DEBATES AND ANALYSIS.

Should everyone be forced to maintain a healthy lifestyle?

Yes because....

- Our economy suffers because of unhealthy eating.
- People are too lazy to do it of their own accord.
- It would be our rational choice.
- Parents currently cannot control what their child eats when not in their care.

No because...

- The government should not impact on our private lives.
- It's too hard to legislate on.
- It's too hard to enforce.

Our economy suffers due to unhealthy eating.

I agree because..

-Obesity is the cause of many diseases and cancers. Heart attacks and colon cancer are two of the most reported. 10-16% of cases of breast and colon cancer and heart attacks are said to be caused by obesity [[BMA, December 2007]]. These are long standing diseases which take a variety of drugs to cure or at least alleviate the symptoms. These drugs are expensive, and many people who have not caused their own disease miss out on new drugs as the NHS is not willing to pay the extra money for the drugs. If healthy eating were mandatory, then less money would be needed by the NHS to heal people who have eaten themselves to oblivion and more money can be spent on newer drugs.

Source: <https://debatewise.org>

The Economic Costs of Poor Nutrition:

- **Poor nutrition is a key risk factor for numerous chronic diseases, most notably obesity, heart disease, type 2 diabetes, and as many as 13 types of cancer.**
- **These diseases reduce a person's likelihood of working, and those who do work are less likely to work full-time and as productively as their peers without chronic disease.**
- **The economic implications of nutrition-related chronic disease are primarily reduced wages, higher employment costs, and reduced government revenue.**
- **This analysis estimates the economic cost of the four nutrition-related chronic diseases among 18 to 64-year-olds at \$16 trillion from 2011-2020 (or nearly 9 percent of gross domestic product annually) after accounting for direct health care costs, lost productivity, and lost wages**

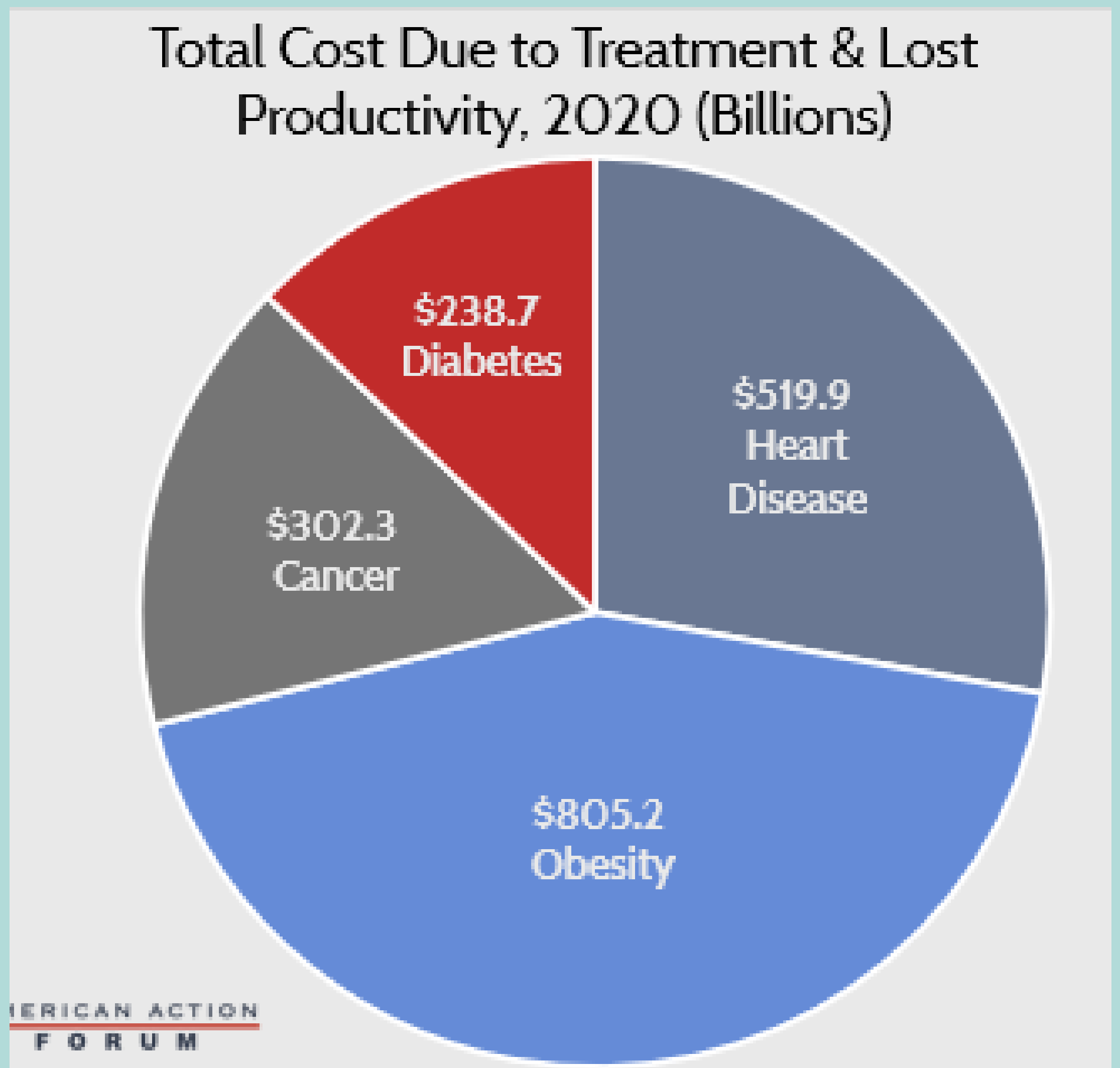


Extent of the problem:

- **Poor nutrition is associated with the most common chronic diseases in the United States: obesity, heart disease, stroke, type 2 diabetes, and as many as 13 types of cancer (which account for 40 percent of all cancers diagnosed in the United States). Obesity now affects 42 percent of American adults, or 109.5 million individuals. Even more Americans are estimated to have cardiovascular disease: 49.2 percent, or 126.9 million people in 2018; although, when excluding hypertension, this rate falls to 9.3 percent, or 26.1 million in 2018. More than 33 million Americans have type 2 diabetes. In 2018, there were an estimated 6.5 million people living with nutrition-related cancer.**
- **Given that obesity is highly associated with each of these other diseases, there is significant overlap in the people who are affected by these diseases and thus simply adding up the prevalence for each would overestimate the number of people afflicted by nutrition-related disease. That said, it is estimated that at least 117 million American adults were living with nutrition-related chronic diseases as of 2017, many of whom will die prematurely as a result. In 2016, poor diet was the greatest risk factor for death in the United States and the third leading cause of morbidity, accounting for more than 500,000 deaths and 11 percent of all disability-adjusted life years lost. With the prevalence of obesity increasing at roughly 2 percent per year, this burden is expected to worsen for the foreseeable future.**

TOTAL COSTS

- In total, after considering increased health care costs, lost wages, lost productivity, and lost revenue (which is a share of lost wages), this analysis estimates that obesity, heart disease, type 2 diabetes, and the 13 nutrition-related cancers identified cost the U.S. economy \$16 trillion between 2011-2020. From 2021-2023, as prevalence continues to grow and costs escalate, it is estimated that the U.S. economy will lose another \$6.1 trillion because of these diseases.



Conclusion:

Poor nutrition has vast physical and economic consequences. Most Americans have a poor diet, leading to a high prevalence of various chronic diseases. These diseases may cause minor disruptions or hindrances to normal life for some while being severely debilitating for others. Overall, nutrition-related chronic diseases cause reductions in productivity, lost wages, and reduced economic output. This translates to reduced revenue for the federal government while simultaneously requiring more spending to treat the disease and provide economic assistance for those unable to work to their full potential because of illness. This analysis estimates that the overall economic cost of obesity, heart disease, type 2 diabetes, and nutrition-related cancers totaled \$16 trillion between 2011-2020.



THANK YOU FOR LISTENING!

