

<u>MEDICAL CONDITION</u>	<u>SUGGESTED SOLUTIONS</u>	<u>DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES</u>
<p><b><u>DIET/EXERCISE/WEIGHT</u></b></p> <p>Annual medical spending related to over weight status and obesity was estimated to be \$92.6 billion in 2002. In 2001 that was estimated to be \$117 billion. The direct medical cost was \$61 billion and the indirect cost was \$56 billion. The cost of lost productivity related to obesity in individuals 17-64 years of age was \$3.9 billion in 1994.</p> <p>Yearly \$33 billion in medical costs and \$9 billion in lost productivity from heart disease, cancer, stroke, and diabetes are related to poor nutrition.</p> <p>Greater adherence to a Mediterranean style diet was associated with 22% lower cardiovascular mortality.</p> <p><i>Heart Disease And Stroke Statistics - 2009 Update: Report From The American Heart Association Statistics Committee And Stroke Subcommittee. Donald Lloyd-Jones et al. Circulation</i>  <a href="http://circ.ahajournals.org/">http://circ.ahajournals.org/</a></p> <p><i>Donald Lloyd-Jones et al. Circulation, 2009; 119 : e1-e161</i></p> <p>Annual health costs related to obesity are estimated to be \$70-100 billion. That could increase further with increase in the prevalence of diabetes mellitus, diabetes related complications, cardiovascular disease, limb amputation, renal failure, blindness, hypertension, asthma, cancer, and gastro intestinal disease.</p> <p><i>Potential decline in life</i></p>	<p>Optimal exercise and weight reduction with healthy food choices may lead to 20% reduction in costs related to over weight status and obesity.</p>	<ul style="list-style-type: none"> <li>• Achieve and maintain a healthy body weight through an ad lib low glycemic diet, to try and prevent complications from further weight gain i.e. increased risk for higher blood glucose levels, higher blood pressure, joint pains, strokes, heart attacks, kidney damage, and cancer.</li> <li>• Get recommended amounts of exercise to help reduce weight, blood pressure, LDL cholesterol, raise HDL cholesterol, increase insulin sensitivity, and lower the risk of coronary heart disease.</li> </ul>

*expectancy in the United States  
in the 21<sup>st</sup> century; S. Jay  
Olshansky PhD: New Engl J Med  
352; 11; March 17, 2005  
<http://content.nejm.org/cgi/content/abstract/352/11/1138>*