

Diet, Nutrition, and Exercise

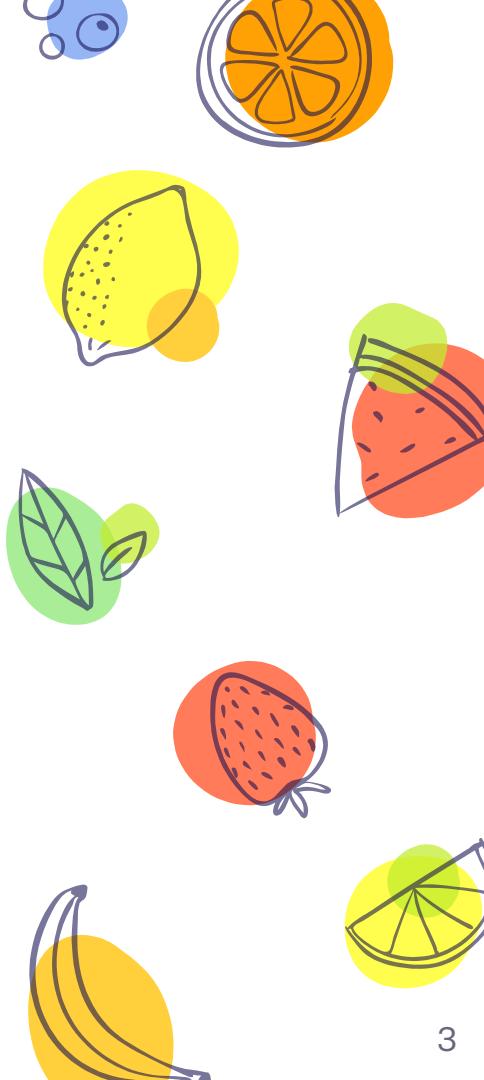
Project Meducate



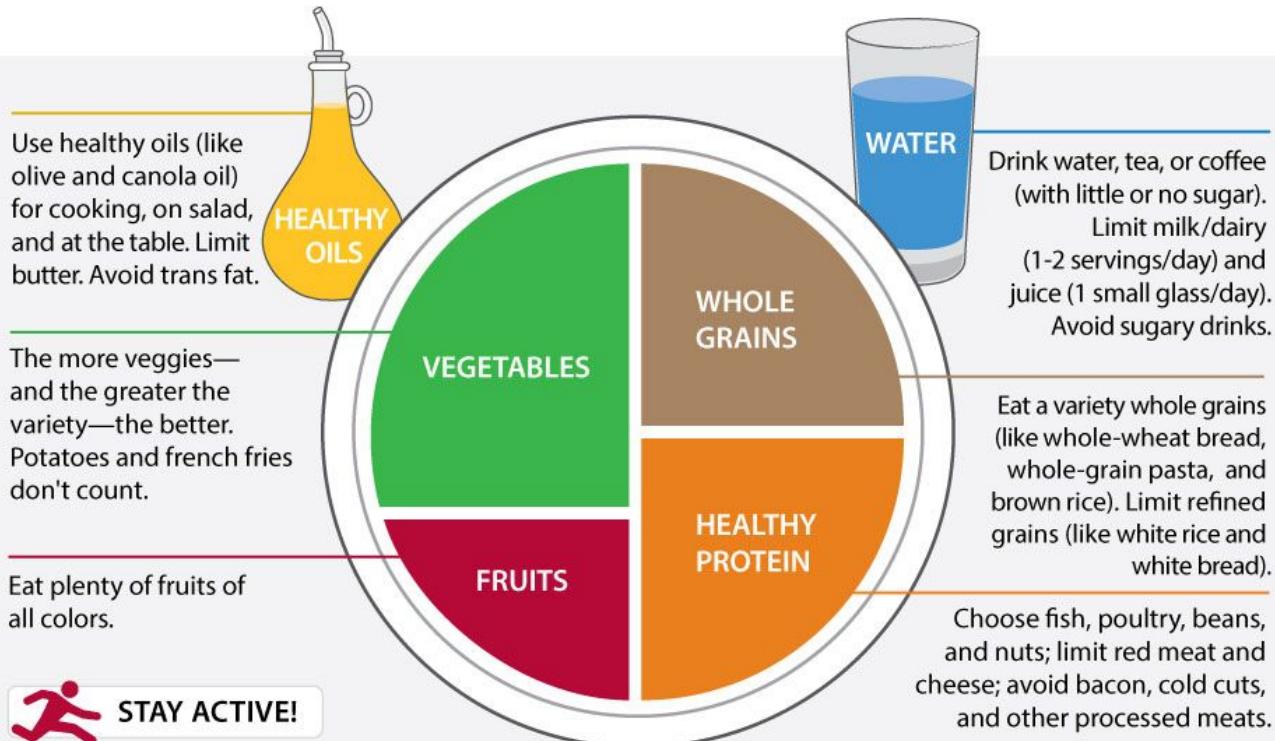
About Project Meducate

- Dedicated to providing free health services, education, and resources to underprivileged populations in NJ
- Wide range of volunteer doctors (physical therapists, cardiologists, pain specialists, etc.)
- Conducted 6 health clinics in temples/churches with 200+ attendees

My Plate Quiz



HEALTHY EATING PLATE



STAY ACTIVE!

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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

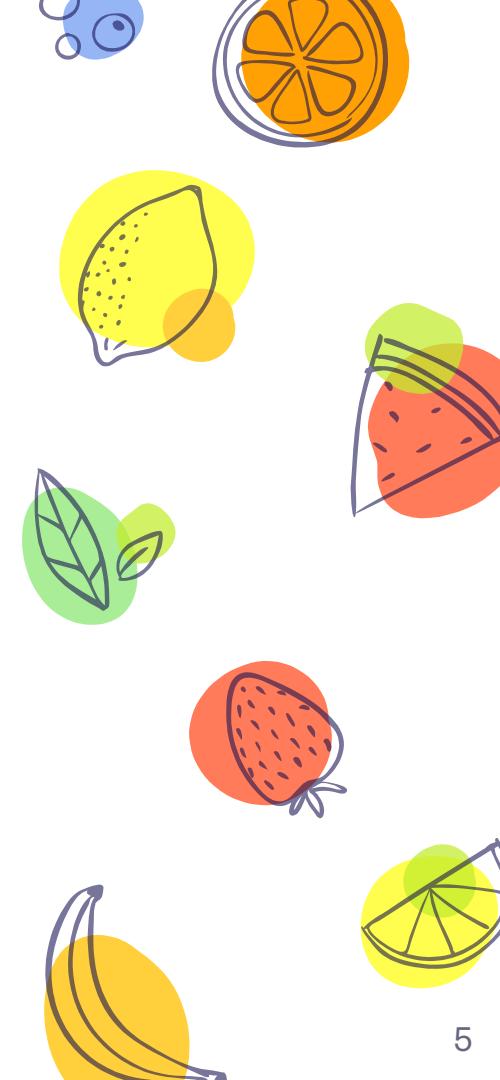
Harvard Medical School
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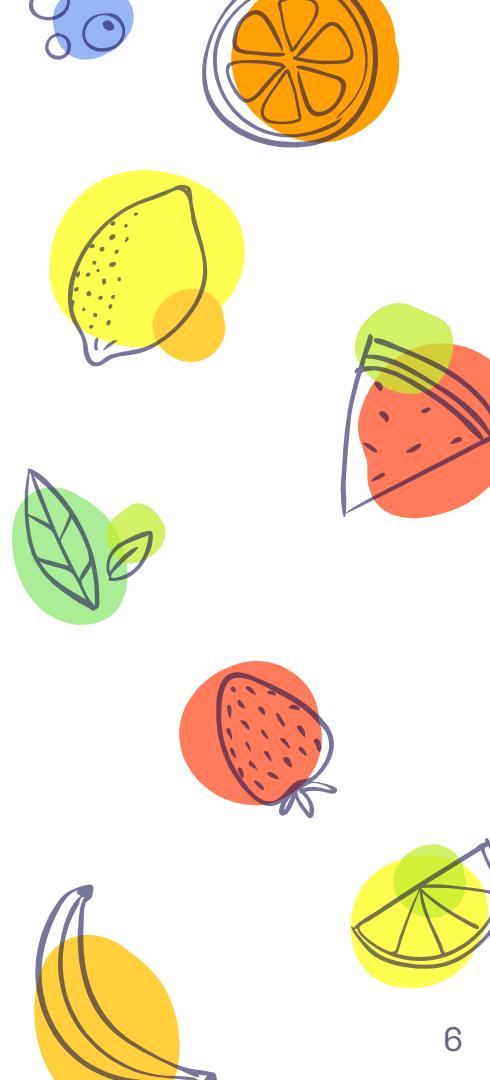
Nutrition on a Budget

- ❖ Plan Ahead
 - Plan recipes & shop with a list
- ❖ Frozen & Canned Foods
 - Cost-effective, last longer
- ❖ Store Brands
 - Usually comparable to name-brand items



Nutrition With a Busy Lifestyle

- ❖ Choose healthy options at restaurants
 - Salads, veggie-based entrees, grilled vs. fried
- ❖ Fast-food does not always equal unhealthy
 - Smaller portions and less sugary drinks
- ❖ Meal Kit Subscriptions
 - Convenient home-cooked meals
 - Portion controlled for you
 - Accommodates various diets





Why is a healthy lifestyle so important?

Statistics

CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

CHRONIC DISEASES IN AMERICA

6 IN 10

Adults in the US
have a **chronic disease**



4 IN 10

Adults in the US
have **two or more**

THE LEADING CAUSES OF DEATH AND DISABILITY

and Leading Drivers of the Nation's **\$4.1 Trillion** in Annual Health Care Costs



HEART DISEASE



CANCER



CHRONIC LUNG
DISEASE



STROKE



ALZHEIMER'S
DISEASE



DIABETES



CHRONIC
KIDNEY
DISEASE



Poor Exercise & Nutrition

THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASE



TOBACCO
USE



POOR
NUTRITION



LACK OF
PHYSICAL ACTIVITY



EXCESSIVE
ALCOHOL USE

**Exercise and Nutrition are some of the
most important lifestyle risks!**

The Obesity Epidemic

Definition: a medical condition characterized by an excessive accumulation of body fat that poses a risk to health

Causes: Sedentary lifestyle, genetics, unhealthy diets high in calories and processed foods, lack of physical activity, environmental influences, certain medical conditions, medications, and psychological factors

Impact: Obesity can contribute to CVD, high blood pressure, and diabetes.



Understanding Cardiovascular Diseases (CVD)

- Cardiovascular diseases affect the heart and blood vessels
 - Usually due to buildup of fat in blood vessels
- Risk Factors
 - High cholesterol, hypertension, sedentary lifestyle, poor diet
- Statistics
 - Leading cause of death globally
 - ~17.9 M died from CVDs in 2019, 32% of all global deaths.
 - Of these deaths, 85% were due to heart attack and stroke



High Blood Pressure (Hypertension)

- Systolic BP of 130 and diastolic BP of 80 (130/80)
 - Stays high for a long time (chronic)
- Risk Factors
 - Unhealthy diet, lack of exercise, stress, smoking/drinking
- Signs & Symptoms
 - **None**
 - Early detection very important for management

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/ or	HIGHER THAN 120

Diabetes

Types of Diabetes: Type 1, Type 2, and gestational diabetes.

- **Type 1:** is a result of genetics, appears in adolescence; body does not provide enough insulin
- **Type 2: is a result of lifestyle**, the body still produces insulin but is unable to use it effectively; **related to obesity and being inactive**
- **Gestational Diabetes:** develops during pregnancy when the body can't produce enough insulin to meet the increased needs

Effects:

- Obesity can lead to Type 2 diabetes.
- High BP can be comorbid with Type 2 diabetes.
- Type 2 Diabetes can cause CVD.





The Power of Nutrition

Balanced Diet:

- Fruits, vegetables, whole grains, lean proteins, and healthy fats are vital.
- Provides essential nutrients, antioxidants, and fiber.

Overall Impact:

- **Weight Management:** Balanced diet contributes to weight control, reducing obesity risks.
- **Inflammation Reduction:** Nutrient-rich foods lower inflammation, benefiting heart health.
- **Blood Sugar Control:** Balanced nutrition maintains stable blood sugar levels, crucial for diabetes management.



Nutrition's Role in Diseases

Cardiovascular Disease (CVD):

Nutrition's Role:

High saturated fats and sugars increase CVD risk.

Beneficial Impact:

Balanced diet lowers cholesterol, reducing heart disease risk.

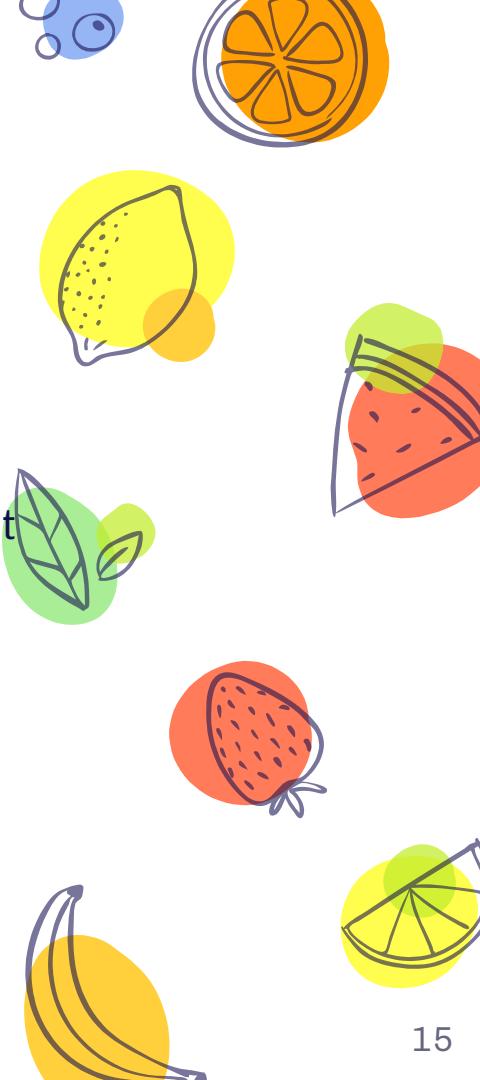
Obesity:

Nutrition's Role:

Processed, calorie-dense foods contribute to weight gain.

Beneficial Impact:

Balanced diet aids weight control and prevents obesity-related issues.



Nutrition's Role in Diseases

High Blood Pressure:

Nutrition's Role:

High sodium intake elevates blood pressure.

Beneficial Impact:

Low sodium, high potassium diet regulates blood pressure.

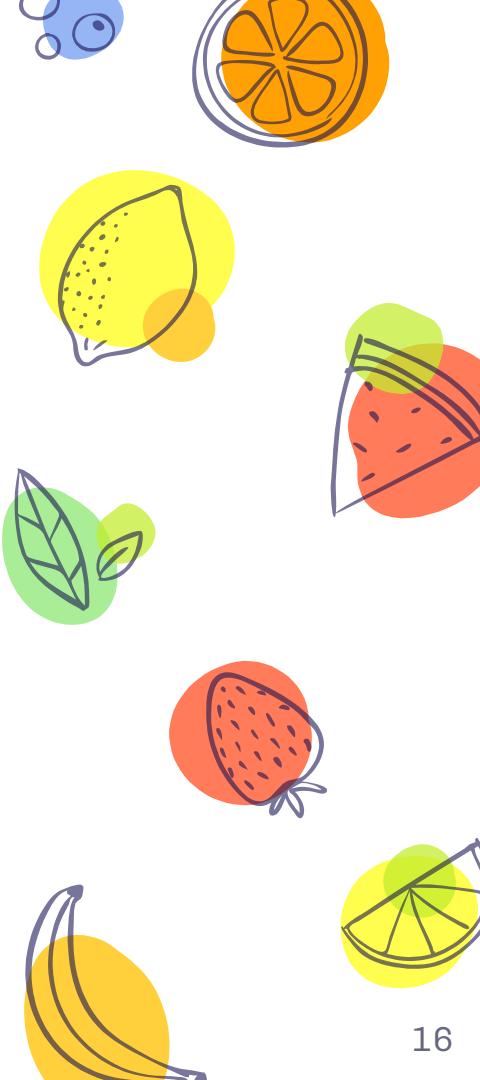
Diabetes:

Nutrition's Role:

Carbohydrate intake affects blood sugar levels.

Beneficial Impact:

Balanced diet stabilizes blood sugar, supports diabetes management.



Exercise and Benefits

Strength Training	<ul style="list-style-type: none">- Builds leg strength and stability- Improves mobility and functional independence- Helps manage osteoporosis by promoting bone density- Reduces the risk of type 2 diabetes by improving insulin sensitivity
Flexibility and Stretching	<ul style="list-style-type: none">- Reduces stiffness and tension- Improves posture- Alleviates symptoms of arthritis in the neck and shoulders- Aids in the prevention of musculoskeletal disorders
Balance Exercises	<ul style="list-style-type: none">- Enhances balance and coordination- Strengthens leg muscles- Reduces the risk of falls and associated injuries- Supports the management of neurological conditions affecting balance

Exercise and Benefits (cont)

Cardiovascular Exercise	<ul style="list-style-type: none">- Improves heart health- Aids in weight management- Manages hypertension and supports cardiovascular health- Reduces the risk of obesity-related diseases
Breathing Exercises	<ul style="list-style-type: none">- Enhances lung capacity.- Reduces stress and anxiety.- Supports respiratory health in conditions like chronic obstructive pulmonary disease (COPD).- Aids in stress management, reducing the risk of stress-related diseases.

Making Exercise Approachable

Dance



Sitting Workouts



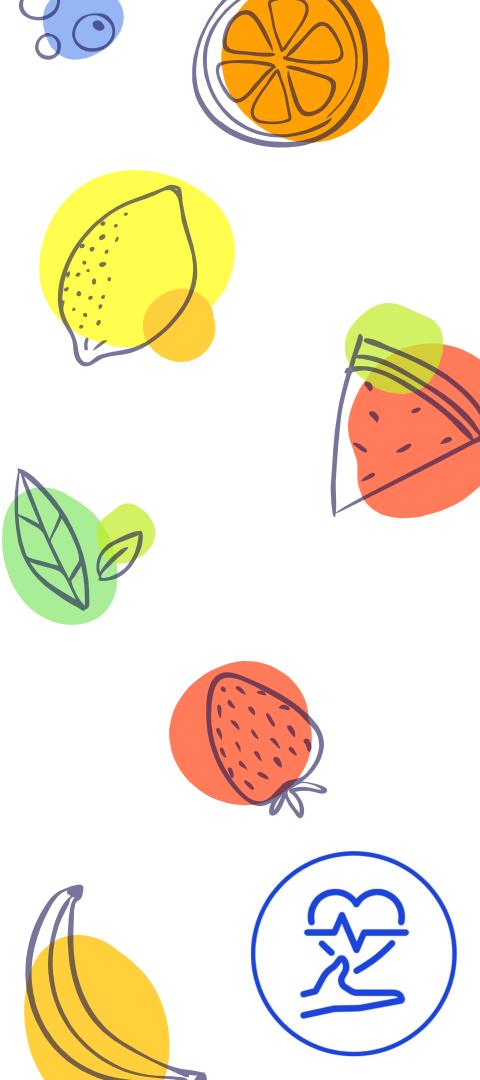
Mind-Body Exercise



Zumba

Chair Core
Exercise

Tai Chi





IT'S ALL ABOUT GETTING
YOUR BODY MOVING, WHATEVER
THAT LOOKS LIKE FOR YOU!

Interesting Health Research + News



From the first bite, our sense of taste helps pace our eating



Twin research indicates that a vegan diet improves cardiovascular health



Thank You!

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