



FOOD QUALITY & ORGANICS

WHY WHAT WE EAT REALLY MATTERS

YOUR NAME AND LOGO HERE

DISCLAIMER

This presentation is for educational purposes only. It does not provide health care, medical or nutrition therapy services; diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. The presenter is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional. Any advice given by the presenter is not meant to take the place of advice by these professionals.

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MEET YOUR PRESENTER



- **Your bio**
- **Key qualifications**
- **Your story**
- **Your education**
- **Why you do what you do...**

AGENDA



- **State of our health**
- **Inflammation**
- **Food quality**
- **Today's produce**
- **Chemicals in our food**
- **GMOs**
- **The power of greens**

STATE OF OUR HEALTH

- **2018 – 17.9% of GDP or \$3.3T spent on healthcare**
- **2023 – 25% of GDP and 4T estimated**
- **7 out of 10 deaths caused by chronic disease**
 - Heart disease – 81M
 - Cancer – 11M
 - Depression – 1/20 Americans over 12 yrs old
 - Diabetes – 1/3 children will develop it
- **1/2 of US adults have at least 1 chronic condition** (2012)
- **70% of adults are overweight or obese**

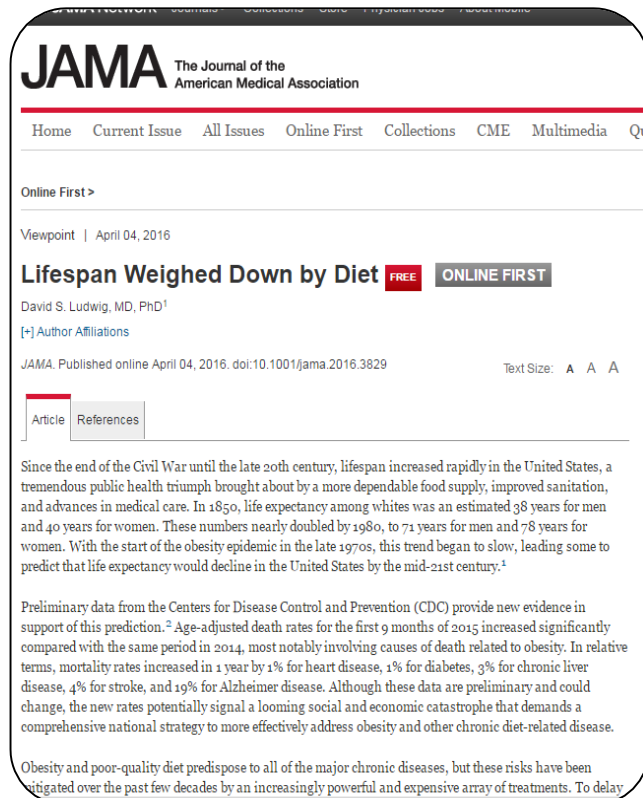
STATE OF OUR HEALTH (CONT)

- **#1 in healthcare spending**
- **37th in health care effectiveness** (WHO)
- **When compared with 17 economically comparable countries (IOM):**
 - Lowest **life expectancy** (men), next to lowest (women)
 - Next to last in **disease-related mortality**
 - #1 in **infant mortality**
 - #1 in **teenage obesity**
 - #1 in **CVD** rates

FOOD — WHAT TO EAT



TROUBLING TREND



Age-adjusted death rates for the first 9 months of 2015 **increased significantly** ... most notably involving causes of **death related to obesity**...

mortality rates increased in 1 year

- 1% for heart disease,
- 1% for diabetes,
- 3% for chronic liver disease
- 4% for stroke, and
- 19% for Alzheimer disease.

IT'S NOT SURPRISING WHEN...



TYPICAL ONE WEEK'S GROCERIES IN THE US



INFLAMMATION



INFLAMMATION



Acute

INFLAMMATION



Acute

vs

Chronic



RECENT HEADLINES ON INFLAMMATION

THE HARVARD MEDICAL SCHOOL
FAMILY HEALTH GUIDE

Sign up for our free e-newsletter, **HEALTHbeat**.
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First Name (optional):

What you eat can fuel or cool inflammation, a key driver of heart disease, diabetes, and other chronic conditions.

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Home > Health > Conditions & Treatments > Tame chronic inflammation

Tame chronic inflammation
Heart attacks stem in part from inflammation, which can damage your arteries
Last updated: February 2013

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Does Inflammation Trigger Insulin Resistance and Diabetes?
It's not just obesity—more evidence links inflammation with type 2 diabetes



INFLAMMATION — LINKS TO DISEASE

