

Diet, Nutrition, and Exercise

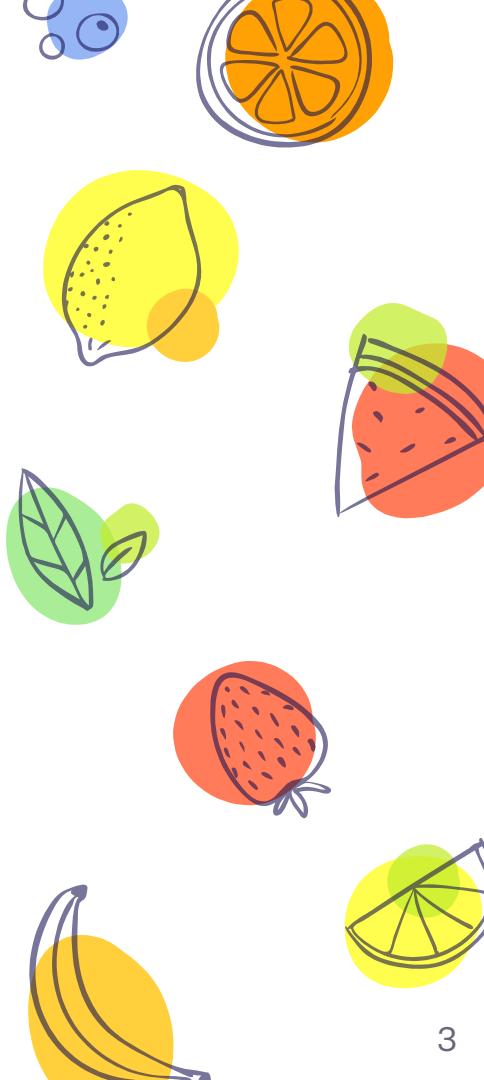
Project Meducate



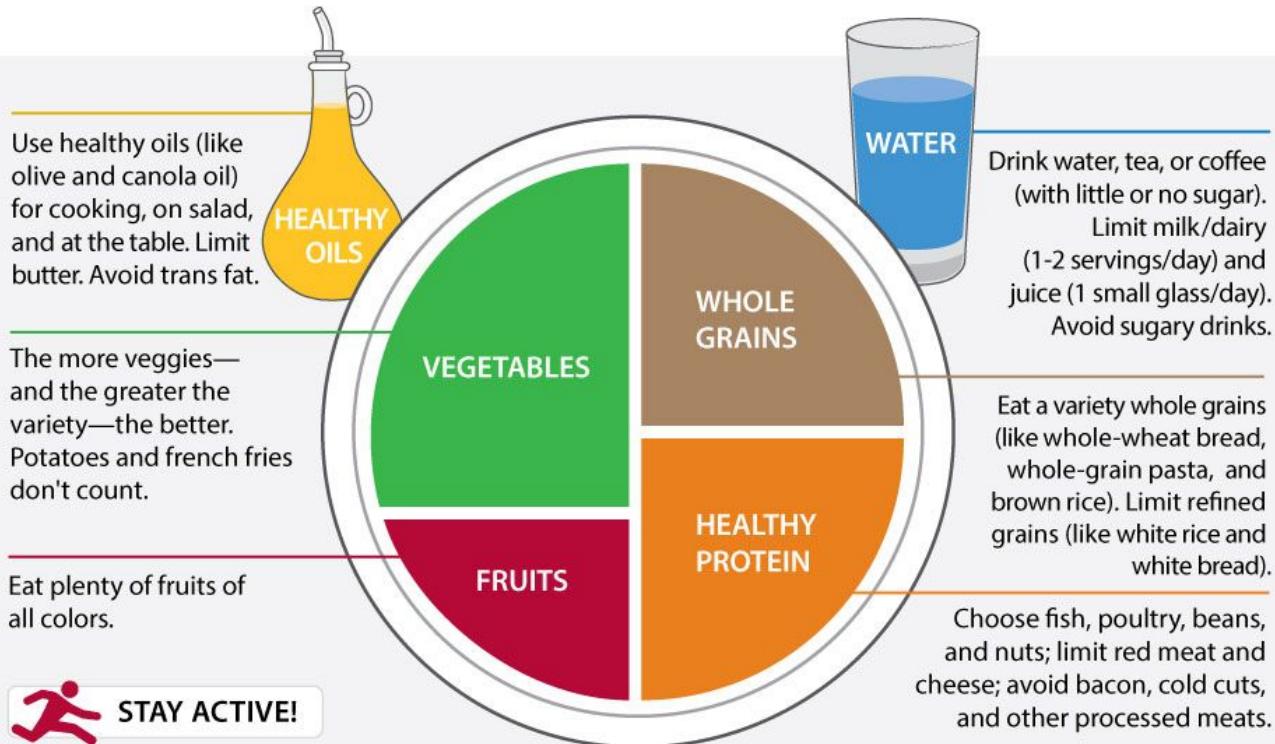
About Project Meducate

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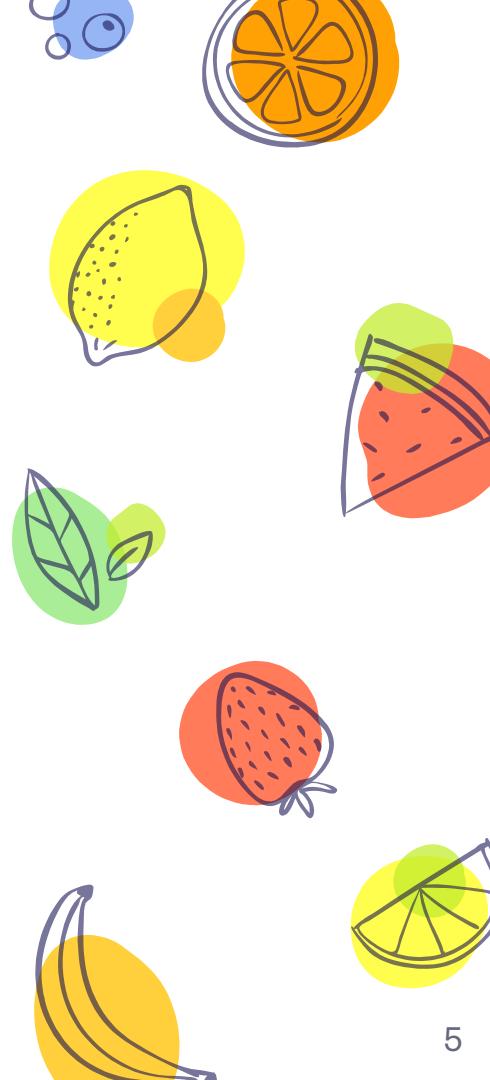
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publishing
www.health.harvard.edu



Nutrition With a More Sedentary Lifestyle

- ❖ Protein is Key!
 - Maintain muscle lost by aging
 - Ex. seafood, beans, dairy, lean meats
- ❖ Vitamins/Nutrients
 - Foods/supplements with vitamins and calcium
 - Hydrate regularly
- ❖ Meal Kit Subscriptions
 - Convenient home-cooked meals; pre-portioned
 - Accommodates various diets (veg, vegan, etc.)



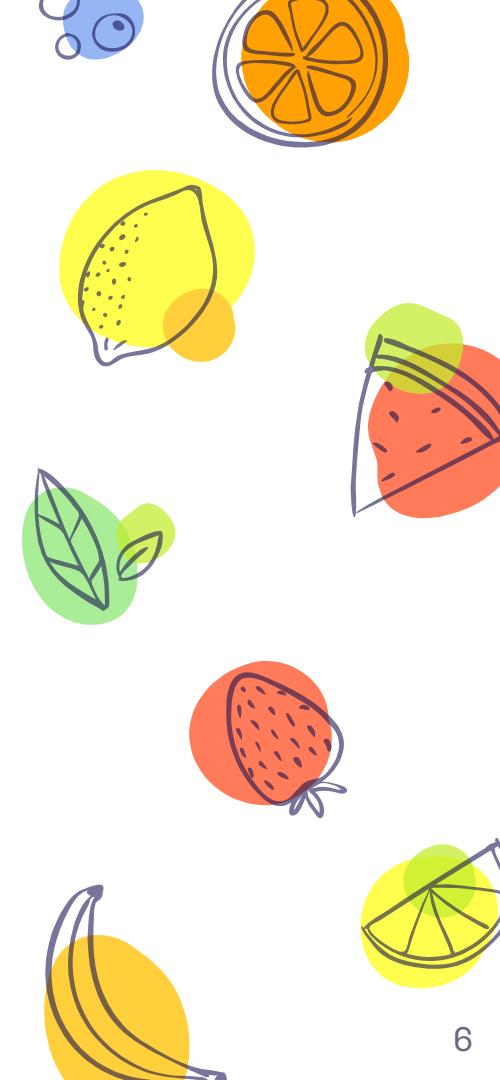
Sample Menu (from NIH)

Breakfast:

- Smoothie with spinach, fruit, and yogurt (Veg)
- Vegetable omelet with whole-grain toast (Veg)
- Banana split oatmeal (Veg)

Lunch:

- Chicken, tomato, avocado sandwich on whole-grain bread
- Quinoa with stir-fried vegetables (Veg)
- Black bean and sweet potato quesadillas (Veg)



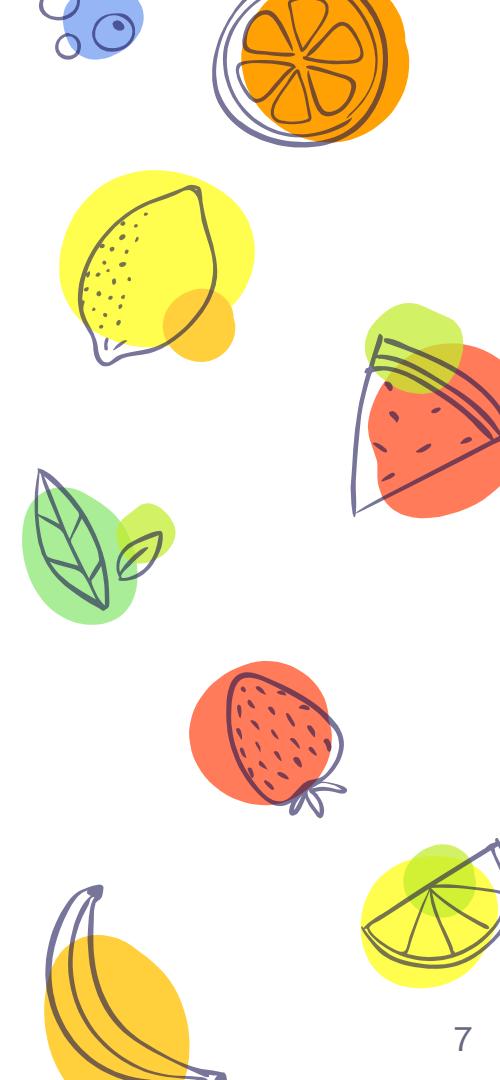
Sample Menu (from NIH)

Dinner:

- Chicken breast, roasted vegetables, hummus
- Roasted salmon, zucchini, and sweet potato
- Spinach & artichoke dip pasta (Veg)

Snack:

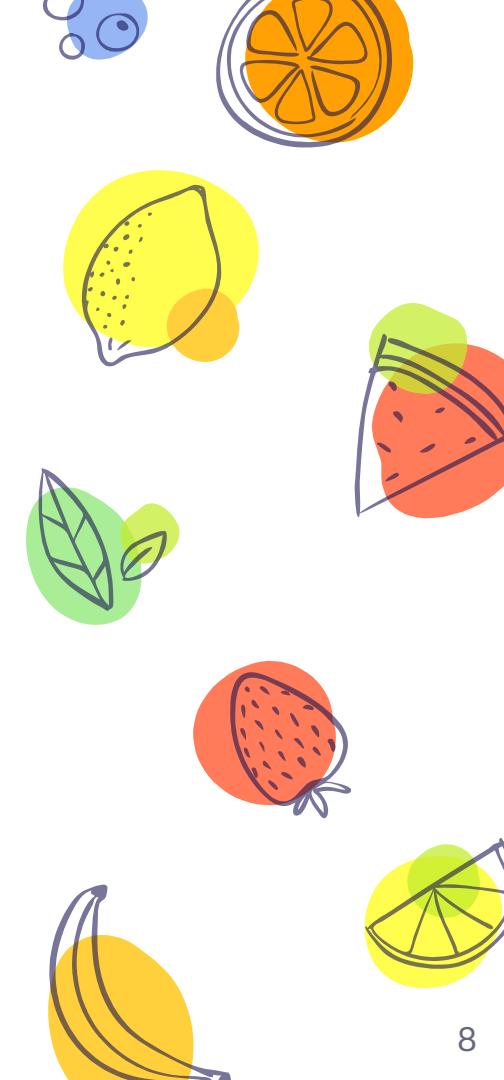
- Baby carrots and hummus (Veg)
- Celery with natural peanut butter (Veg)
- Fruit and yogurt (Veg)





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





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

A condition characterized by an excessive accumulation of body fat that lead a risk to health

Causes: Sedentary lifestyle, genetics

Impact: CVD, high blood pressure, and diabetes



Understanding Cardiovascular Diseases (CVD)

Cardiovascular diseases affect the heart and blood vessels.

Strokes are more likely to manifest with existing CVD related issues

Risk Factors: High cholesterol, hypertension

Statistics: Leading cause of death globally



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

- **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**

Effects:

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



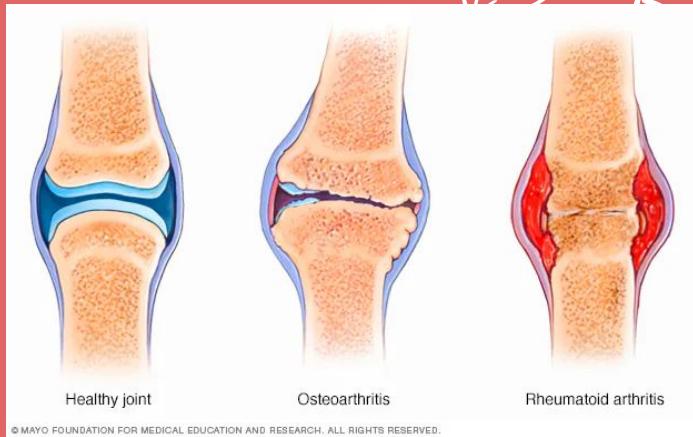
Arthritis

Arthritis: Refers to inflammation of the joints

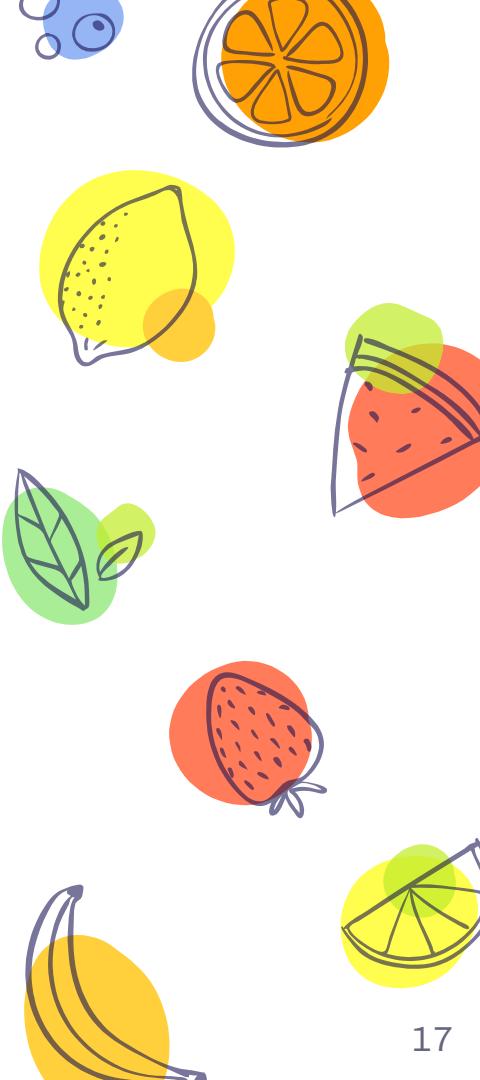
- **Osteoarthritis (OA):** most prevalent form
- **Rheumatoid Arthritis (RA):** autoimmune disease that primarily affects the synovium
- **Psoriatic Arthritis:** in individuals with psoriasis

Treatment Options:

- **Medications**
- **Physical Therapy**
- **Lifestyle Modifications**



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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): Obesity:

Nutrition's Role:

High saturated fats and sugars increase CVD risk.

Beneficial Impact:

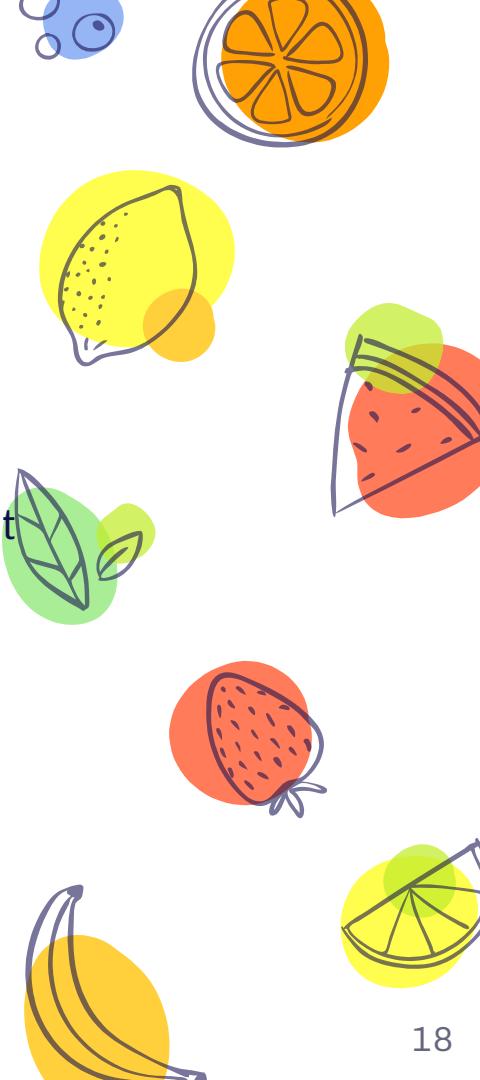
Balanced diet lowers cholesterol, reducing heart disease risk.

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.

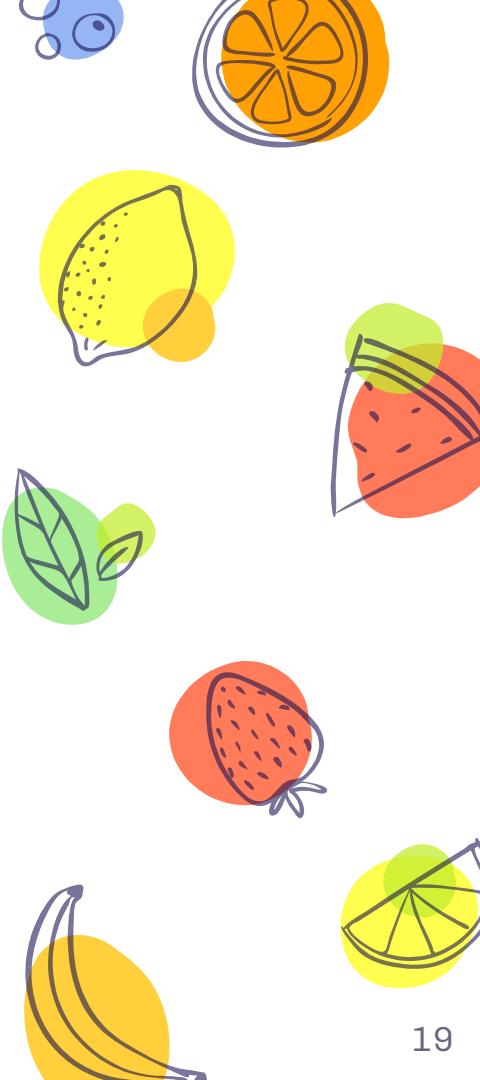
Diabetes:

Nutrition's Role:

Carbohydrate intake affects blood sugar levels.

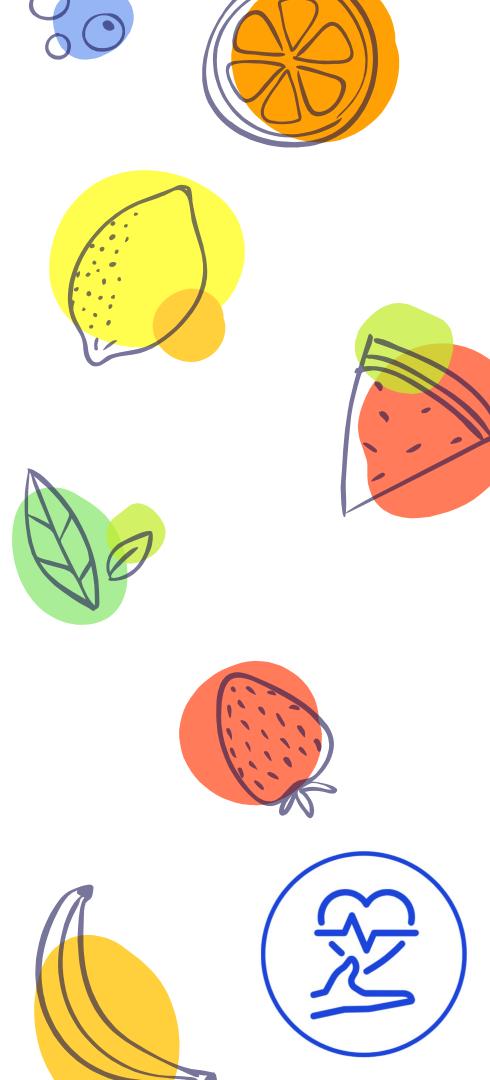
Beneficial Impact:

Balanced diet stabilizes blood sugar, supports diabetes management.



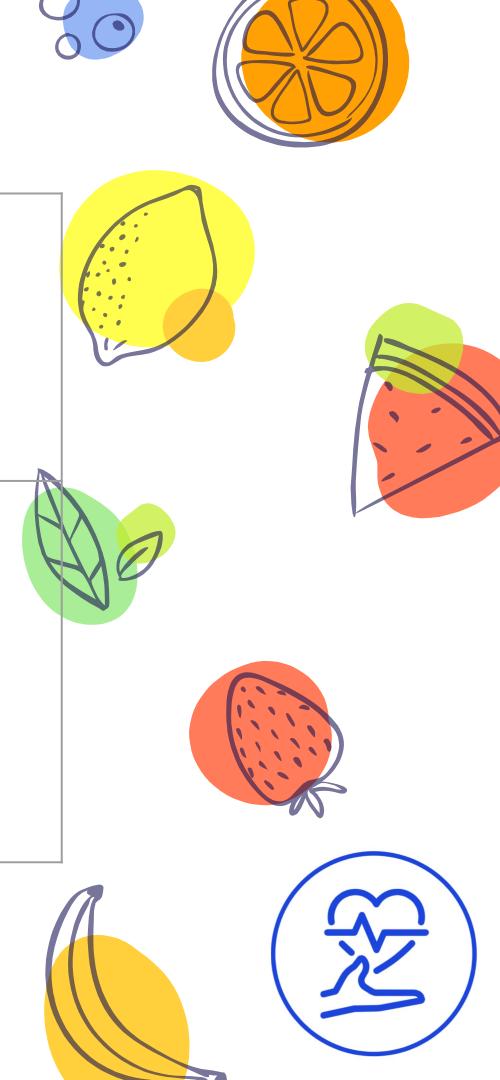
Exercise and Benefits

- Strength Training
- Flexibility and Stretching
- Balance
- Exercises



Exercise and Benefits (cont)

Cardiovascular Exercise	<ul style="list-style-type: none">- Improves heart health- Aids in weight management- Manages other diseases
Breathing Exercises	<ul style="list-style-type: none">- Enhances lung capacity- Reduces stress and anxiety



Making Exercise Approachable (Low Impact)

Dance



Sitting Workouts



Mind-Body Exercise



Water Aerobics

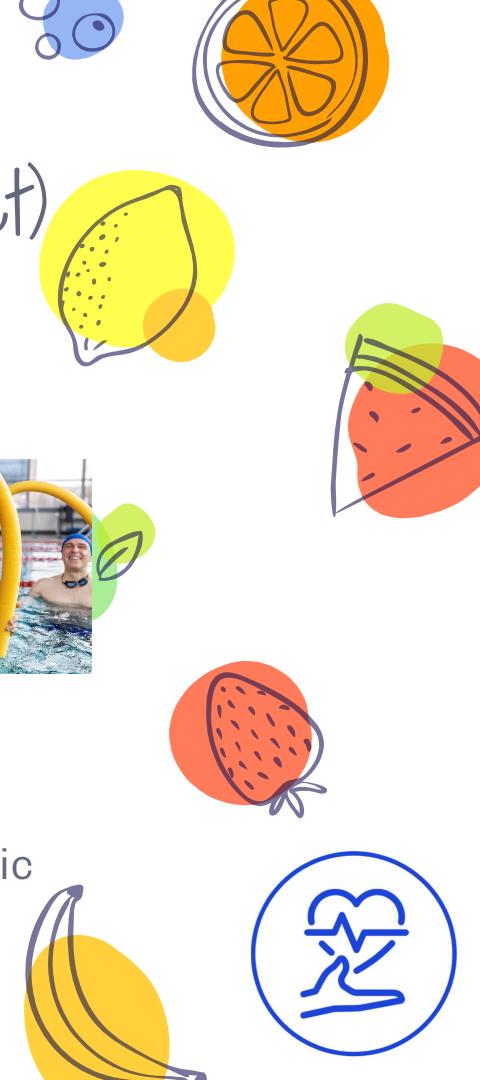


Zumba

Chair Core Exercise

Tai Chi

Water aerobic classes





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

LET'S GET UP AND TRY IT

1. Arms Circles -20 s



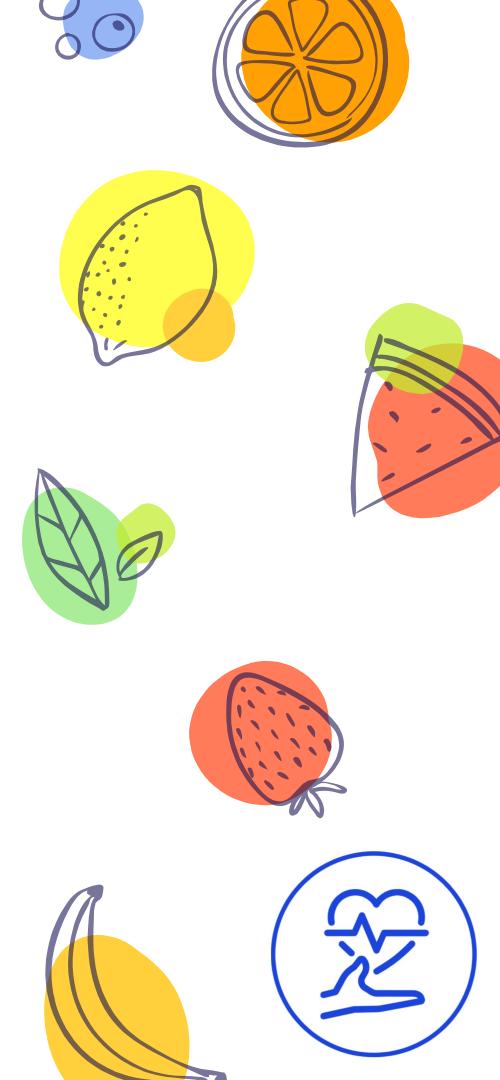
2. Sit and Stand -20 s



3. Jumping Jacks-20 s



4. Punches- 20 s



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!

Contact Information:



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or visit www.projectmeducate.org

