



Sugar Shockers!!!

EMORY
HEALTHCARE

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HILLANDALE
HOSPITAL

Healthy Eating

- Foods contain three kinds of nutrients:
 - Healthy Carbohydrates
 - Protein
 - Fat

Carbohydrates are our main source of energy.

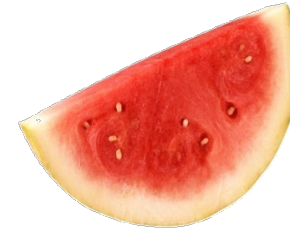


What Happens When We Eat?



We do need Carbs

- Carbohydrates
 - Sweets and Sugars
 - Starches and Grains
 - Fruits and Fruit Juices
 - Milk and Yogurt
 - Starchy Vegetables



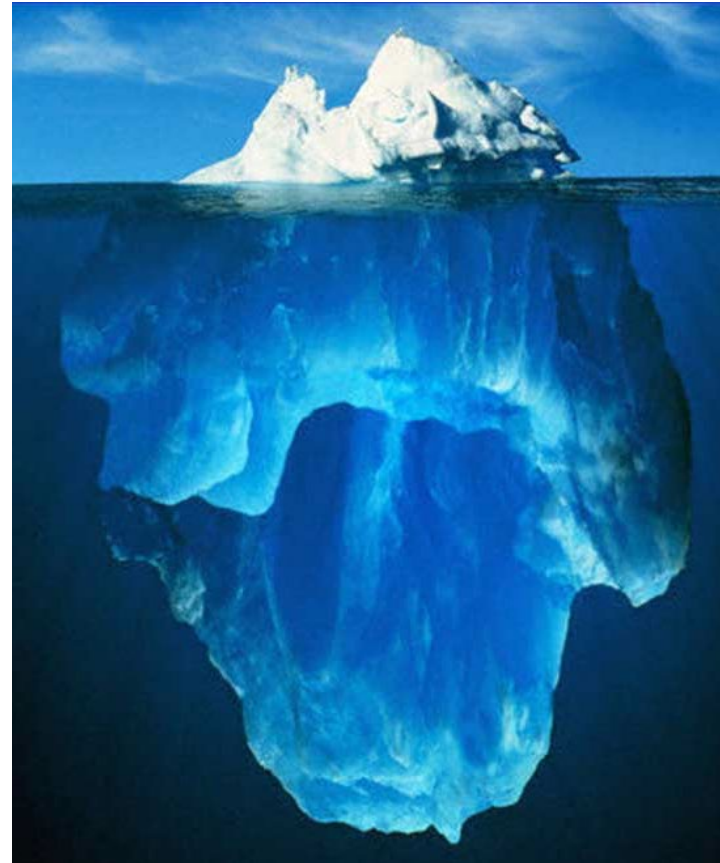


Healthy Carbohydrate Choices

- Oats & barley
- Whole-grain breads, cereals, & pastas
- Brown rice
- Beans, peas, corn, & potatoes
- Fruits, whole
- Low fat or fat free milk & yogurt

Tip of the Iceberg

- Average Americans eat almost 100 pounds of sugar a year!
- This equals about 26 teaspoons a day.







Walk it off!

- The calories from adding one 20 oz. soda a day to your diet for a year is the same amount of calories in 26 pounds of body fat- all empty calories from added sugar
- To burn off the calories from a 20 oz. soda, an average 150 lb adult would have to walk at moderate speed for about an hour.



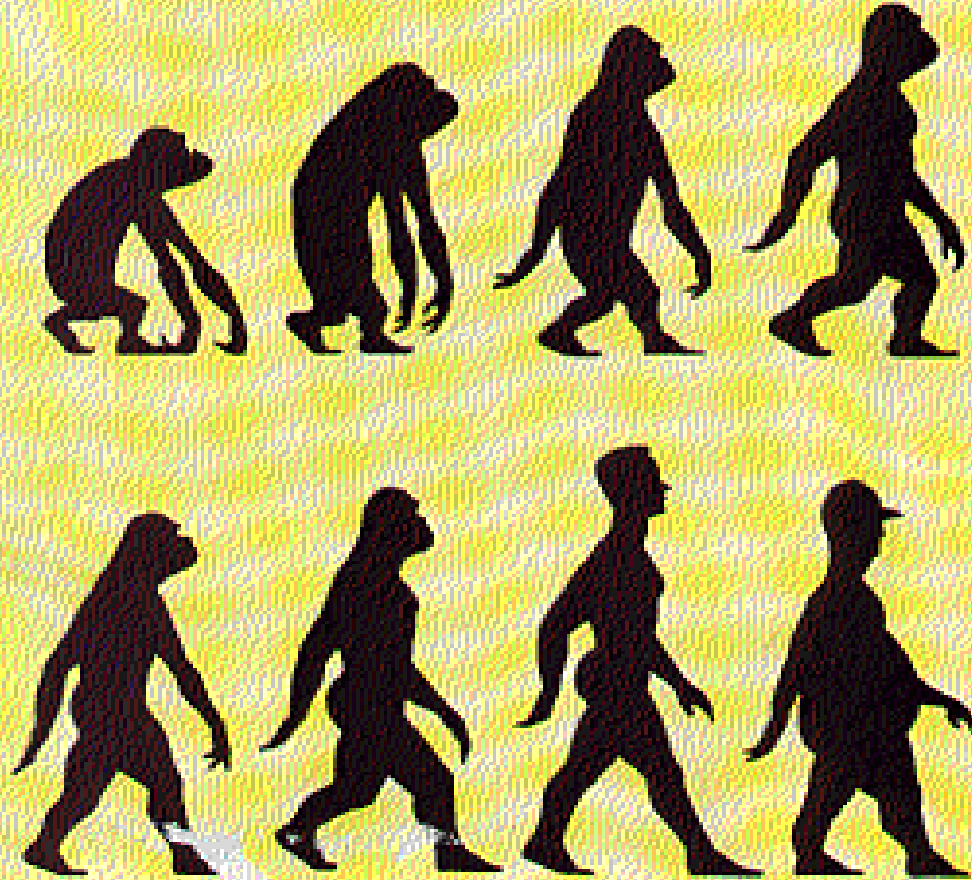
How Does Excess Sugar Affect Health?

- Increased calories
- Weight gain/obesity
- Strong link
 - Diabetes
 - Fatty liver disease
 - Heart Disease
- Dental caries/cavities

PRICE \$3.00

THE NEW YORKER

MAR. 13, 2000



falconer

Epidemic

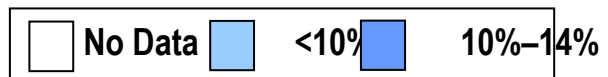
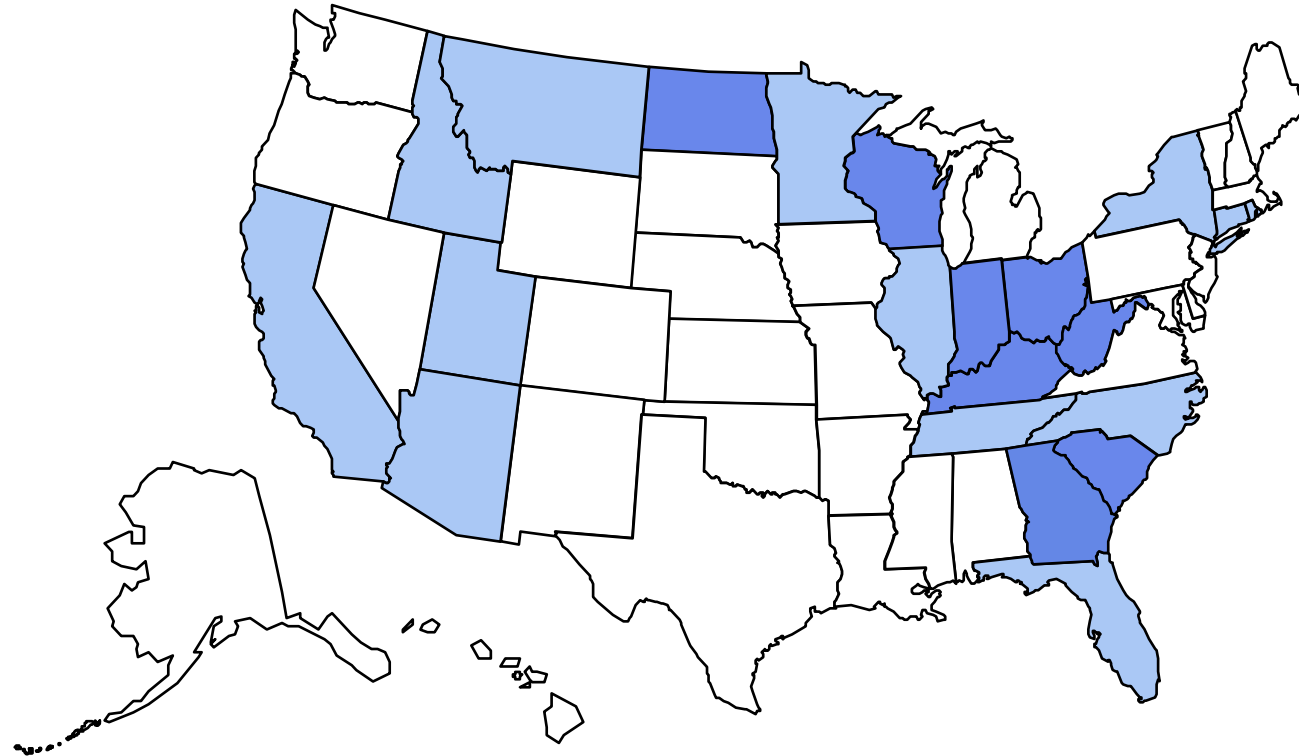
Obesity

- 50% of U.S. women
- 300,000 deaths/year

Obesity Trends* Among U.S. Adults

BRFSS, 1985

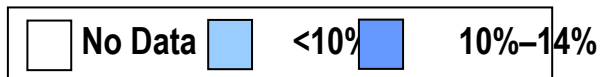
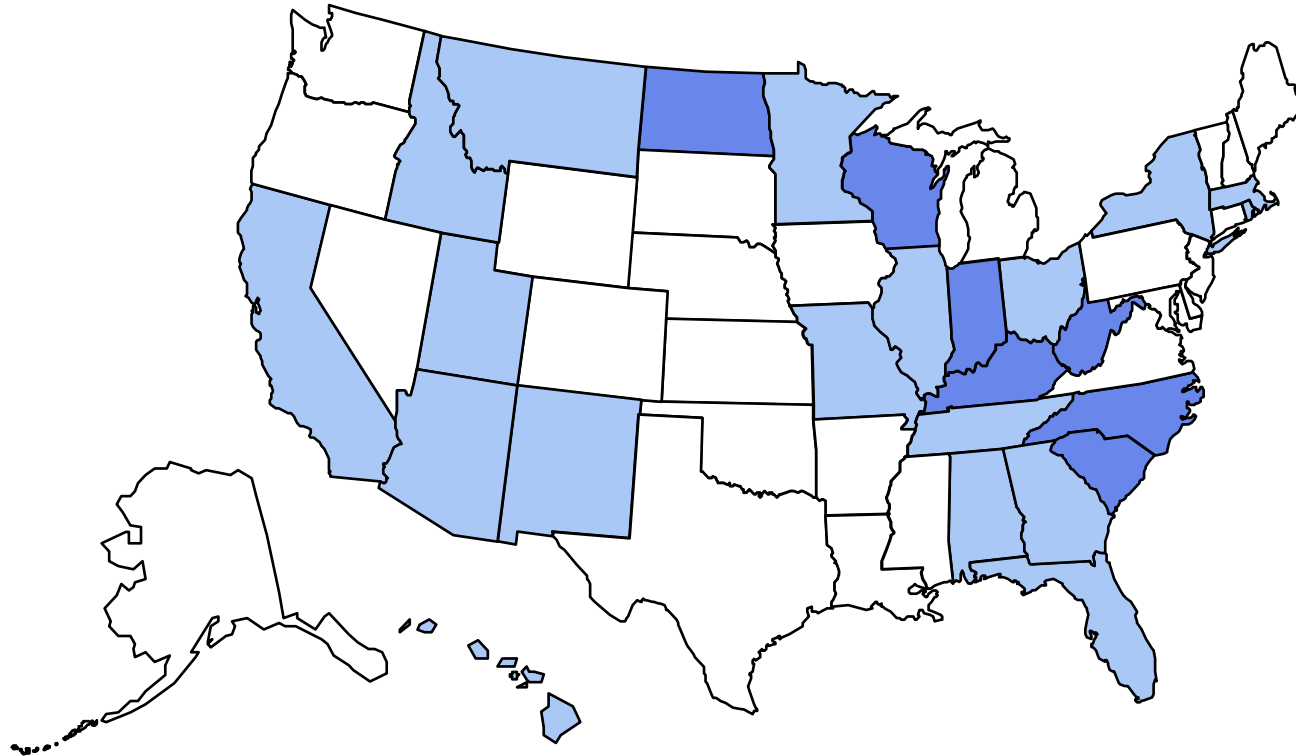
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1986

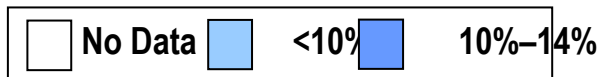
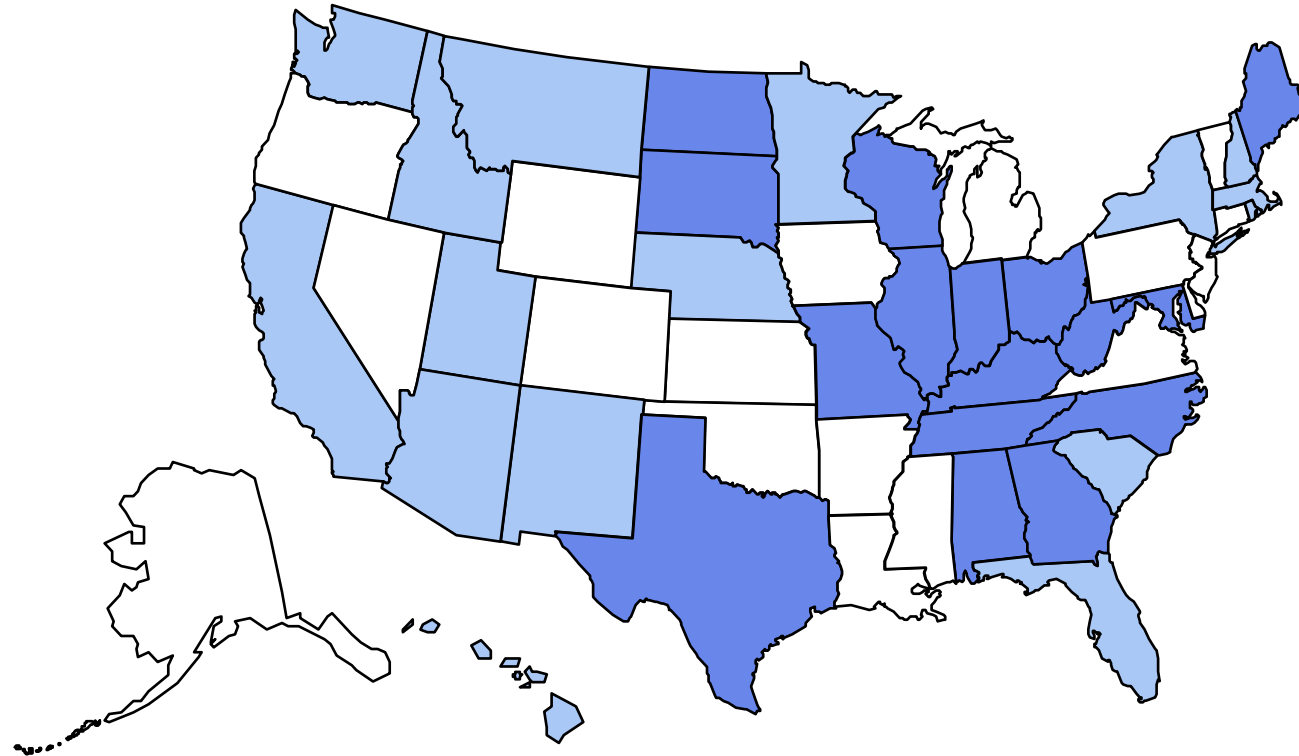
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Obesity Trends* Among U.S. Adults

BRFSS, 1987

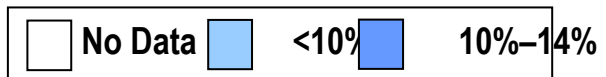
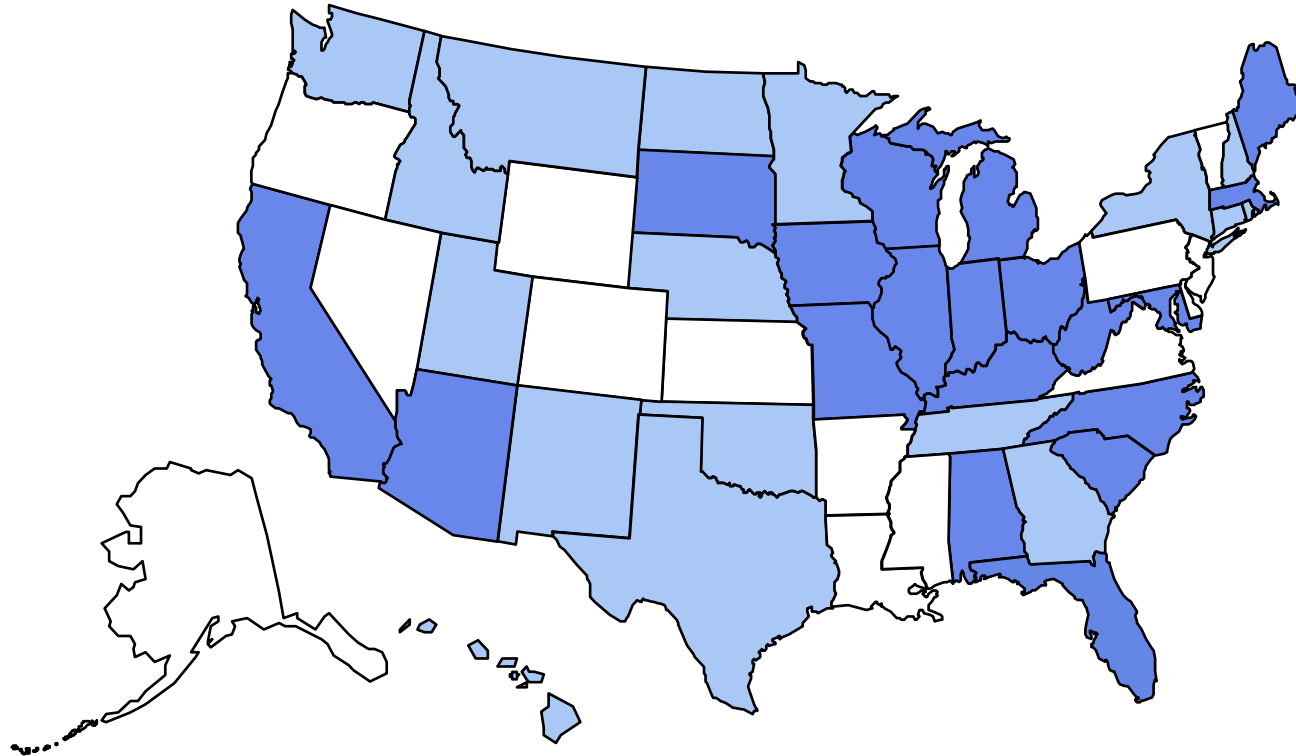
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Obesity Trends* Among U.S. Adults

BRFSS, 1988

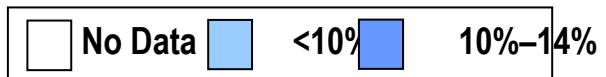
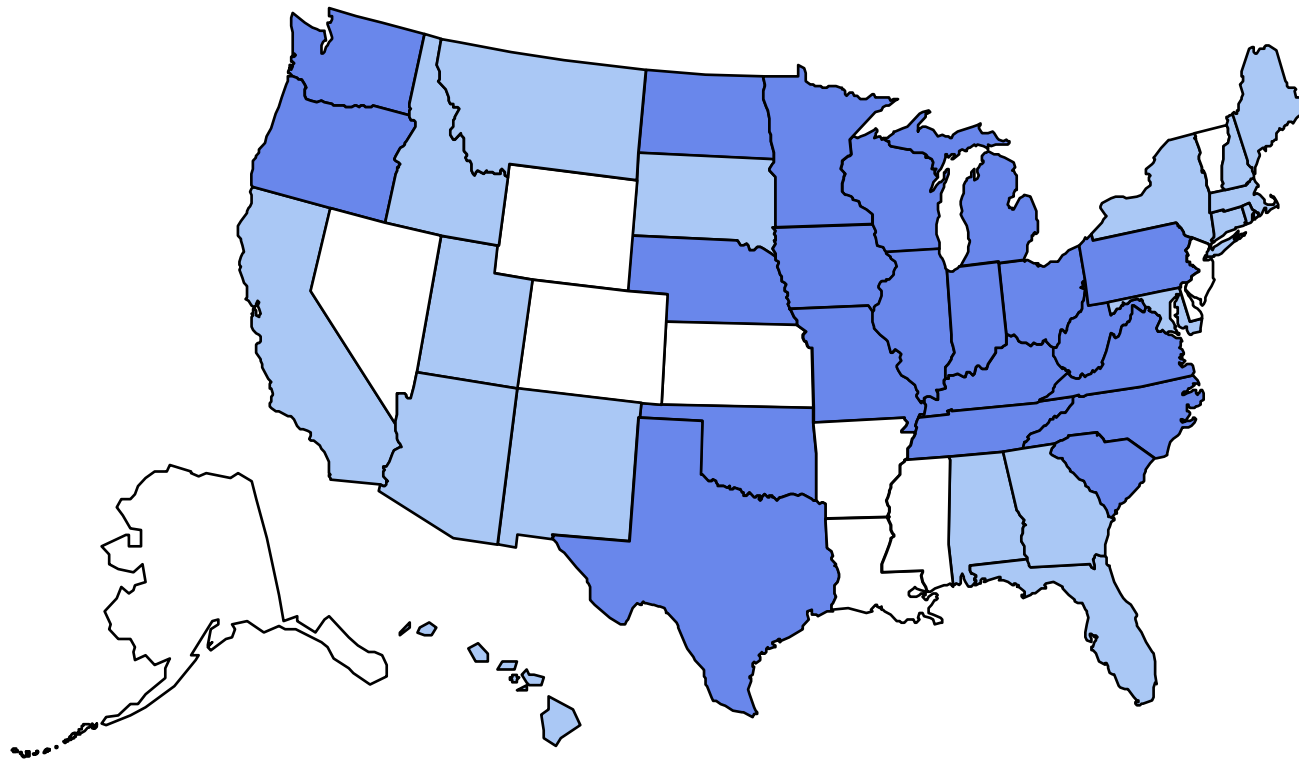
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Obesity Trends* Among U.S. Adults

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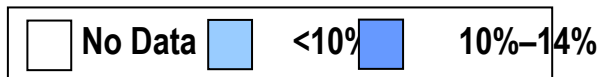
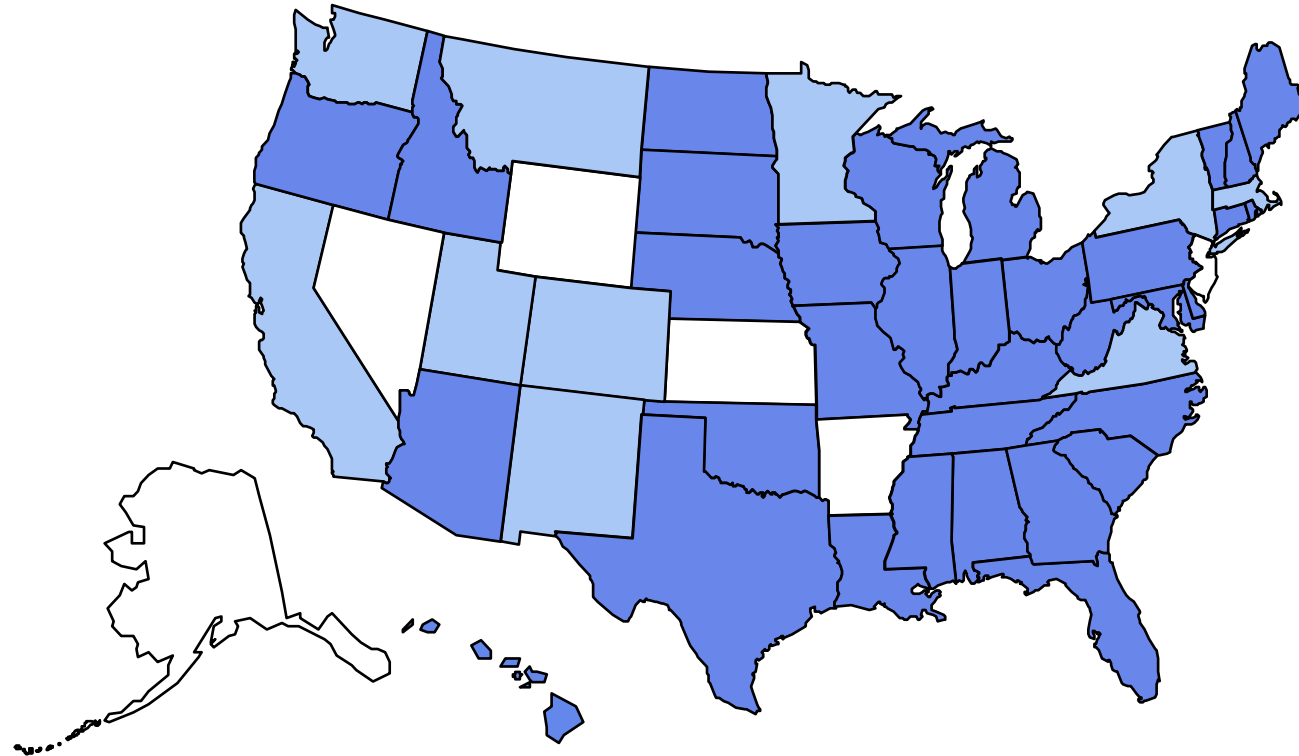
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Obesity Trends* Among U.S. Adults

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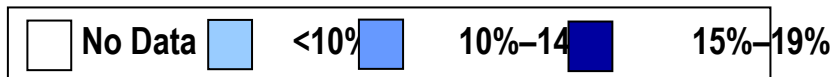
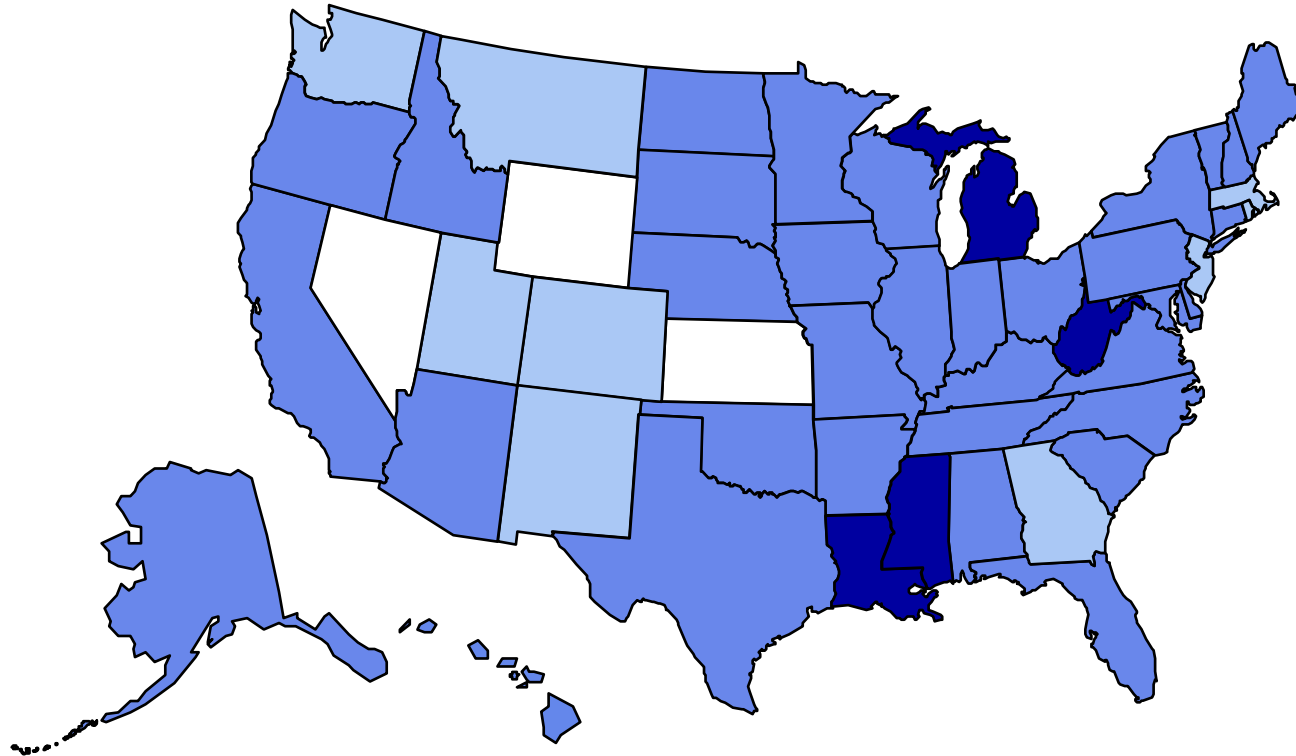
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Obesity Trends* Among U.S. Adults

BRFSS, 1991

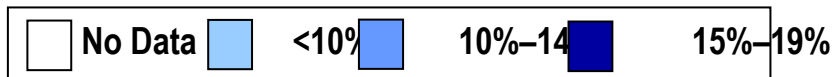
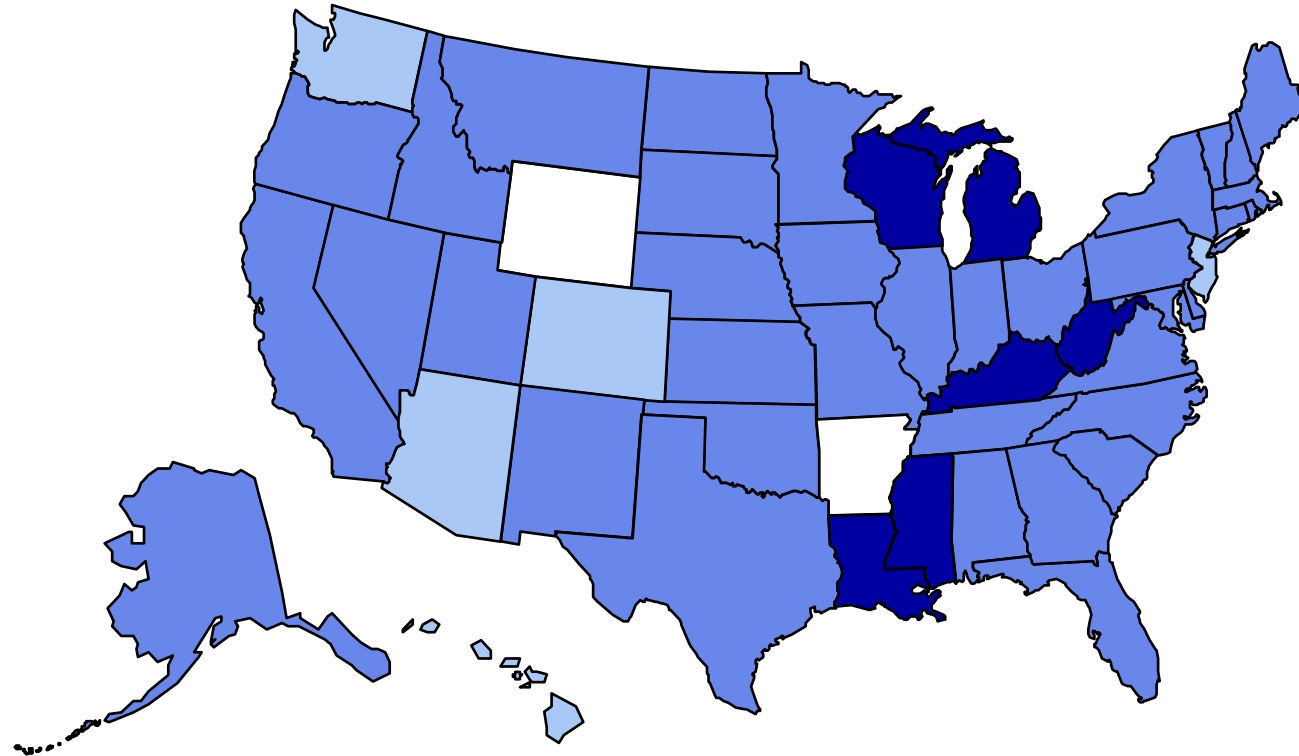
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Obesity Trends* Among U.S. Adults

BRFSS, 1992

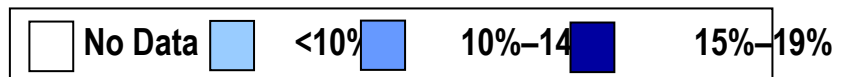
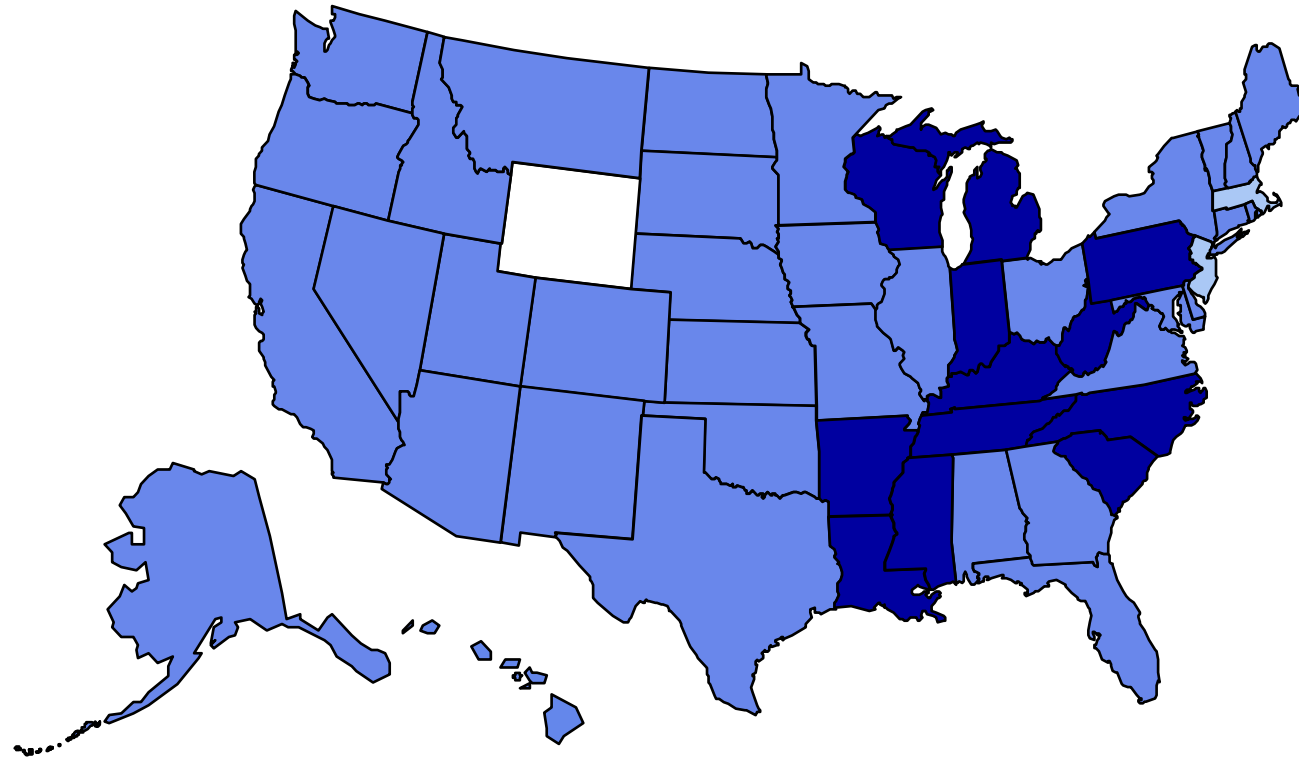
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Obesity Trends* Among U.S. Adults

BRFSS, 1993

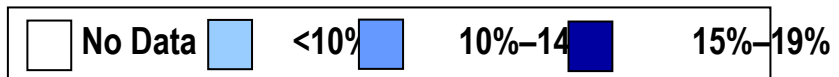
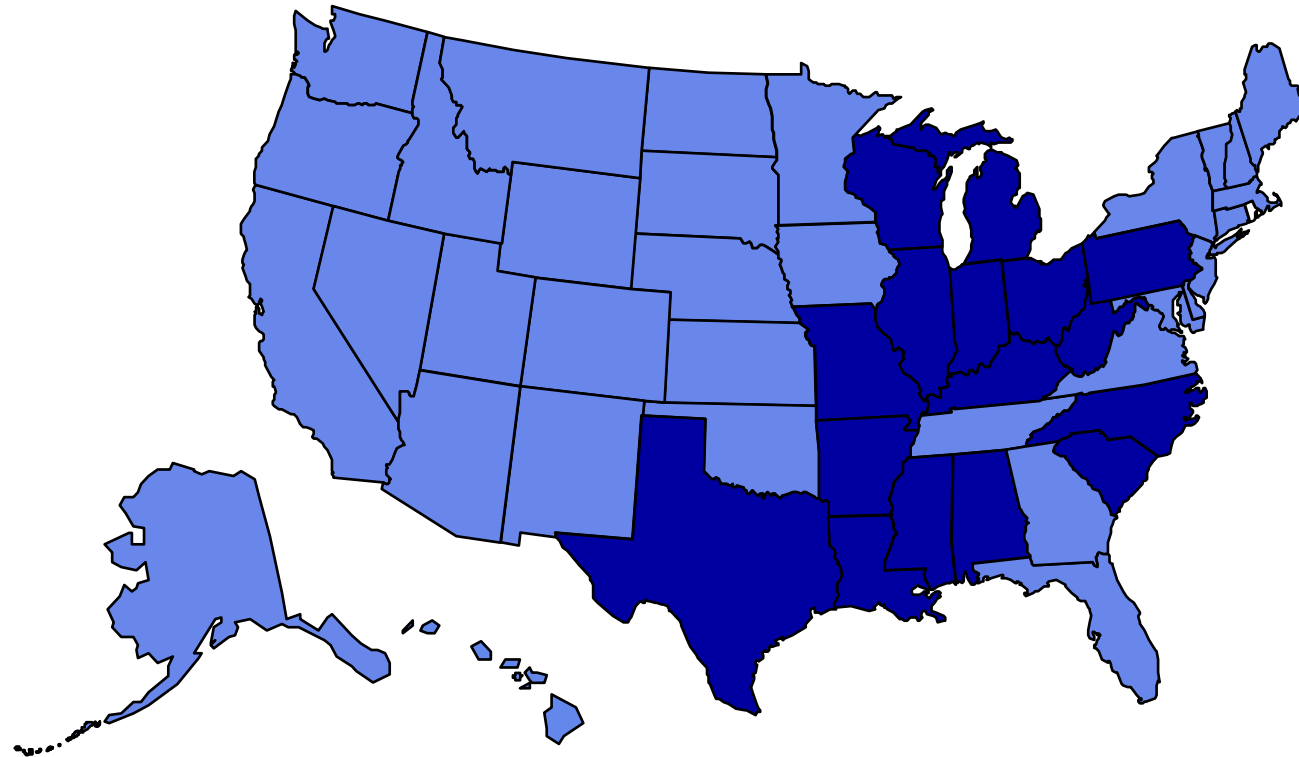
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Obesity Trends* Among U.S. Adults

BRFSS, 1994

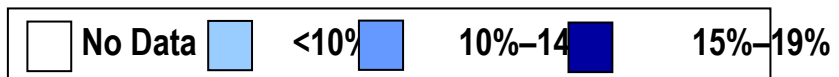
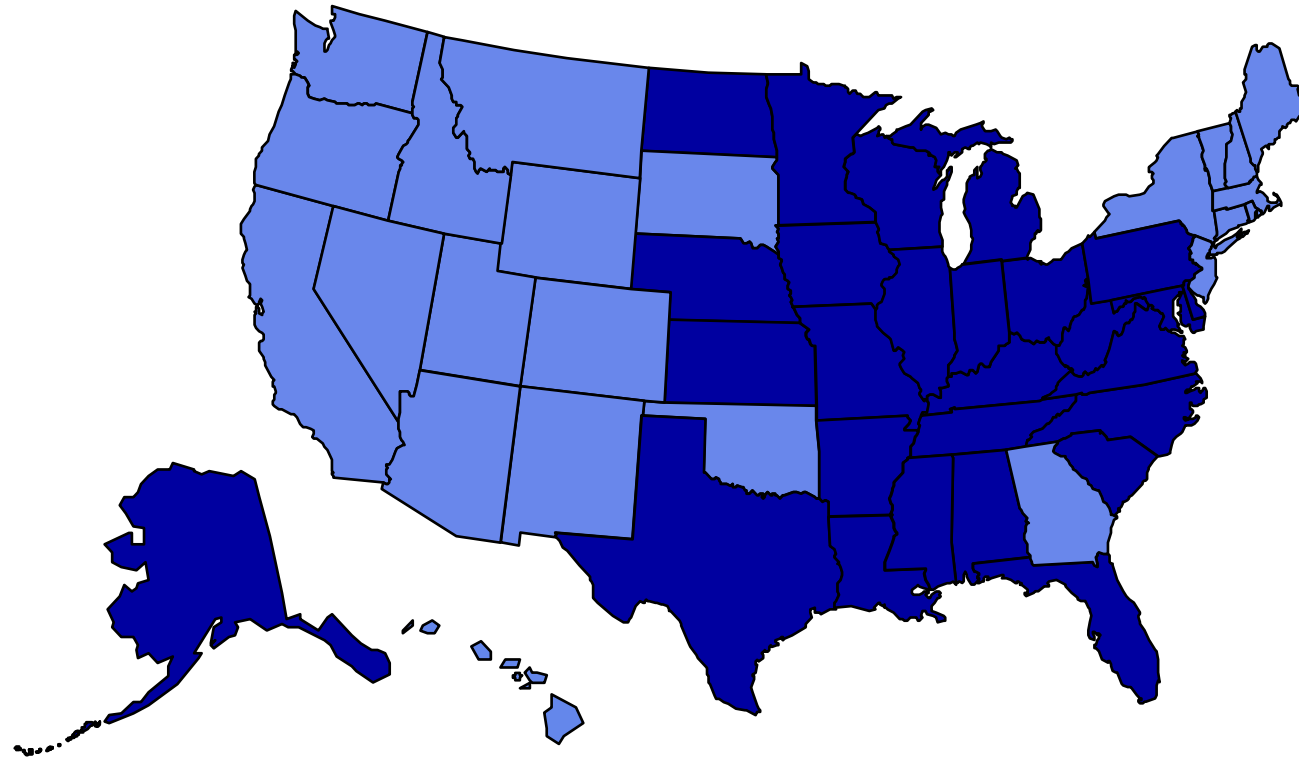
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Obesity Trends* Among U.S. Adults

BRFSS, 1995

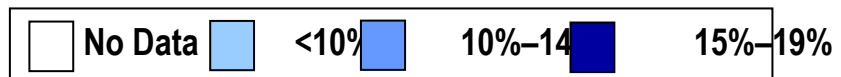
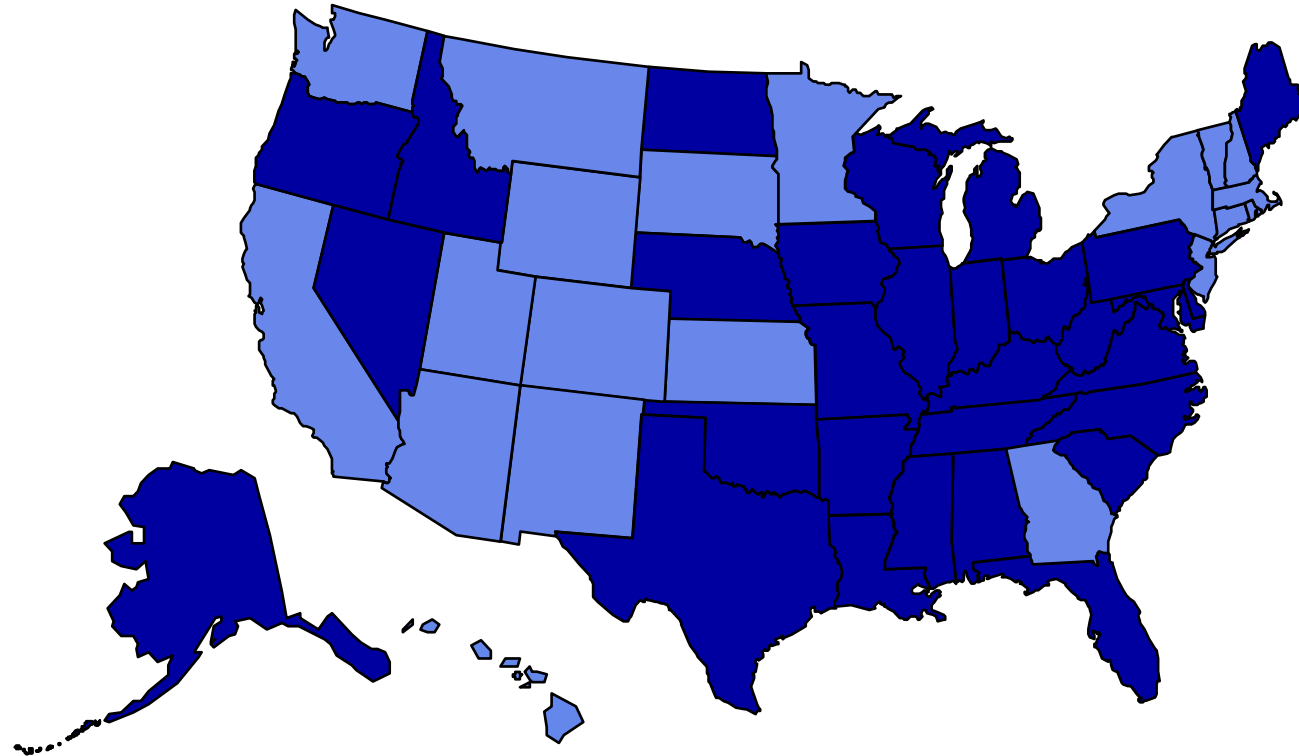
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Obesity Trends* Among U.S. Adults

BRFSS, 1996

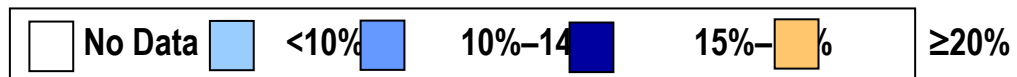
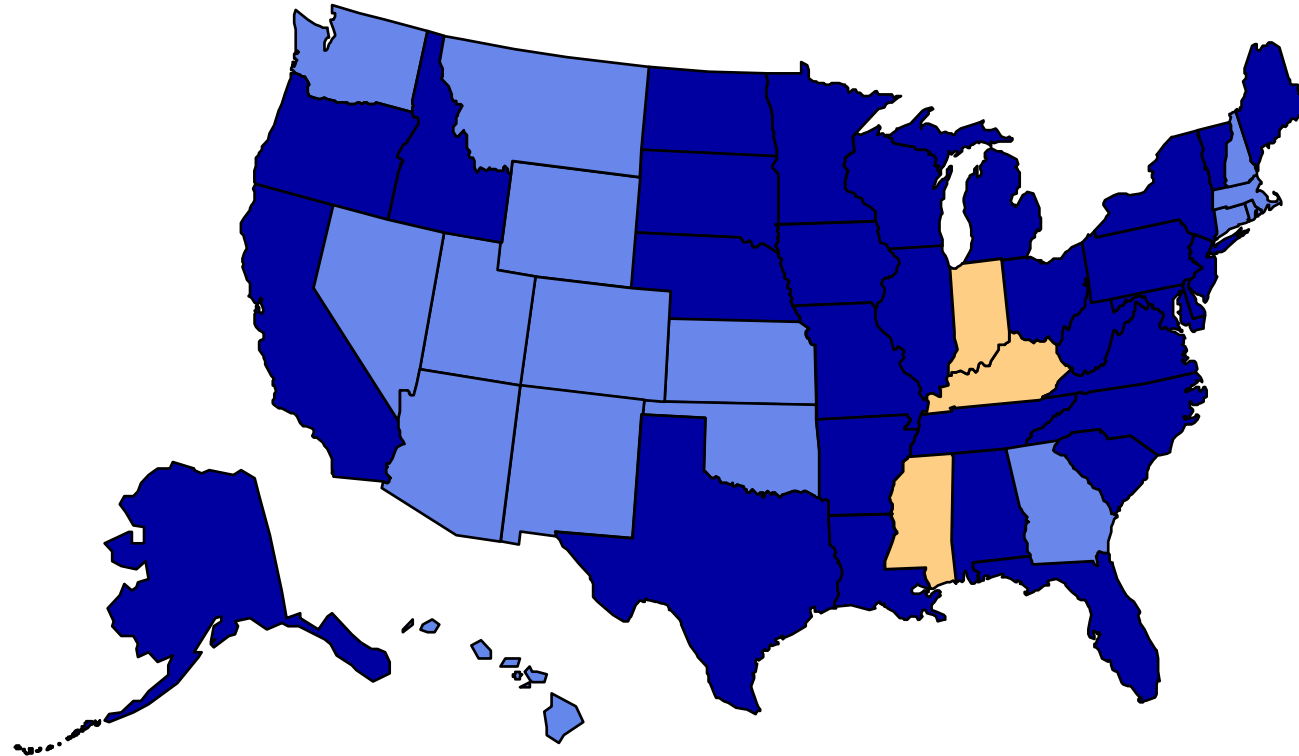
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Obesity Trends* Among U.S. Adults

BRFSS, 1997

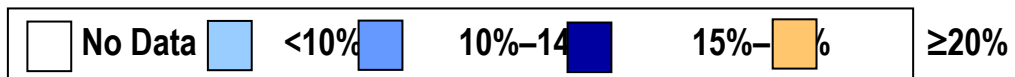
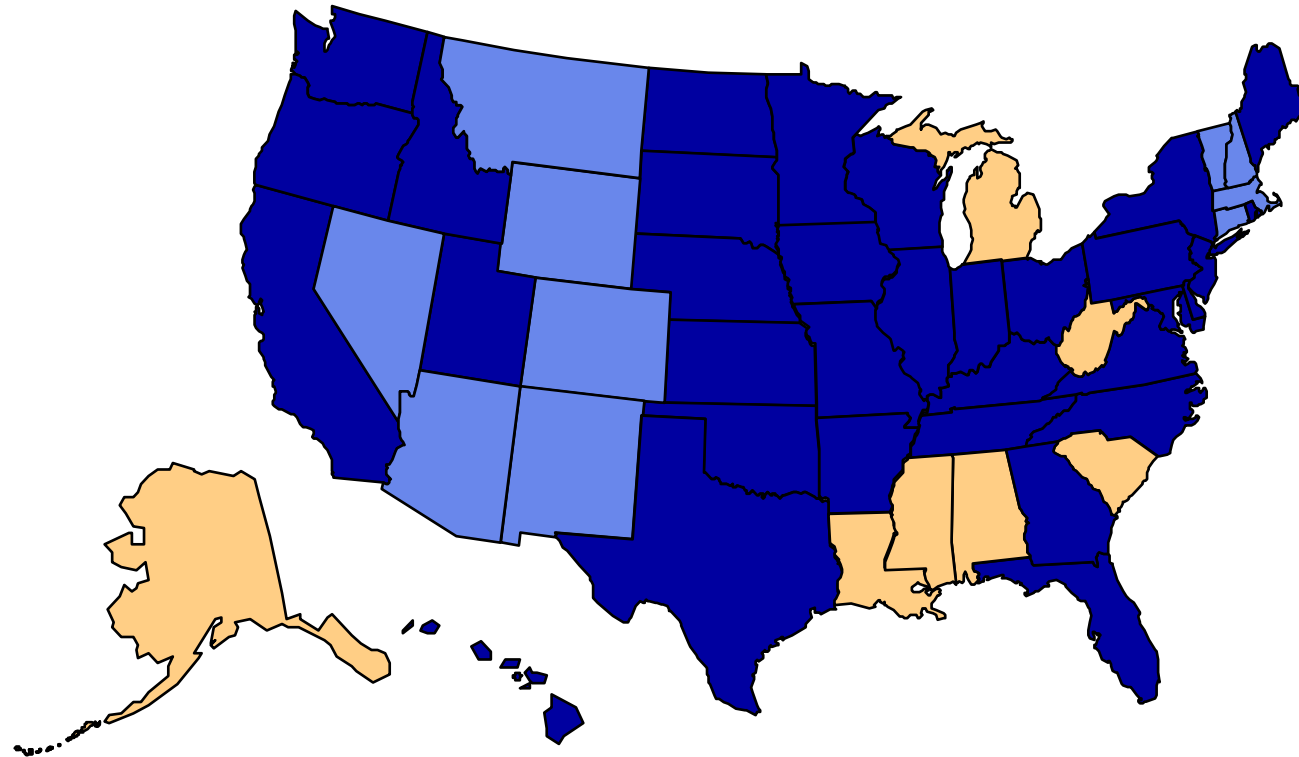
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Obesity Trends* Among U.S. Adults

BRFSS, 1998

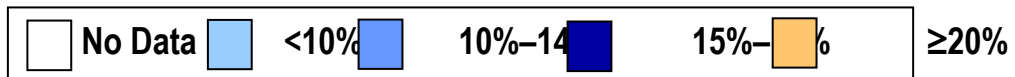
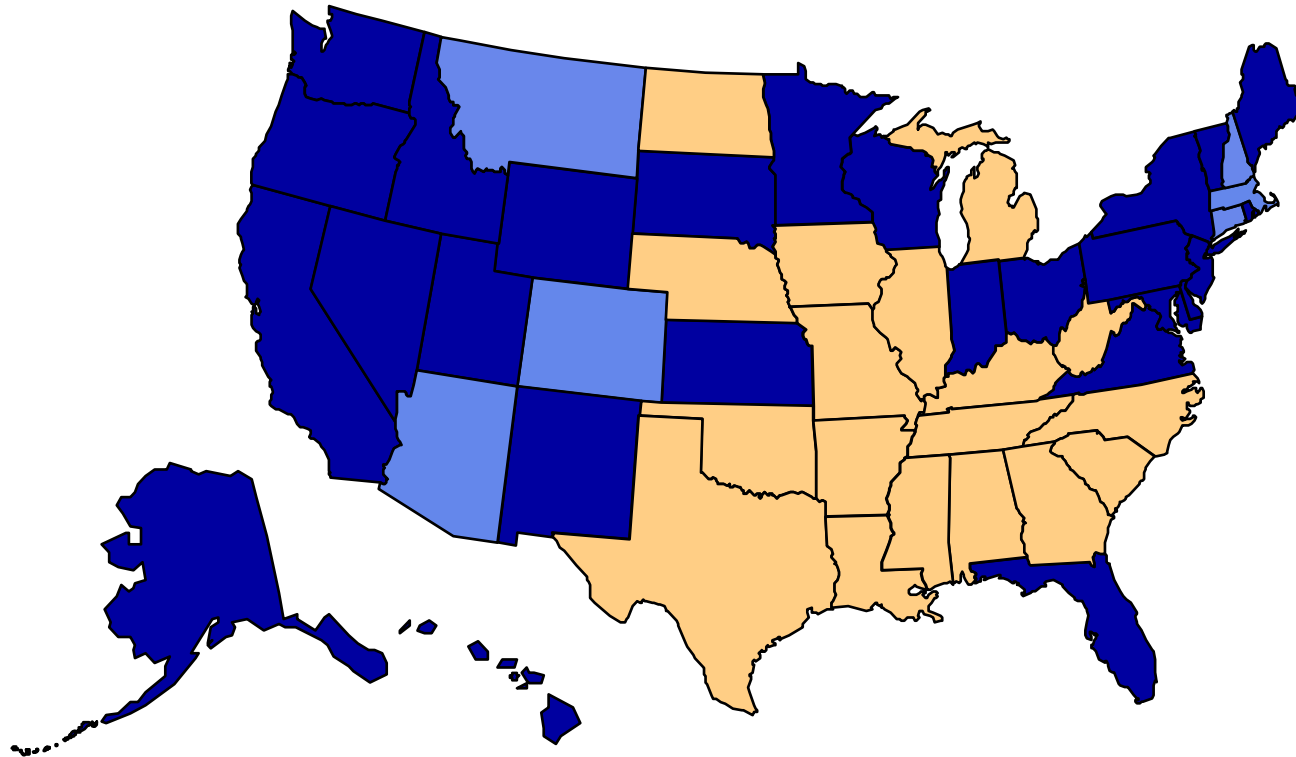
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Obesity Trends* Among U.S. Adults

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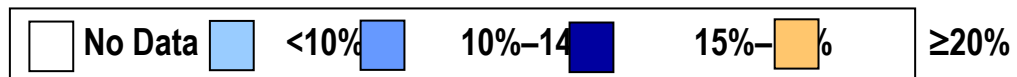
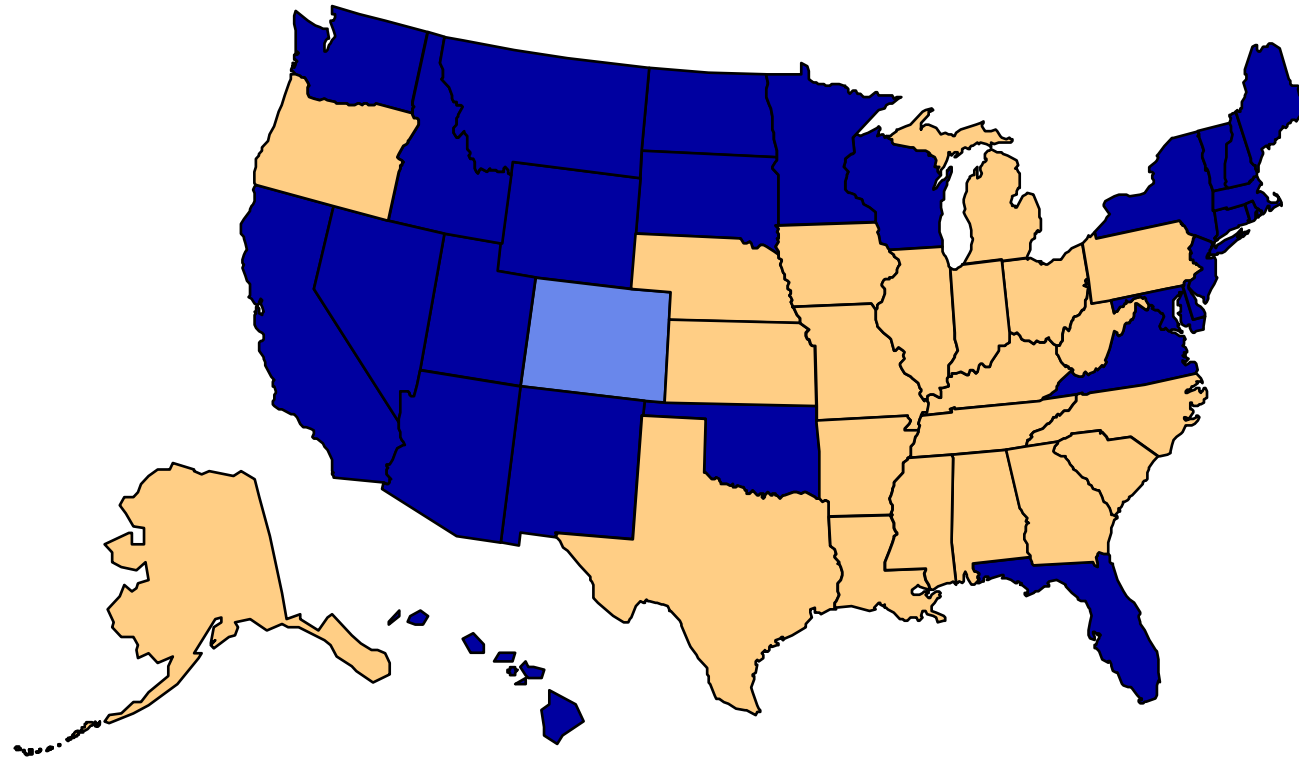
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Obesity Trends* Among U.S. Adults

BRFSS, 2000

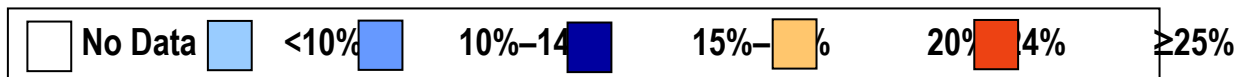
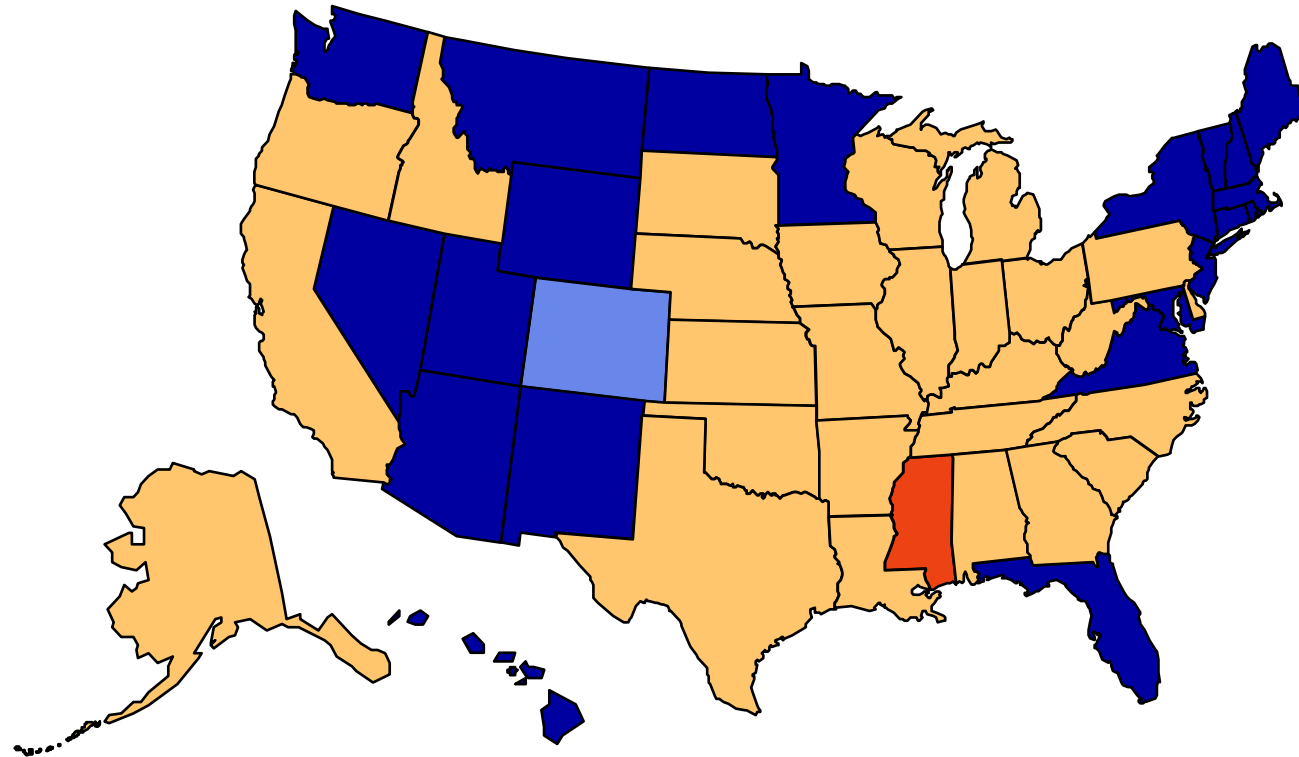
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Obesity Trends* Among U.S. Adults

BRFSS, 2001

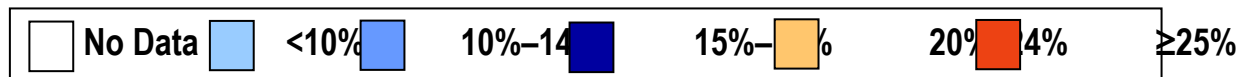
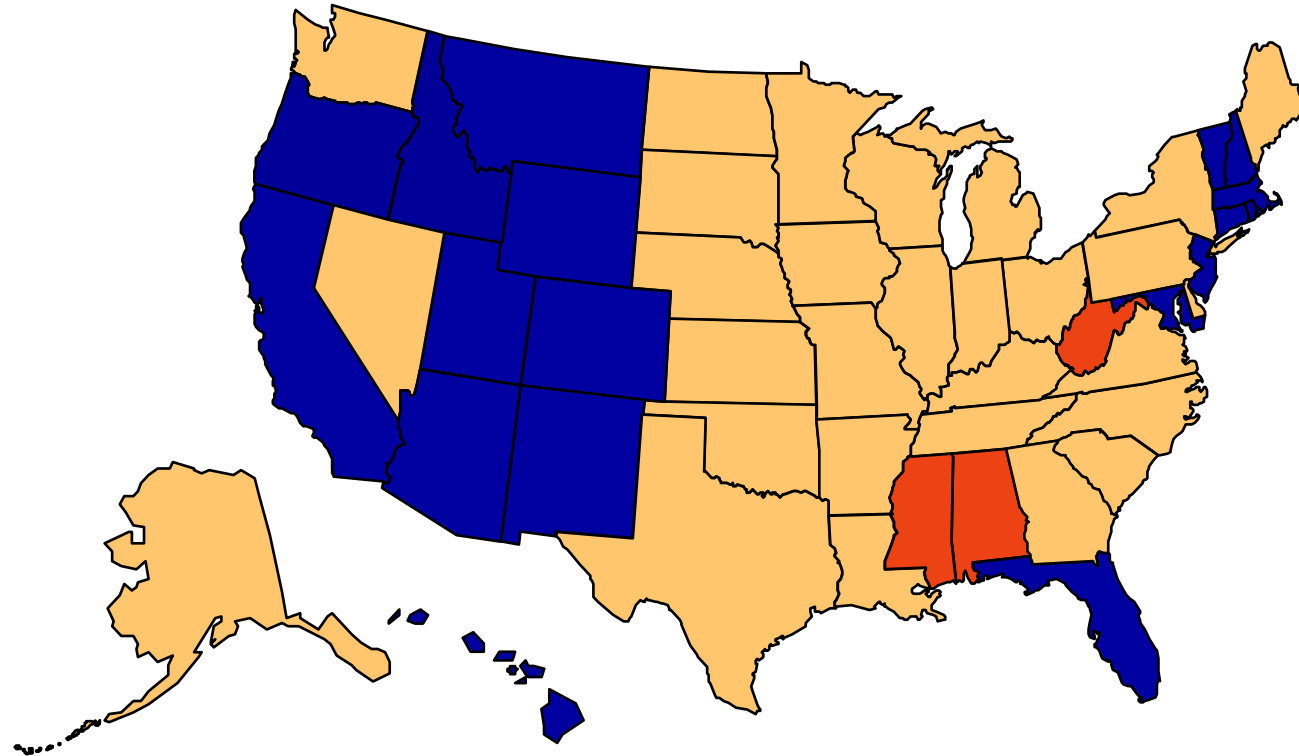
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Obesity Trends* Among U.S. Adults

BRFSS, 2002

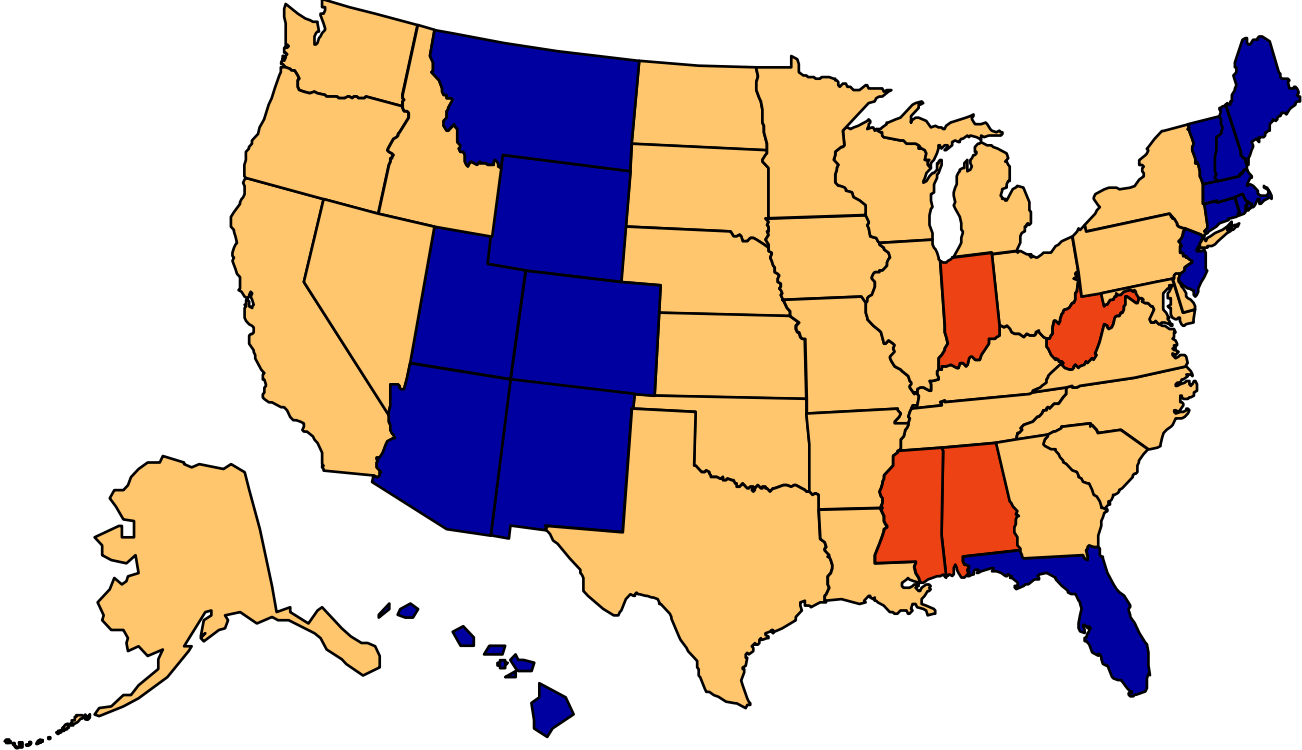
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Obesity Trends* Among U.S. Adults

BRFSS, 2003

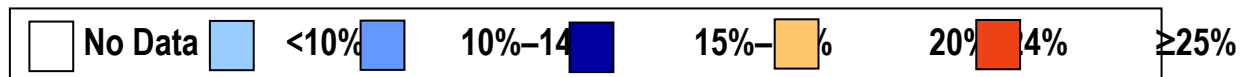
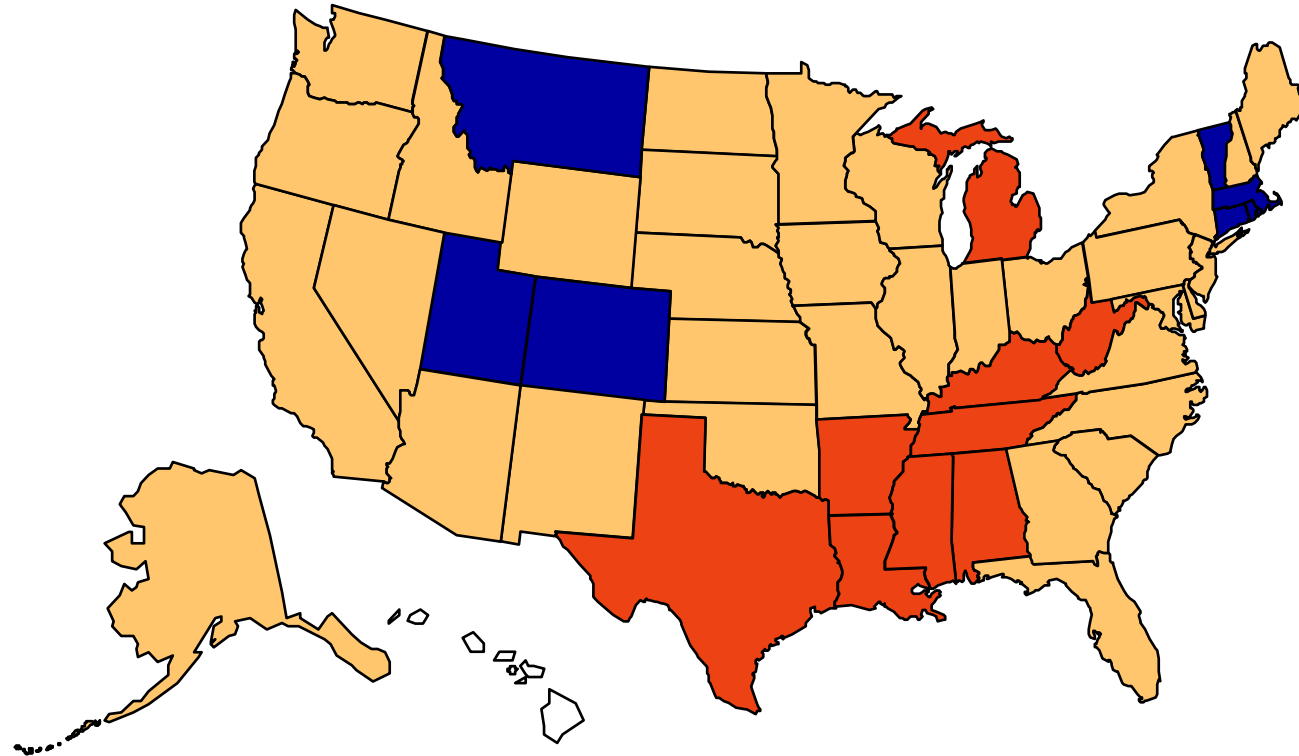
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Obesity Trends* Among U.S. Adults

BRFSS, 2004

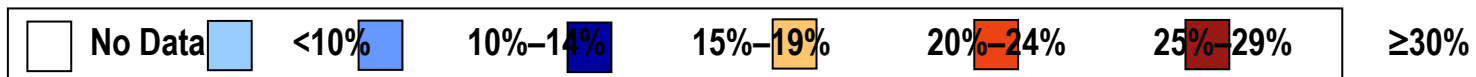
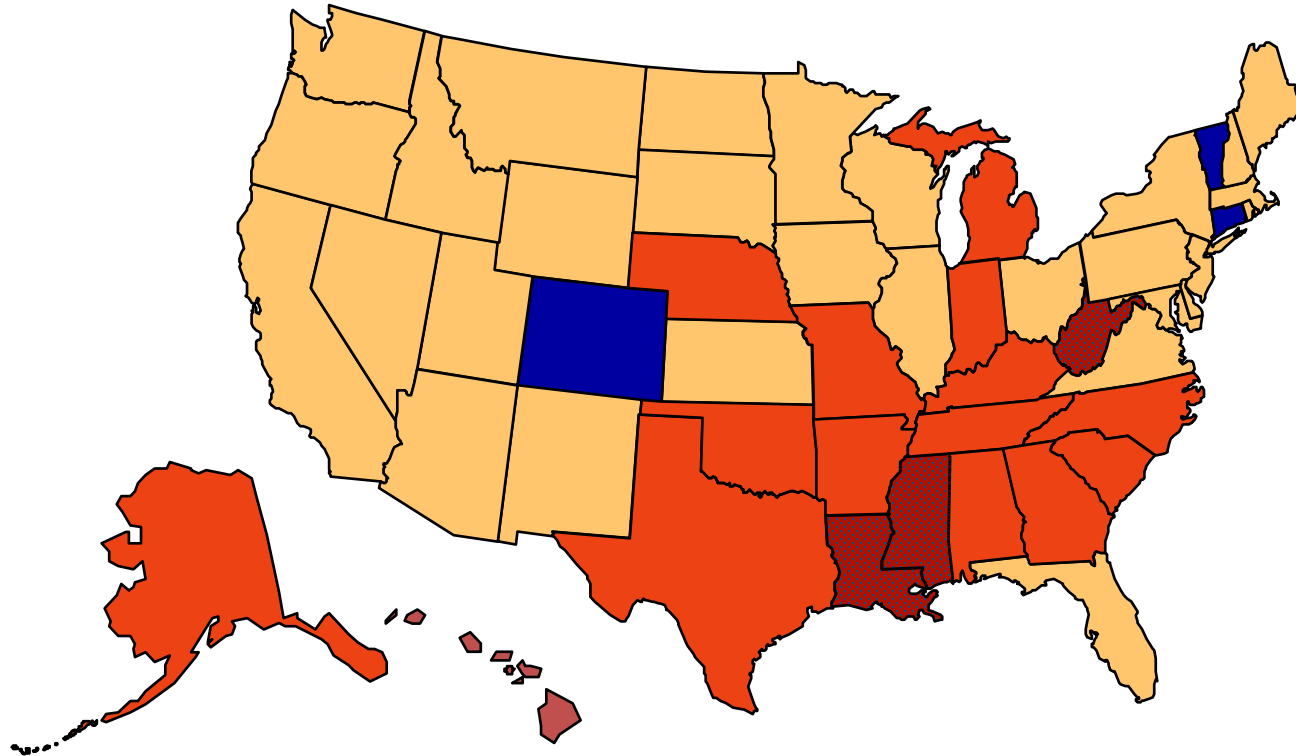
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Obesity Trends* Among U.S. Adults

BRFSS, 2005

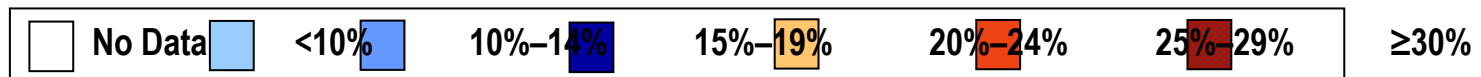
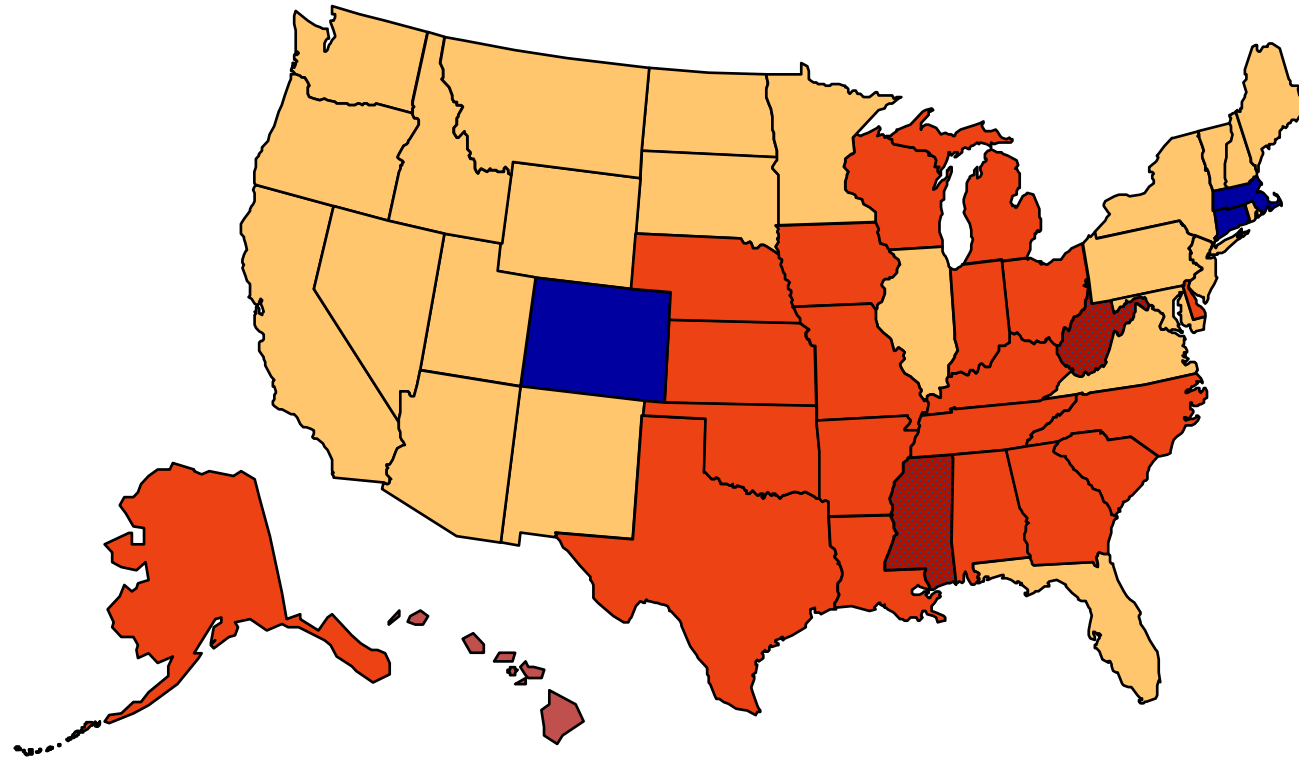
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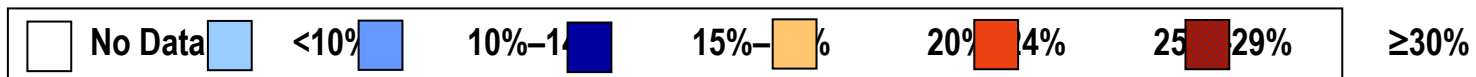
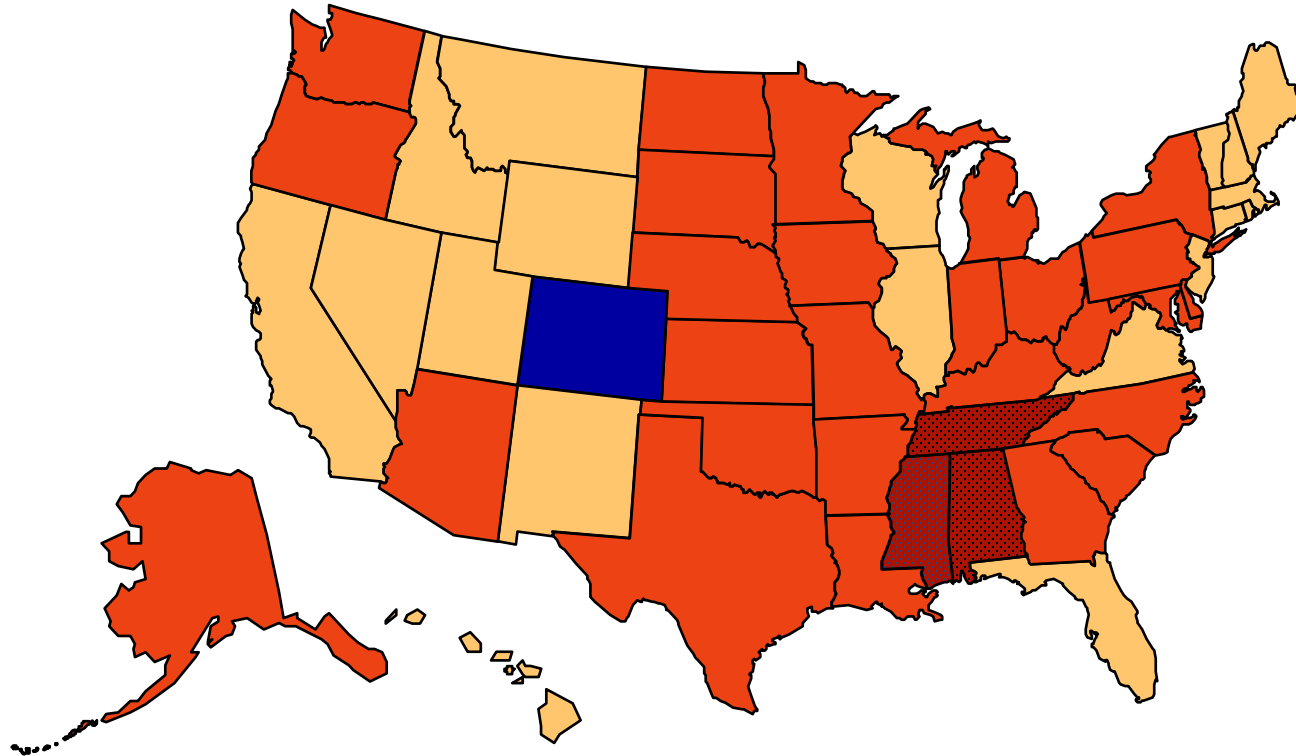
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Obesity Trends* Among U.S. Adults

BRFSS, 2007

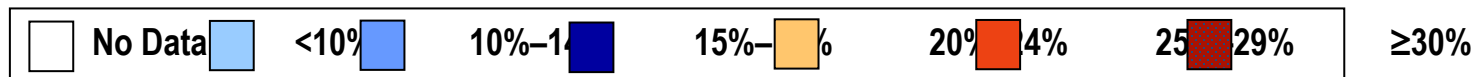
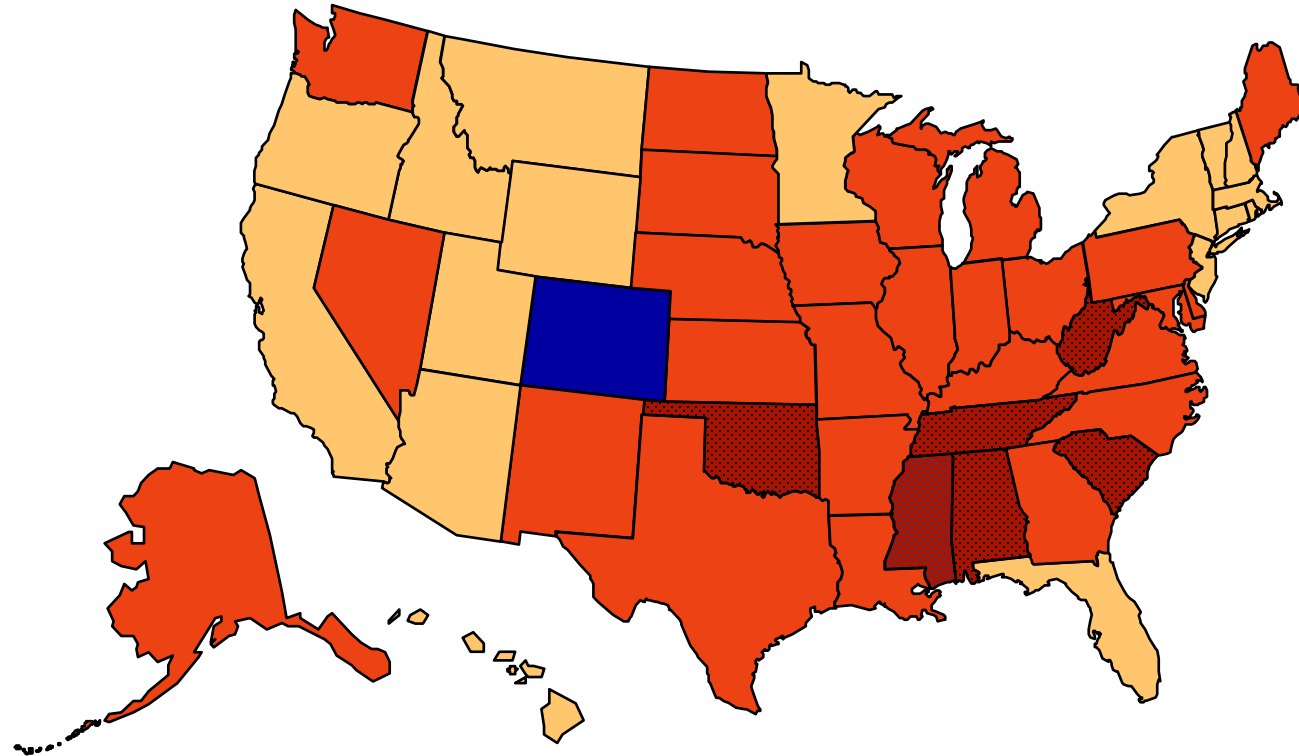
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Obesity Trends* Among U.S. Adults

BRFSS, 2008

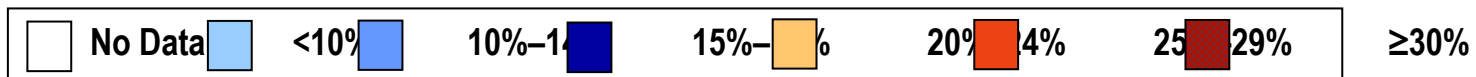
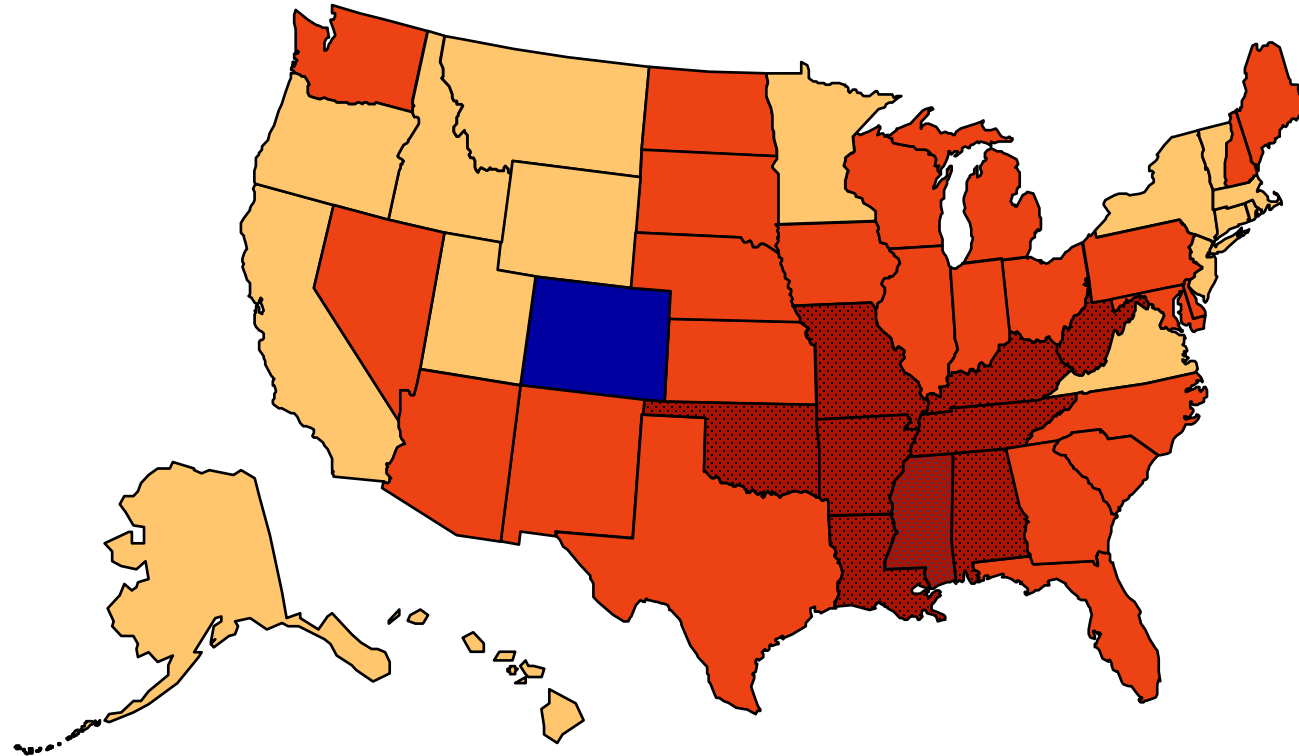
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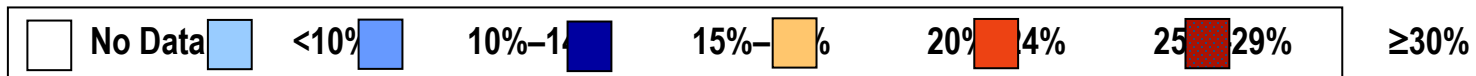
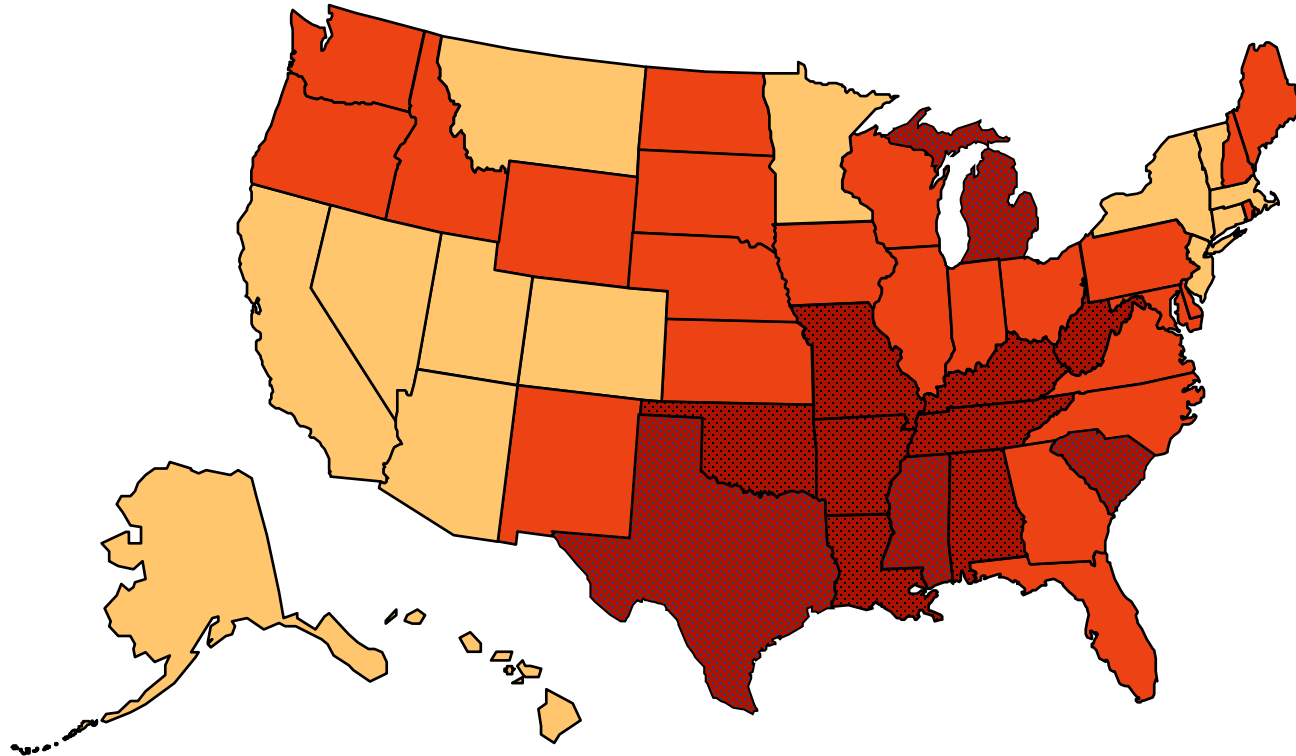
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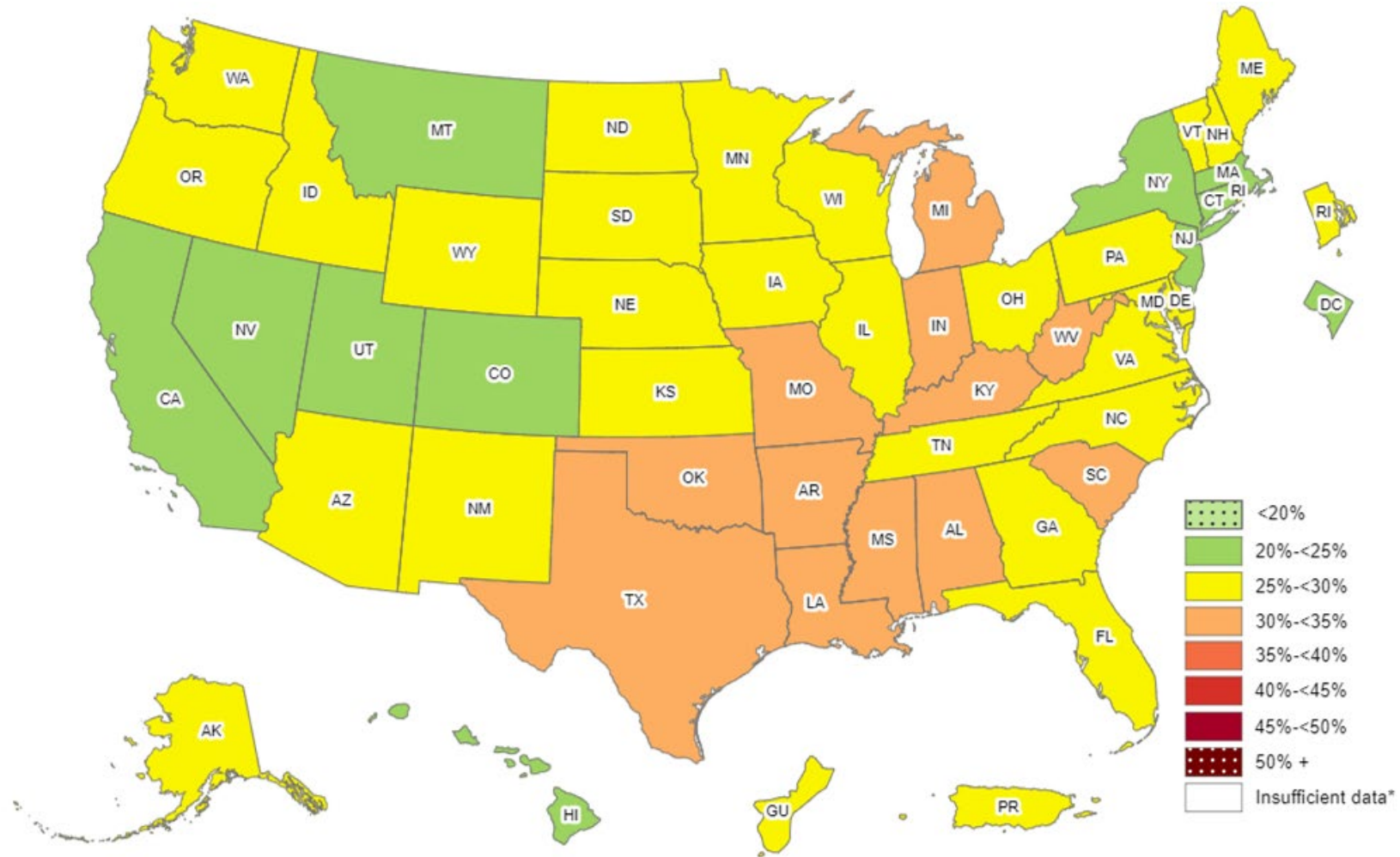
BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

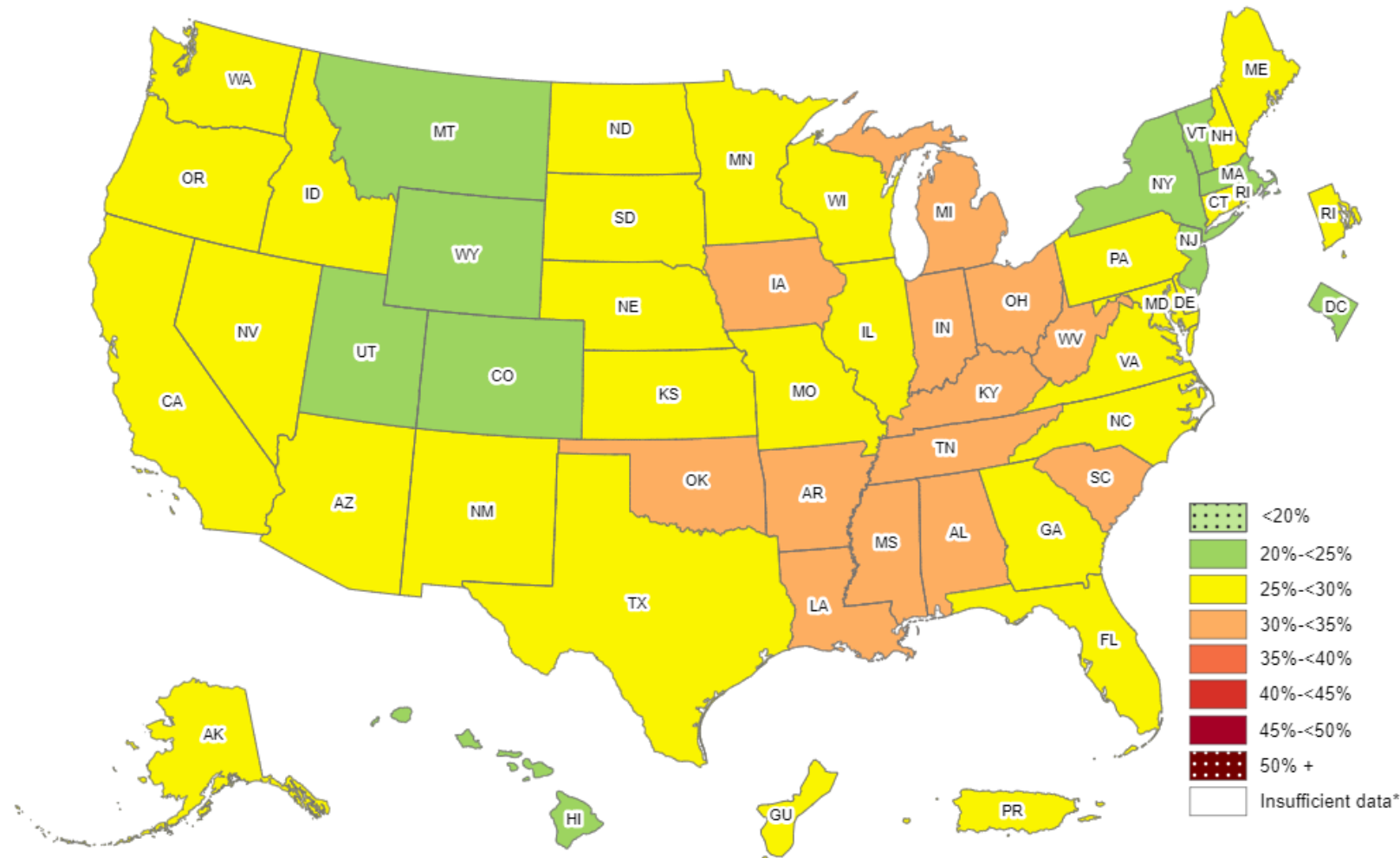


*Sample size <50, the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$, or no data in a specific year.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2012

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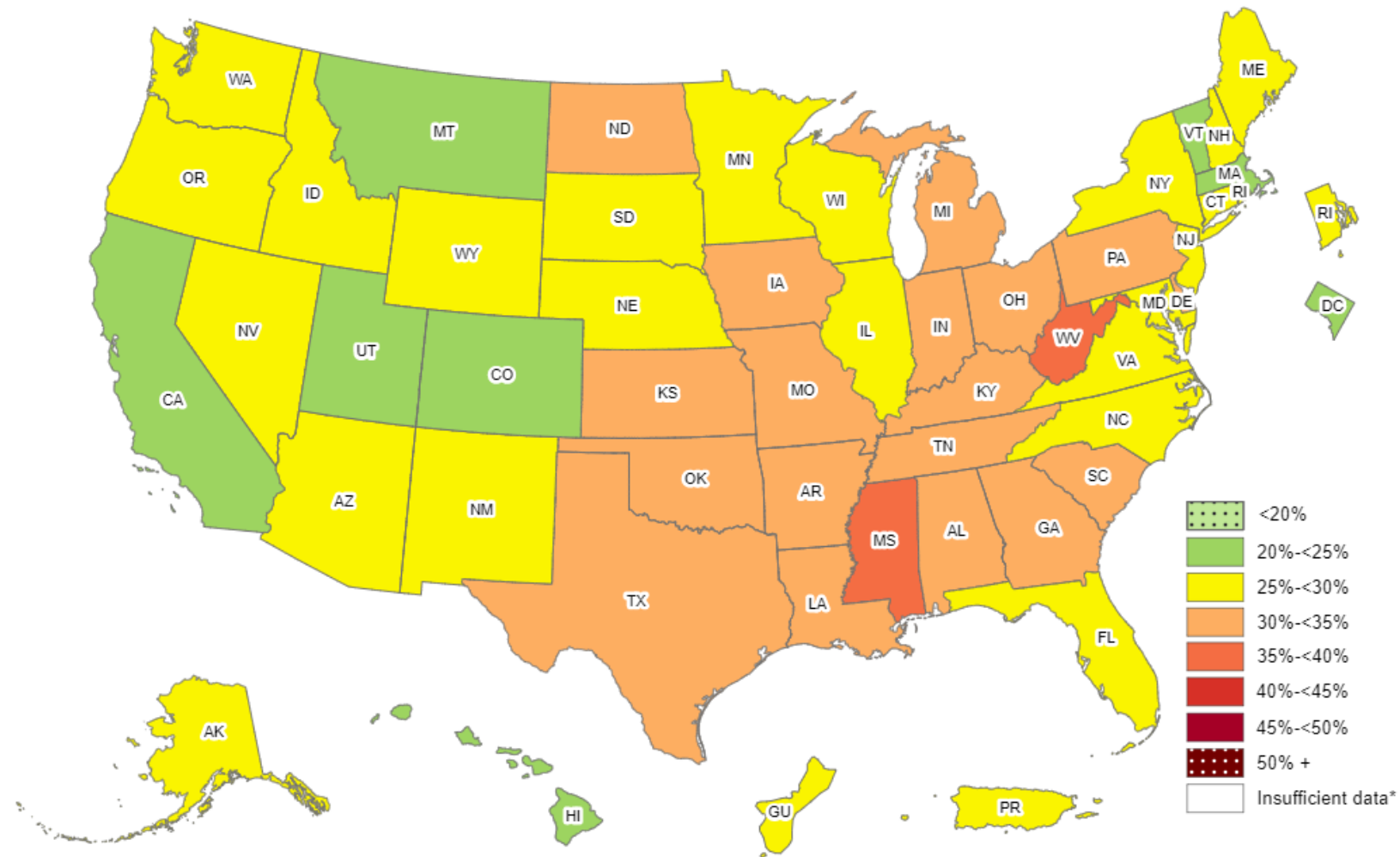


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Prevalence† of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

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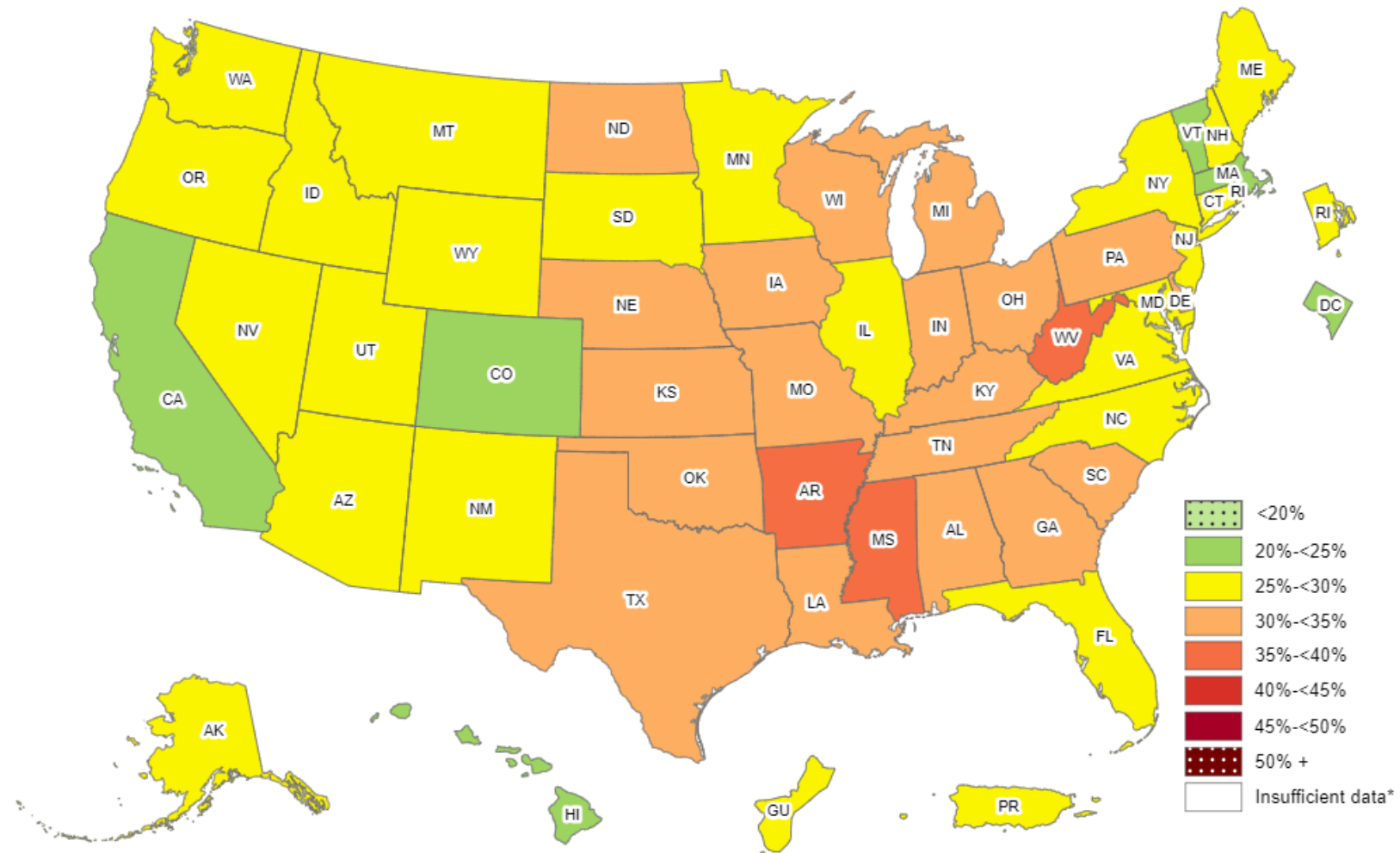


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

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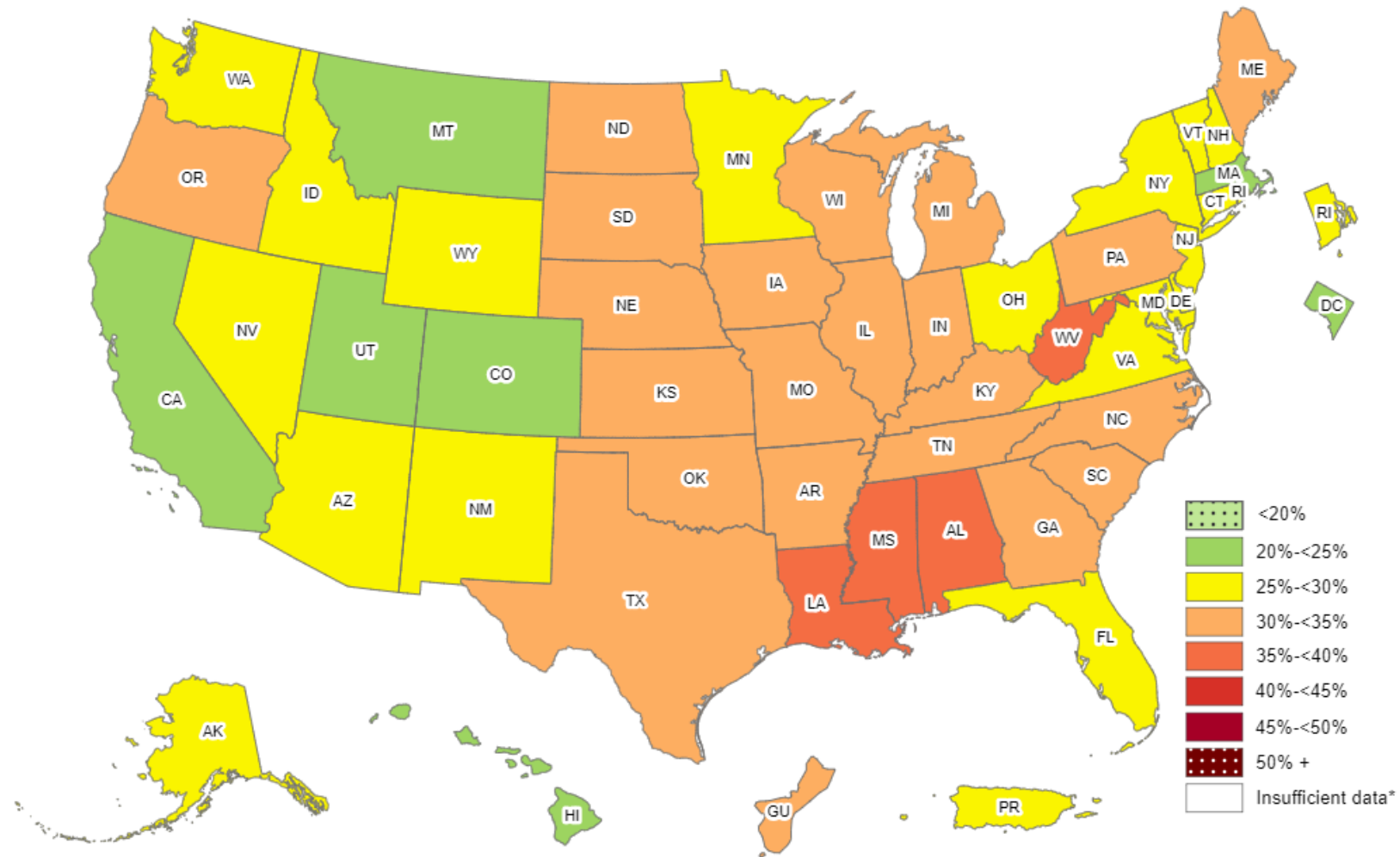


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

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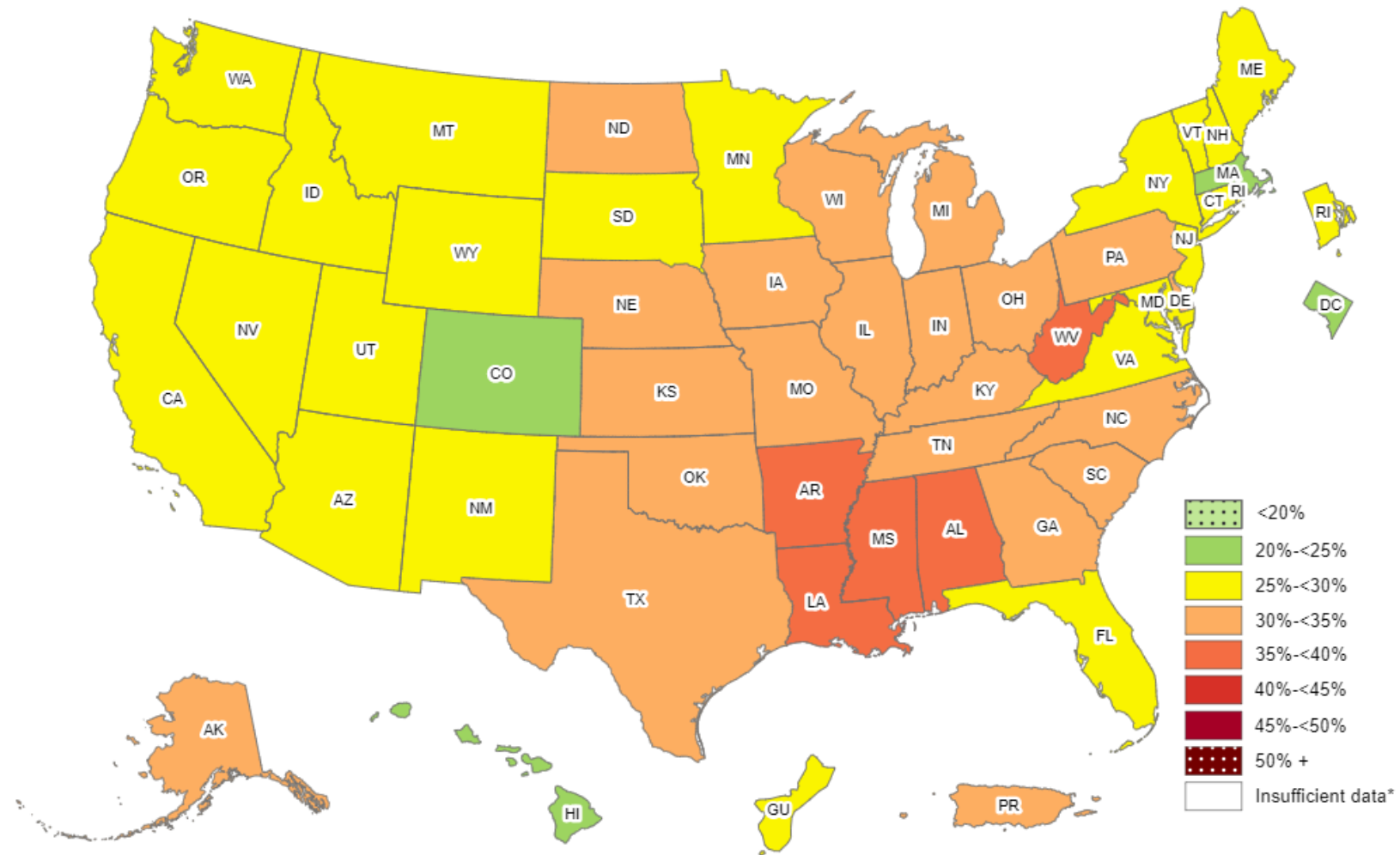


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2016

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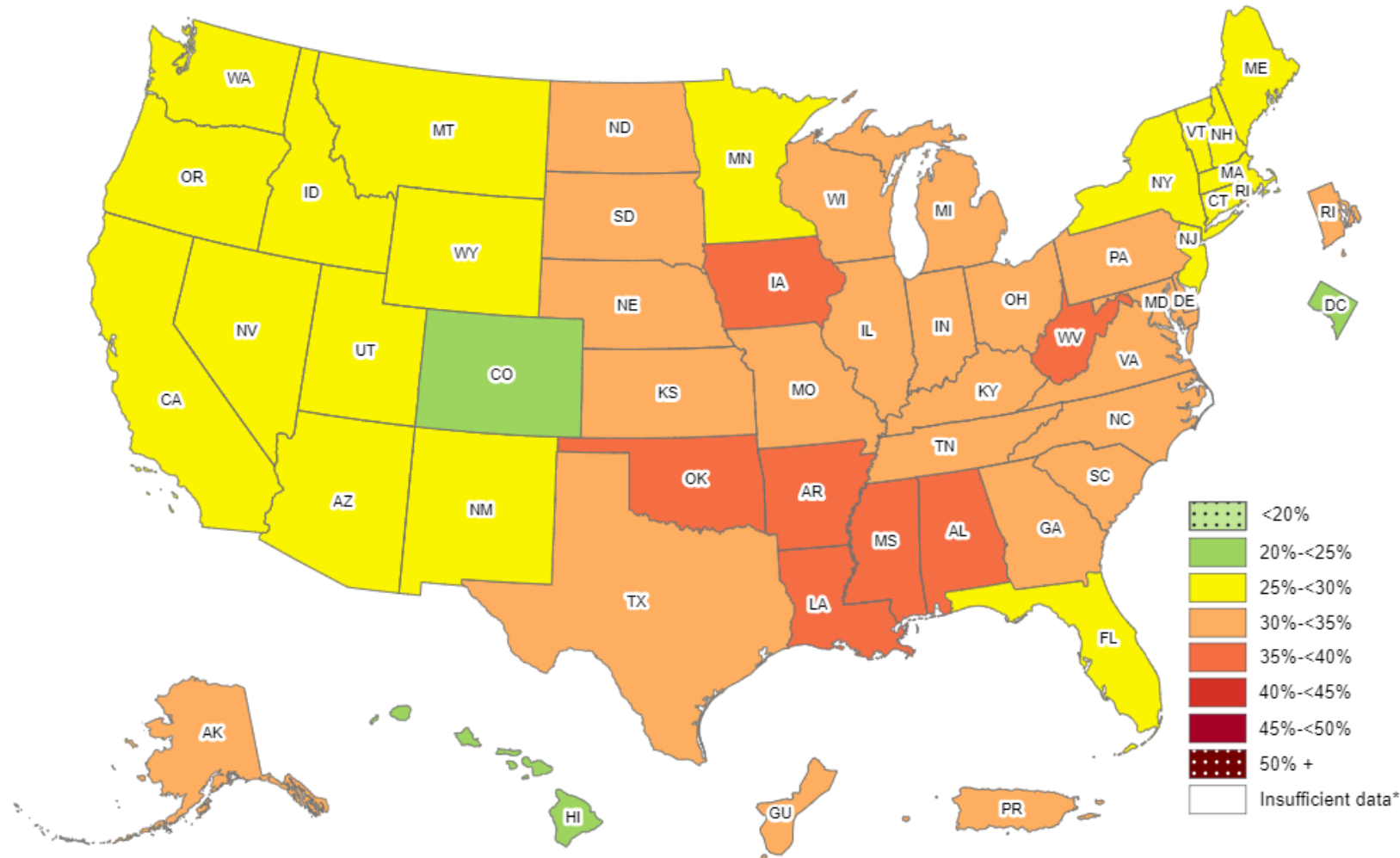


*Sample size <50, the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$, or no data in a specific year.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2017

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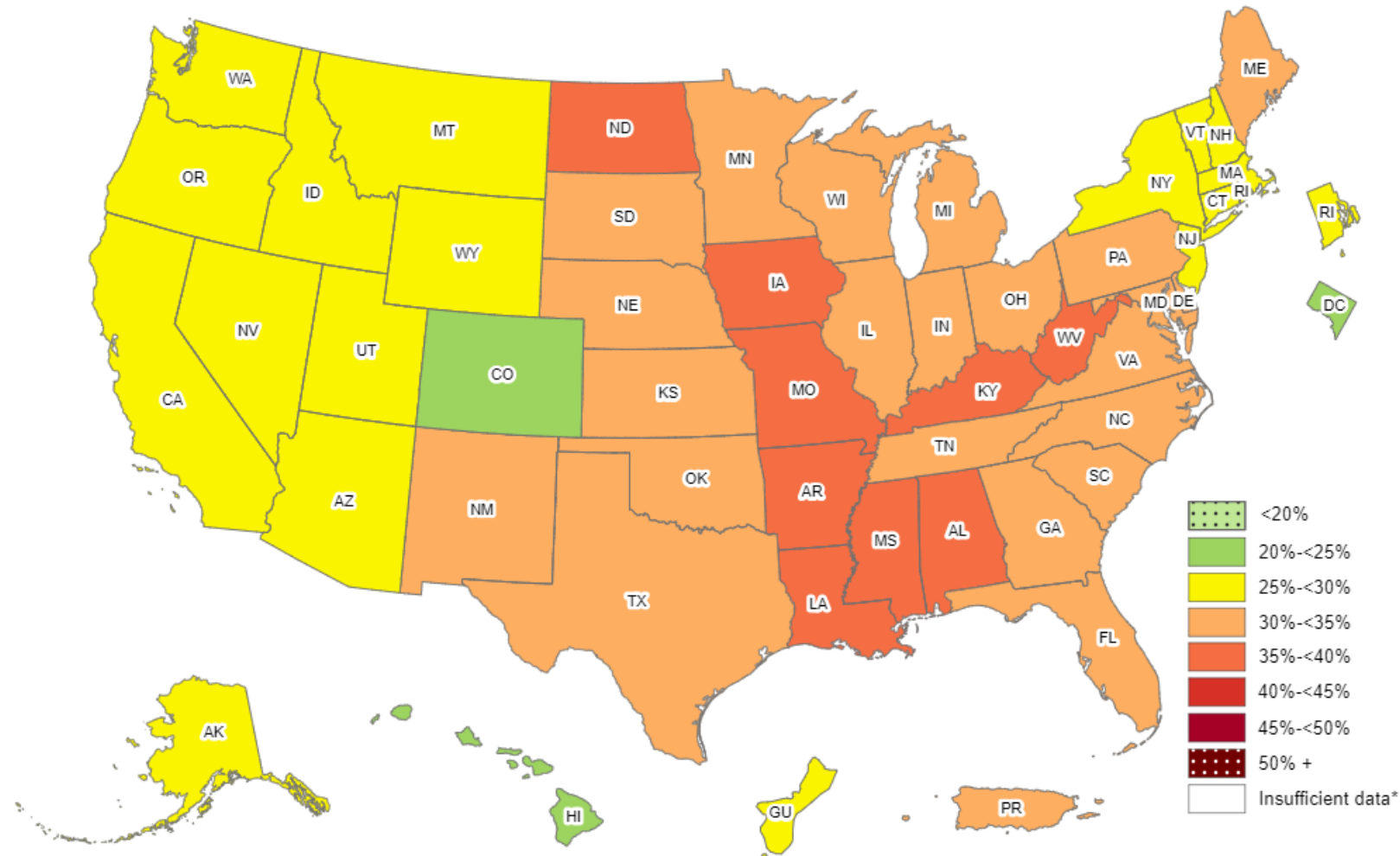


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2018

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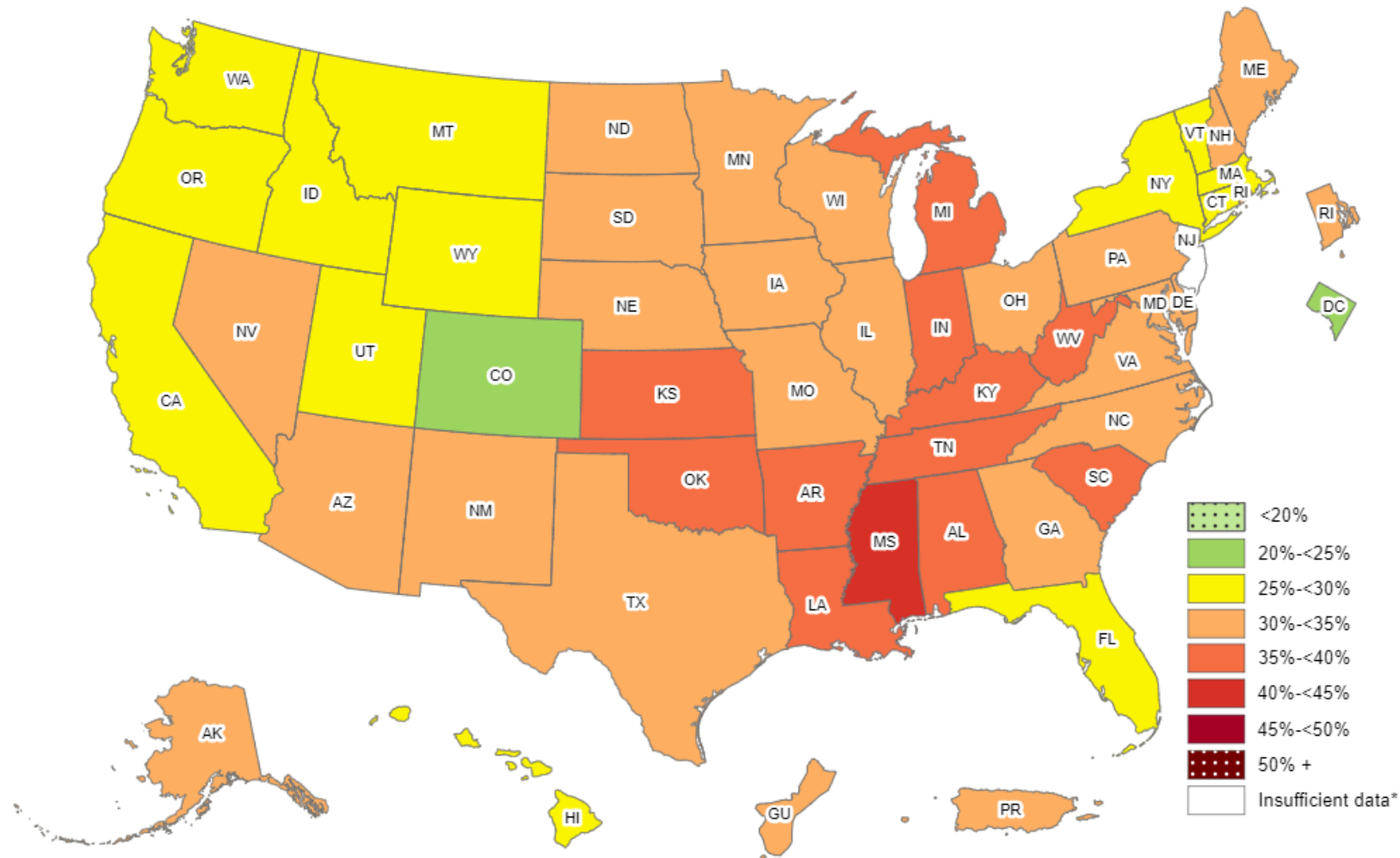


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2019

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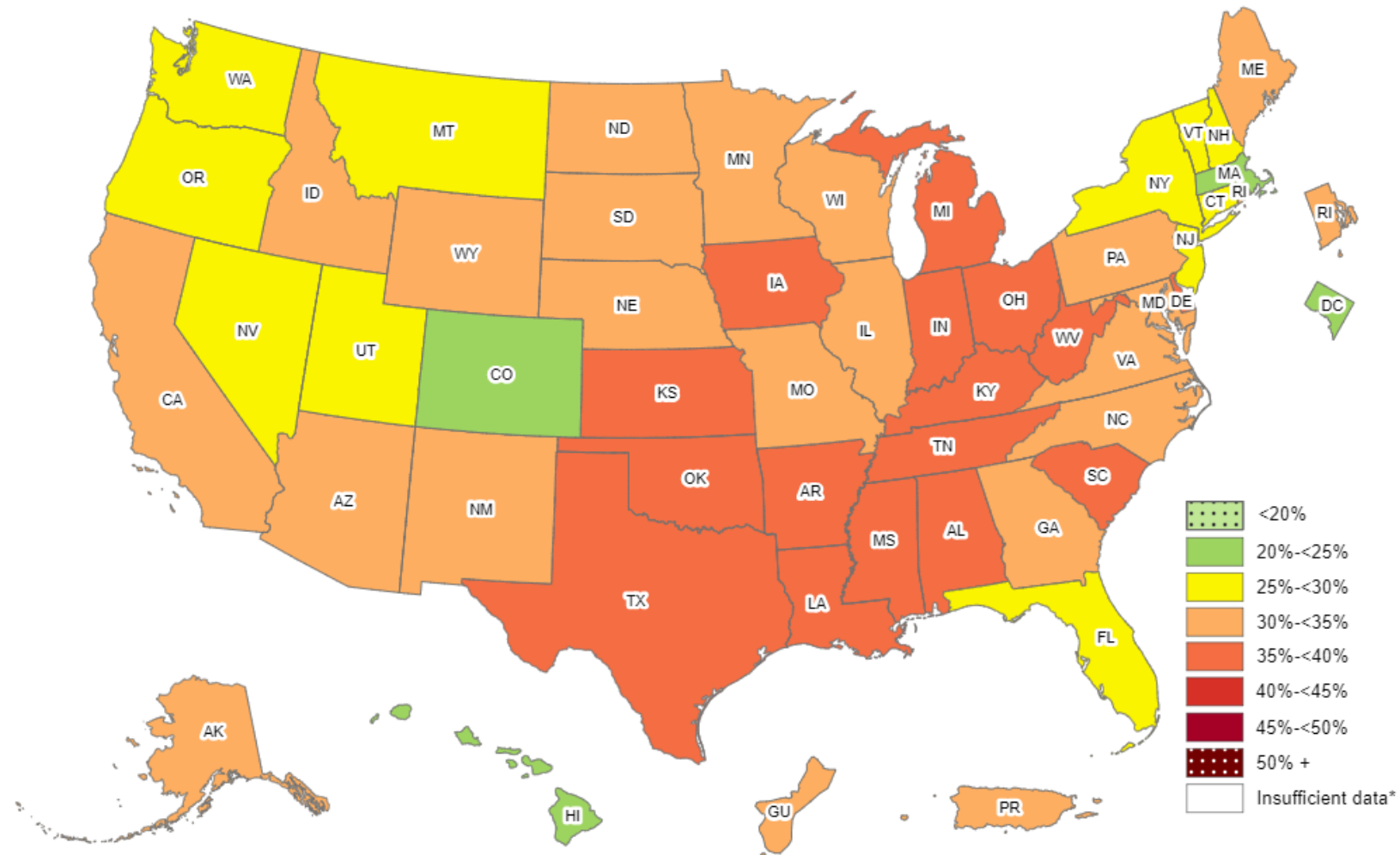


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2020

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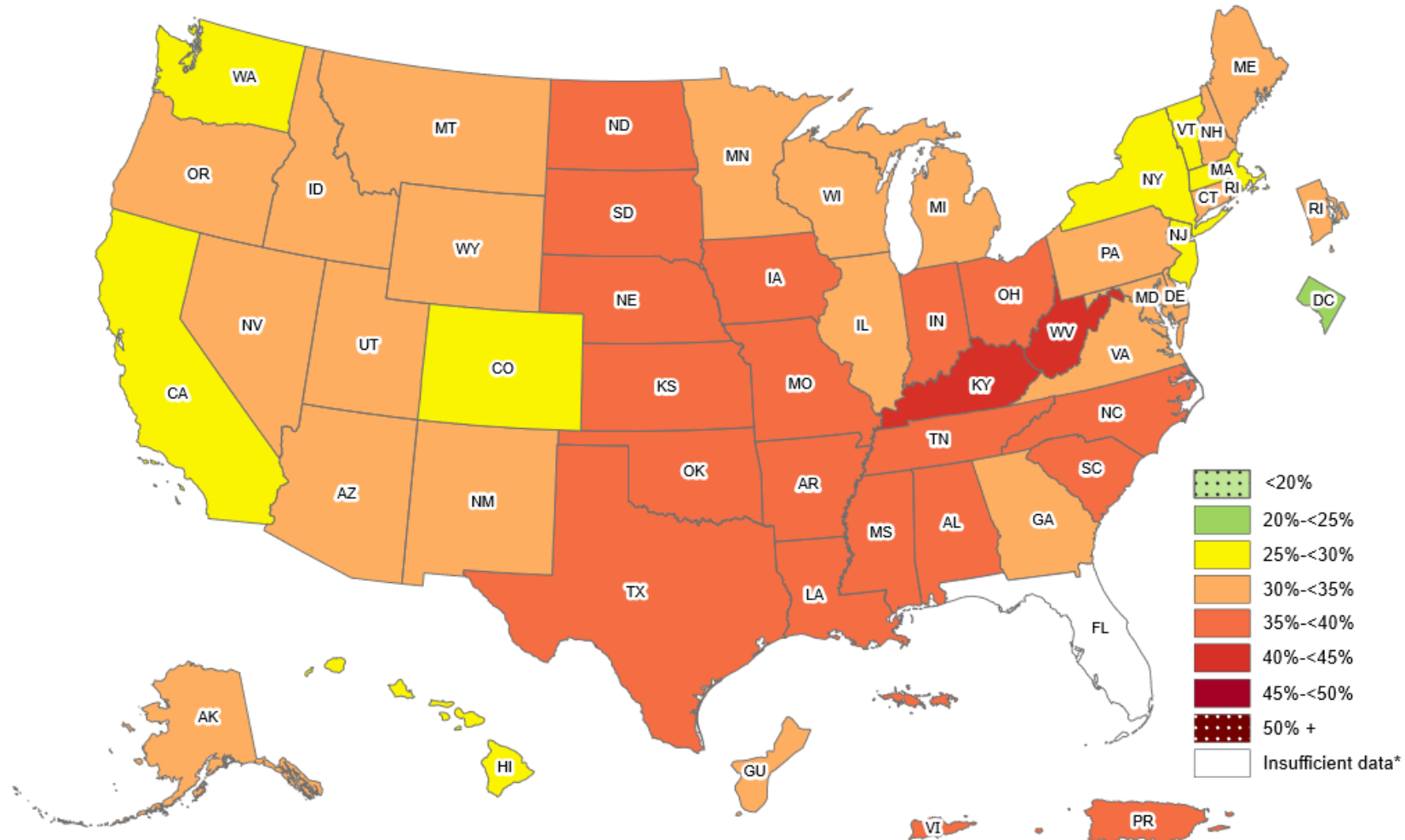


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Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2021

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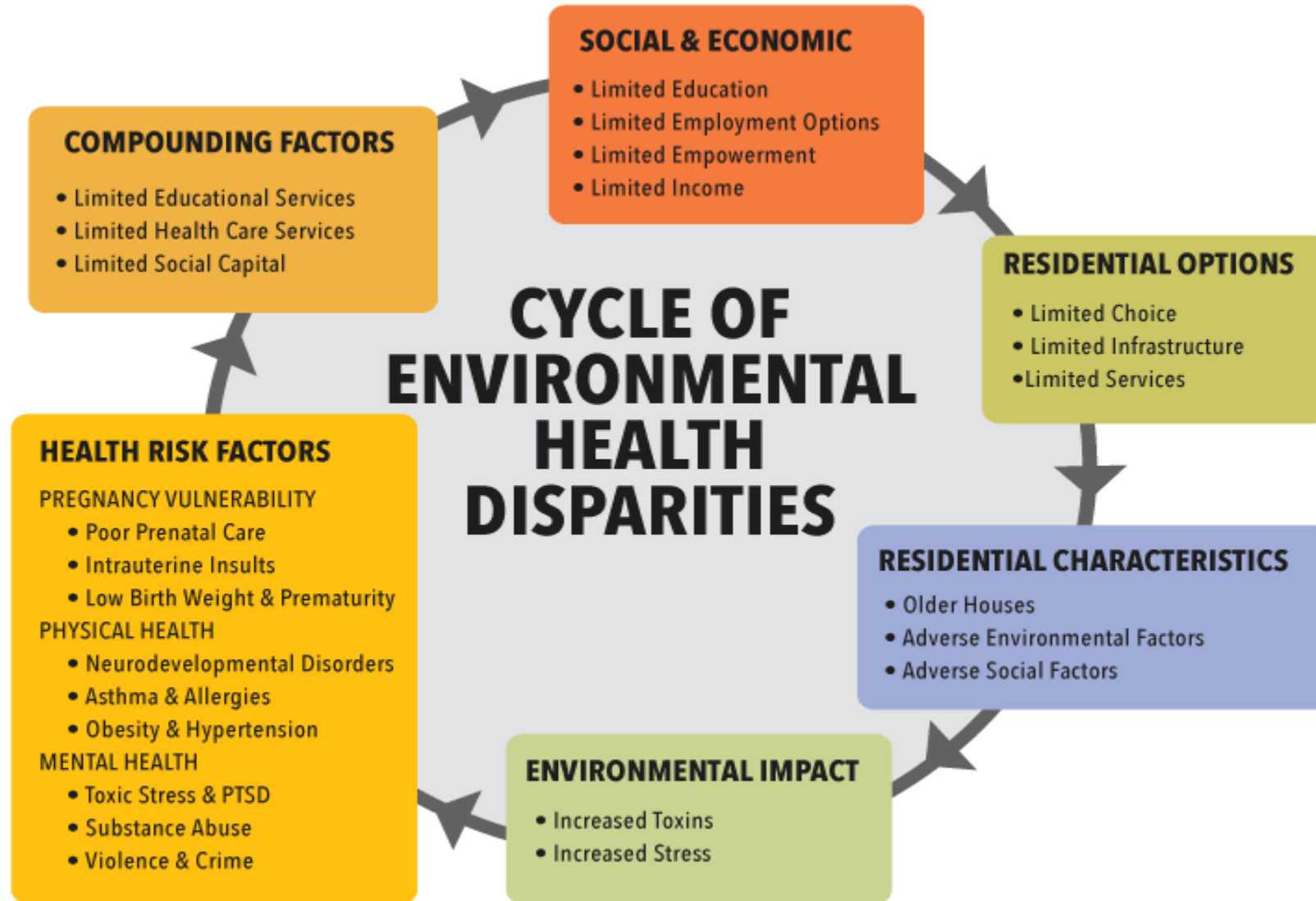
*Sample size <50, the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$, or no data in a specific year.



WHAT MAKES US HEALTHY?



Adapted from <http://www.cdc.gov/socialdeterminants/FAQ.html>



“Of all the forms of inequality, injustice in health care is the most shocking and inhumane.”

- Dr. Martin Luther King, Jr.



Equal



Equitable

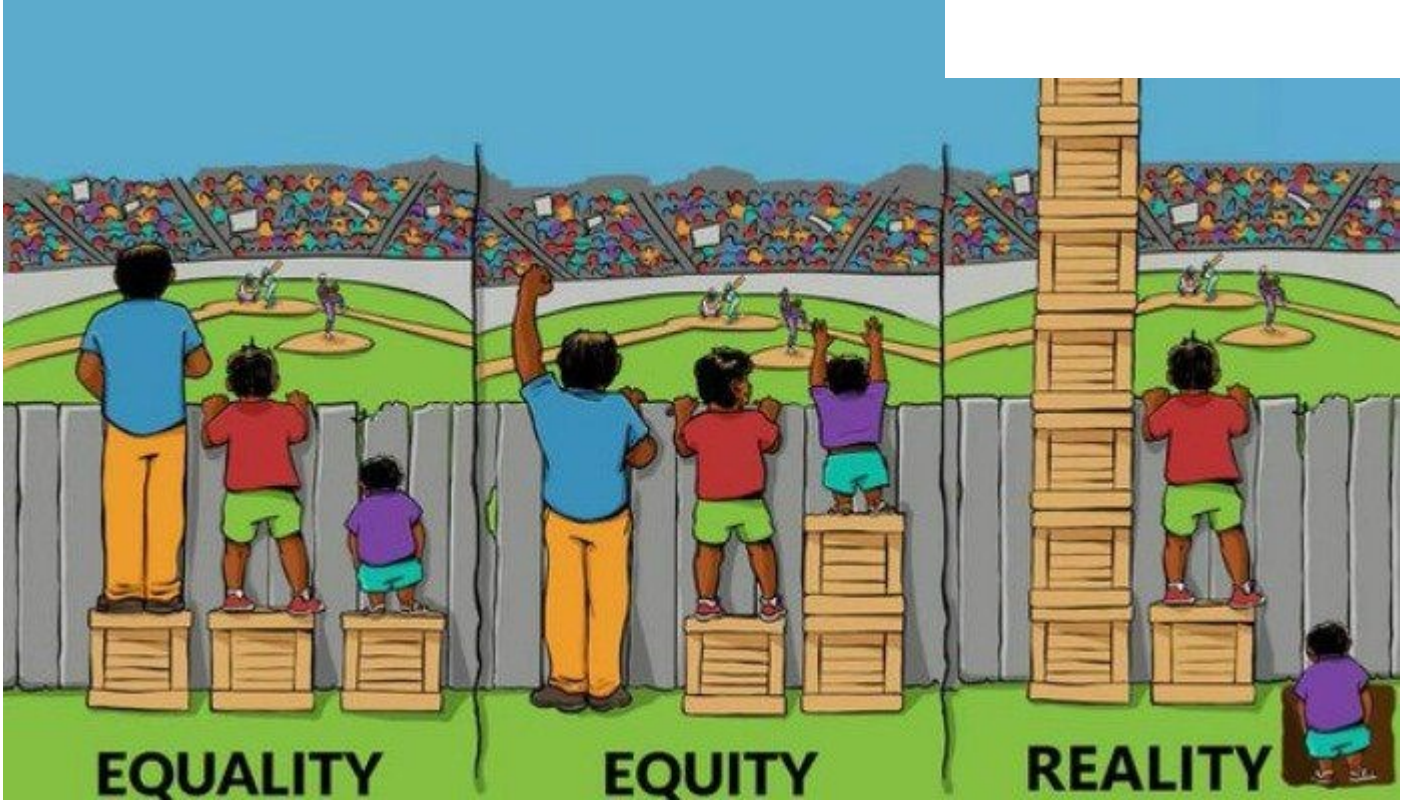


Equality



Equity





FAIR ISN'T

everybody getting the
same thing.....

FAIR IS

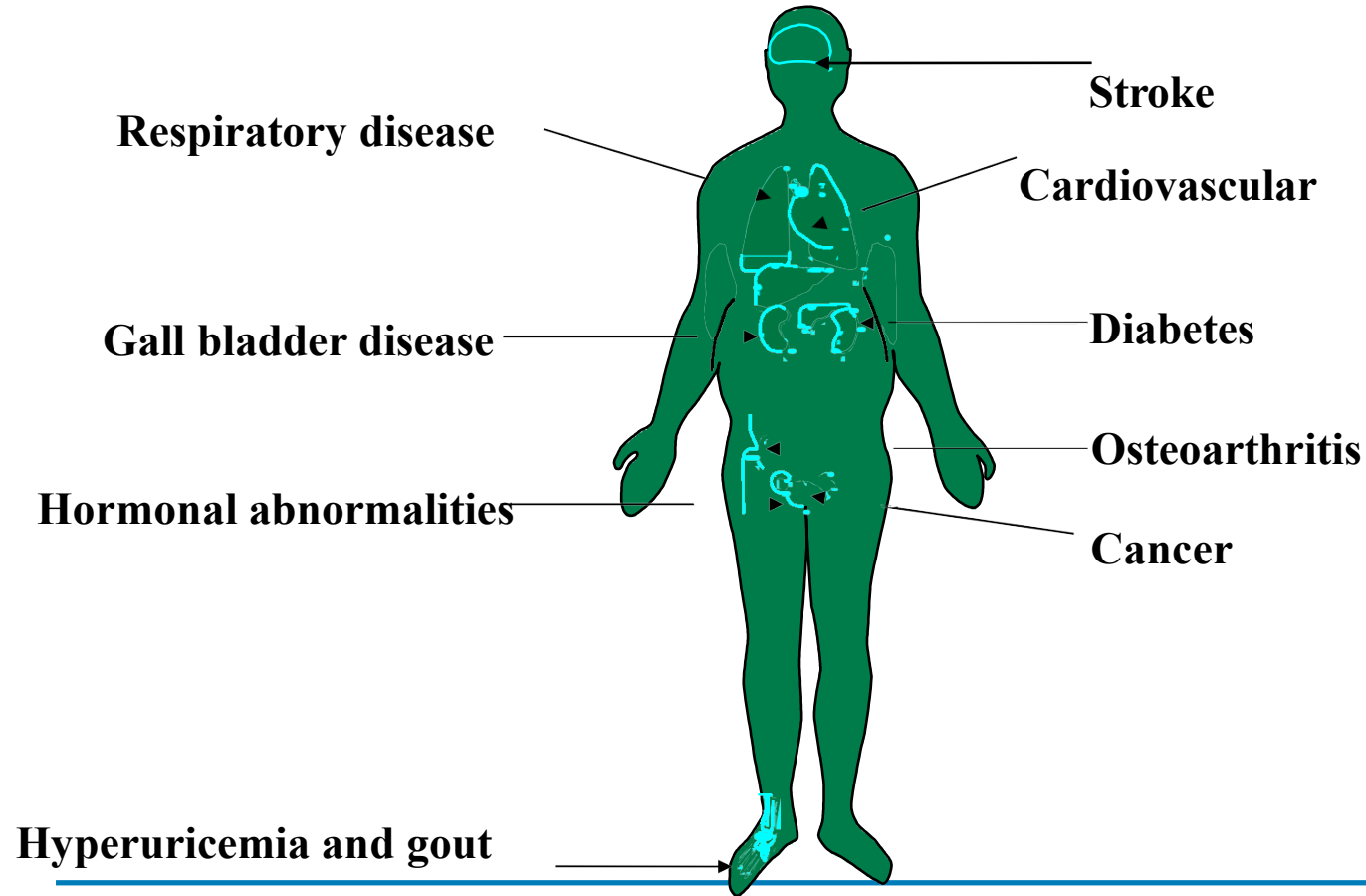
everybody getting
what they need
In order to be

SUCCESSFUL.

Why Does Weight Matter?



What Are The Physical Effects of Obesity?



IN 2013

MATERNAL
MORTALITY

85 WOMEN DIED

GEORGIA RANKS

50

NATIONALLY

2018 MATERNAL MORTALITY RATE



17.4 deaths
per 100,000 LIVE BIRTHS

FOR EVERY

13 WHITE WOMEN

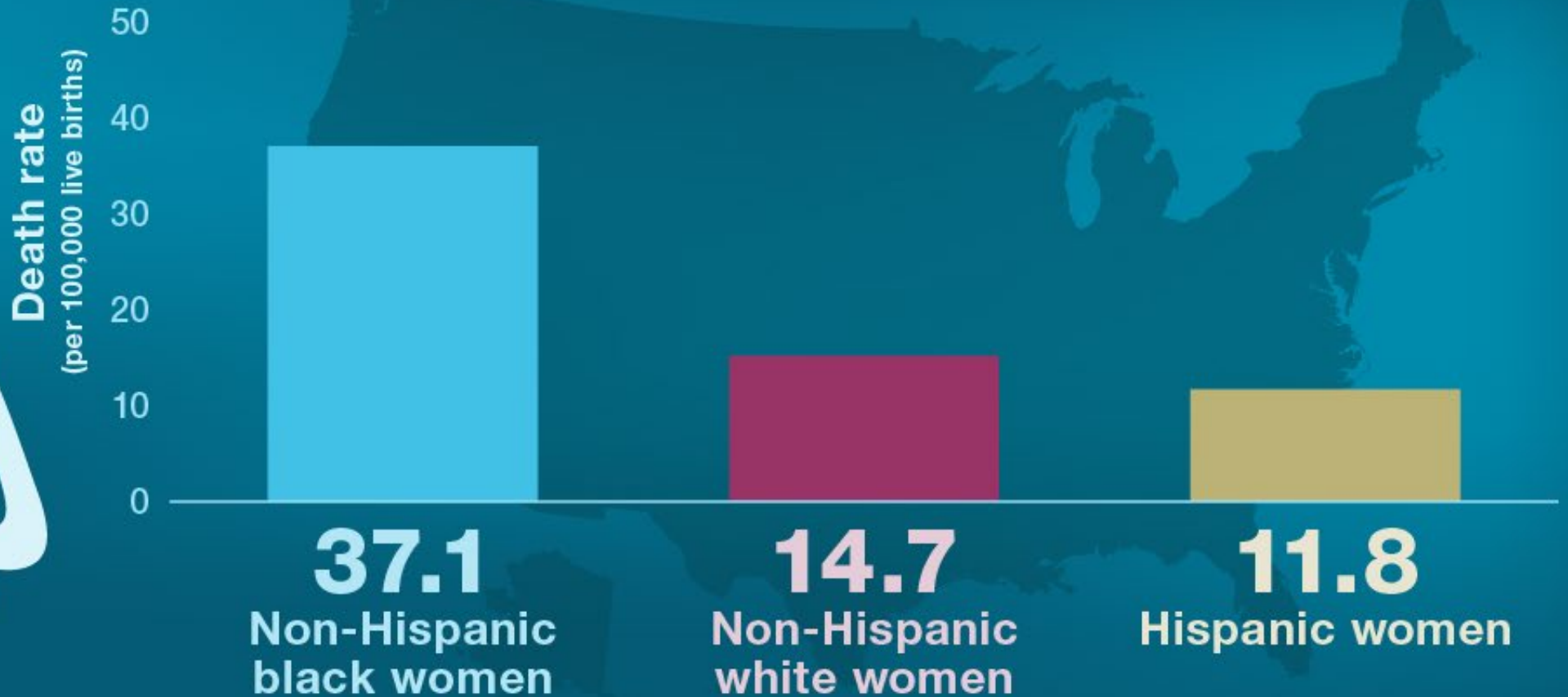
THERE ARE

44 BLACK WOMEN

WHO DIE FROM CHILDBIRTH
RELATED CAUSES.

SOURCE: CDC

2018 MATERNAL MORTALITY STATISTICS HIGHLIGHT WIDE RACIAL AND ETHNIC GAPS



SOURCE: National Center for Health Statistics. National Vital Statistics System.
For more information, visit <https://www.cdc.gov/nchs/maternal-mortality/>.

GEORGIA: MATERNAL MORTALITY

WHAT YOU SHOULD KNOW

The Maternal Mortality Review Committee (MMRC) reviews maternal deaths that occur during pregnancy or within a year of the end of a pregnancy to determine cause, contributing factors, and to recommend interventions to prevent maternal deaths in Georgia.

THE NUMBERS

(2012-2014)

67

MATERNAL DEATHS

PER 100,000 LIVEBIRTHS

28

PREGNANCY-RELATED DEATHS

PER 100,000 LIVEBIRTHS

2/3

WERE PREVENTABLE
PREGNANCY-RELATED

2.7x

BLACK WOMEN

NON-HISPANIC

MORE LIKELY TO DIE FROM PREGNANCY-RELATED CAUSES THAN

WHITE WOMEN

NON-HISPANIC

PREGNANCY-ASSOCIATED, BUT NOT RELATED:

The death of a woman while pregnant or within one year of the end of pregnancy due to a cause unrelated to pregnancy.

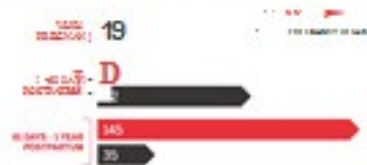
PREGNANCY-RELATED:

The death of a woman while pregnant or within one year of the end of pregnancy from any cause related to or aggravated by pregnancy or its management.

THE LEADING CAUSES OF DEATHS (PREGNANCY-RELATED)

Cardiomyopathy - Cardiovascular Disease - Hemorrhage - Embolus - Pre-eclampsia - Sepsis

MATERNAL DEATHS BY RELATIONSHIP + TIMING OF DEATH IN RELATION TO PREGNANCY IN GEORGIA



MATERNAL DEATHS OCCURRING AFTER DELIVERY BY PREGNANCY STATUS

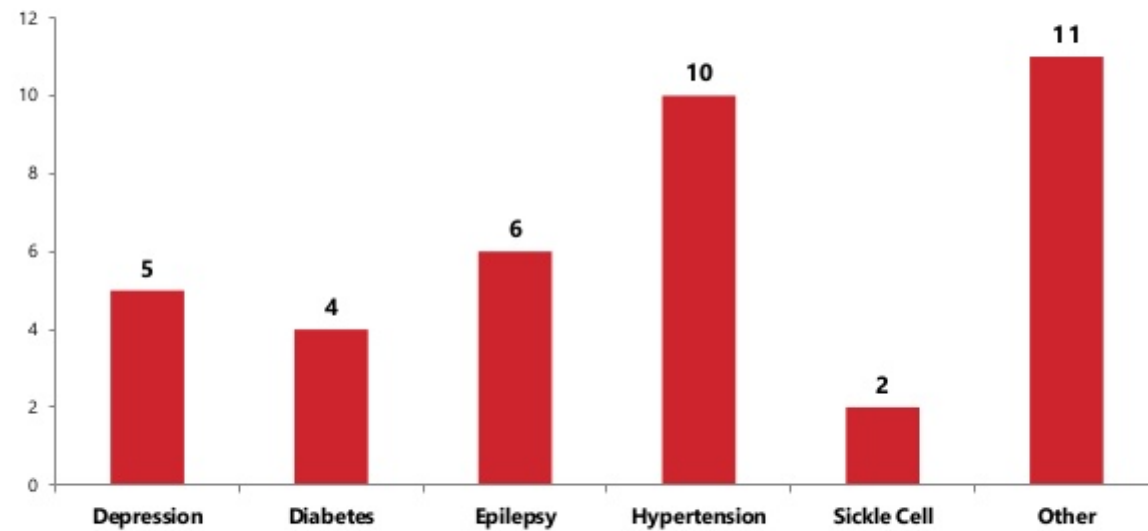


RECOMMENDATIONS

- Medicaid should extend coverage up to one year postpartum.
- Make autopsy investigations mandatory for every maternal death.
- All birthing facilities should implement patient safety bundles.
- Insurers should provide care management for pregnant and postpartum women.

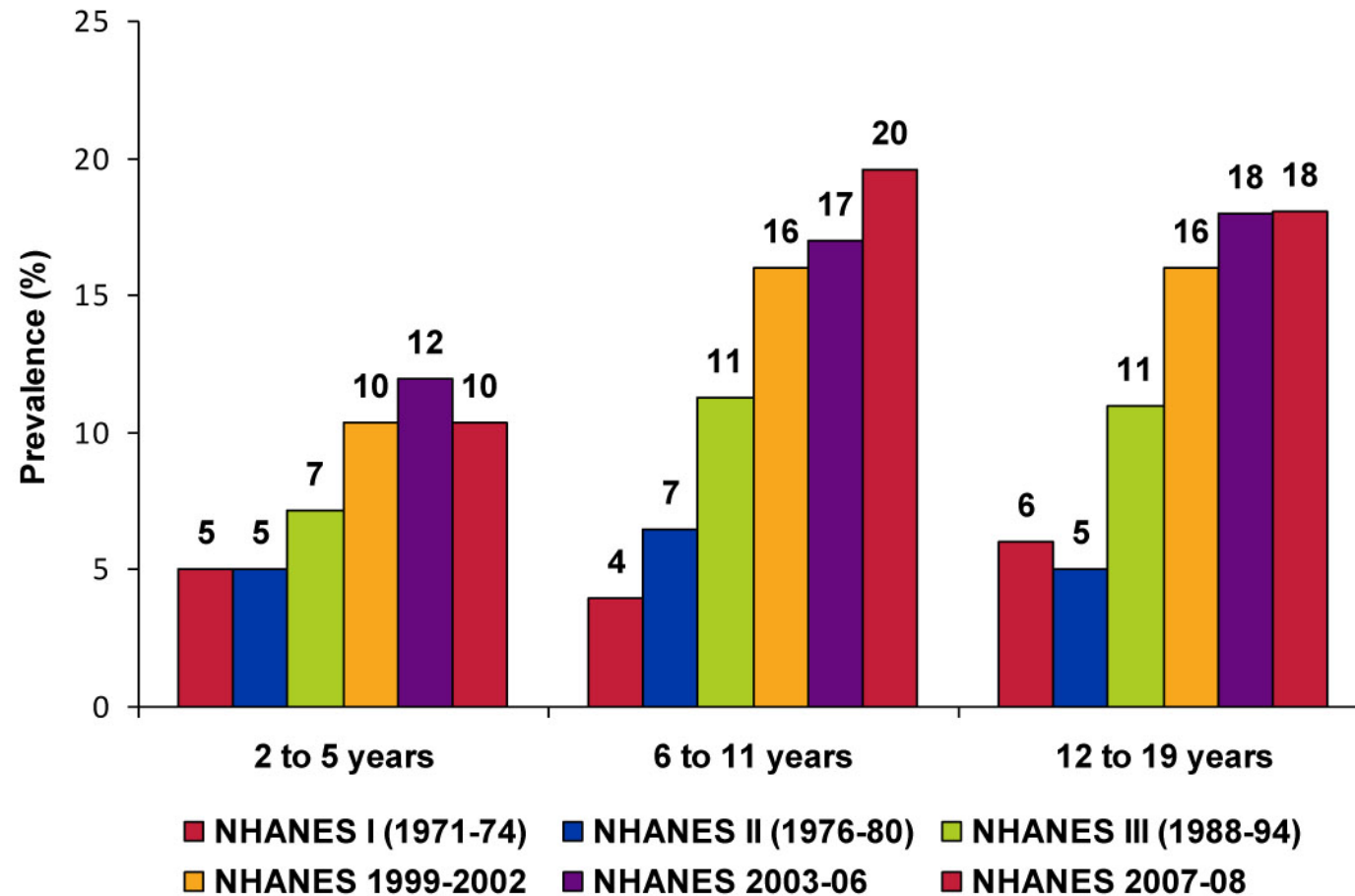
Chronic Diseases Apparent During the Prenatal Period, Georgia 2012

N = 34



We Protect Lives.

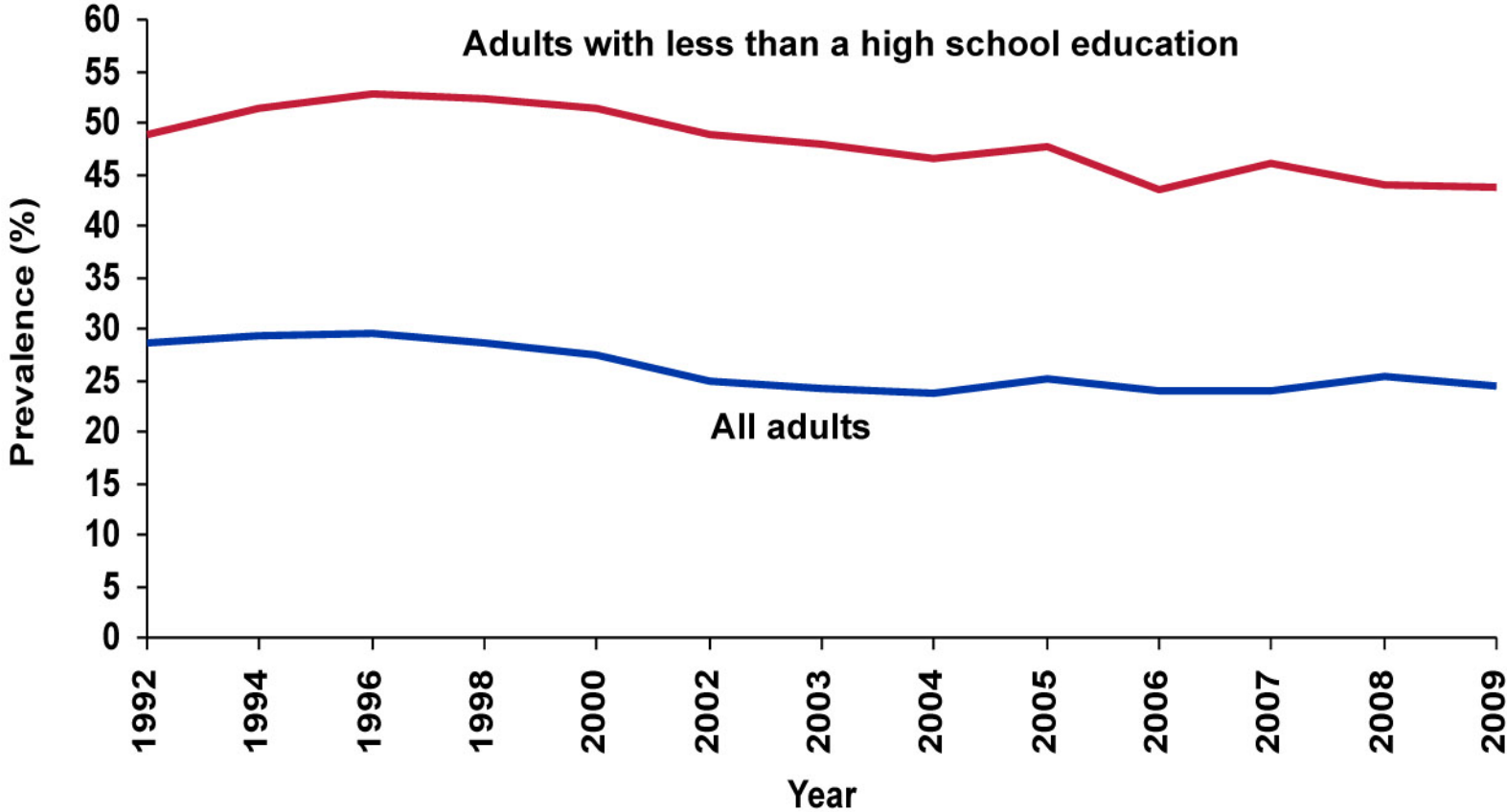
Trends in Obesity* Prevalence (%), Children and Adolescents, by Age Group, US, 1971-2008



*Body mass index (BMI) at or above the sex-and age-specific 95th percentile BMI cutoff points from the 2000 sex-specific BMI-for-age CDC Growth Charts. Note: Previous editions of Cancer Statistics used the term “overweight” to describe youth in this BMI category.

Source: National Health and Nutrition Examination Survey, 1971-1974, 1976-1980, 1988-1994, 1999-2002, National Center for Health Statistics, Centers for Disease Control and Prevention, 2002, 2004. 2003-06: Ogden CL, et al. High Body Mass Index for Age among US Children and Adolescents, 2003-2006. JAMA 2008; 299 (20): 2401-05. 2007-08: Ogden CL, et al. Prevalence of High Body Mass Index in US Children and Adolescents, 2007-2008. JAMA 2010; 303 (3): 242-249.

Trends in Prevalence (%) of No Leisure-Time Physical Activity, by Educational Attainment, Adults 18 and Older, US, 1992-2009



Note: Data from participating states and the District of Columbia were aggregated to represent the United States. Educational attainment is for adults 25 and older.

Source: Behavioral Risk Factor Surveillance System CD-ROM (1984-1995, 1996, 1998) and Public Use Data Tape (2000 to 2009), National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, 2010.

Obesity, inactivity raise cancer risks

Government report ties rise in cases to lifestyle

By Janice Lloyd
USA TODAY

The decline in deaths from all cancers combined continued in the USA from 2004 to 2008, but a major government report highlights a worrisome rise in cases tied to obesity and inactivity.

Although the overall rate of new cancer cases is declining, the report confirms research showing excess weight and a sedentary lifestyle are risk factors for one-quarter to one-third of common cancers. About one-third of adults — almost 78 million — are obese, roughly 30 or more pounds over a healthy weight.

"Americans don't understand the association between cancer and obesity," says physician Marcus Plescia, director of the division of cancer prevention for the Centers for Disease Control and Prevention (CDC). "They know about the links, (from obesity) to diabetes, heart disease and arthritis, but many don't know about this."

The report, published Wednesday in the jour-

nal *Cancer*, is co-authored by researchers from the CDC, the North American Association of Central Cancer Registries, the National Cancer Institute (NCI) and the American Cancer Society.

Maintaining a healthy weight and getting sufficient exercise may be among the most important ways to prevent cancer, the authors write. The risk factors are second only to tobacco as preventable causes of disease and death in the USA.

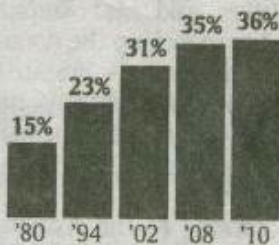
Obesity also diminishes quality of life for cancer survivors and may worsen the prognosis for several cancers, the authors write.

The American Cancer Society estimates that a third of the more than 572,000 cancer deaths in the USA each year can be attributed to diet and physical activity habits, including being overweight, while another third are caused by exposure to tobacco products.

"Because we know how to treat people better now, they live longer with cancer," says Rachel Ballard-Barbash, associate director of the applied

Obesity rates

Percentage of adults who were obese in:



Note: Percentages are rounded.
Source: CDC

By Frank Pompa, USA TODAY

research program at NCI. "You can improve prognosis and quality of life by losing weight, improving nutrition and exercising. It is similar to what we learned about heart disease."

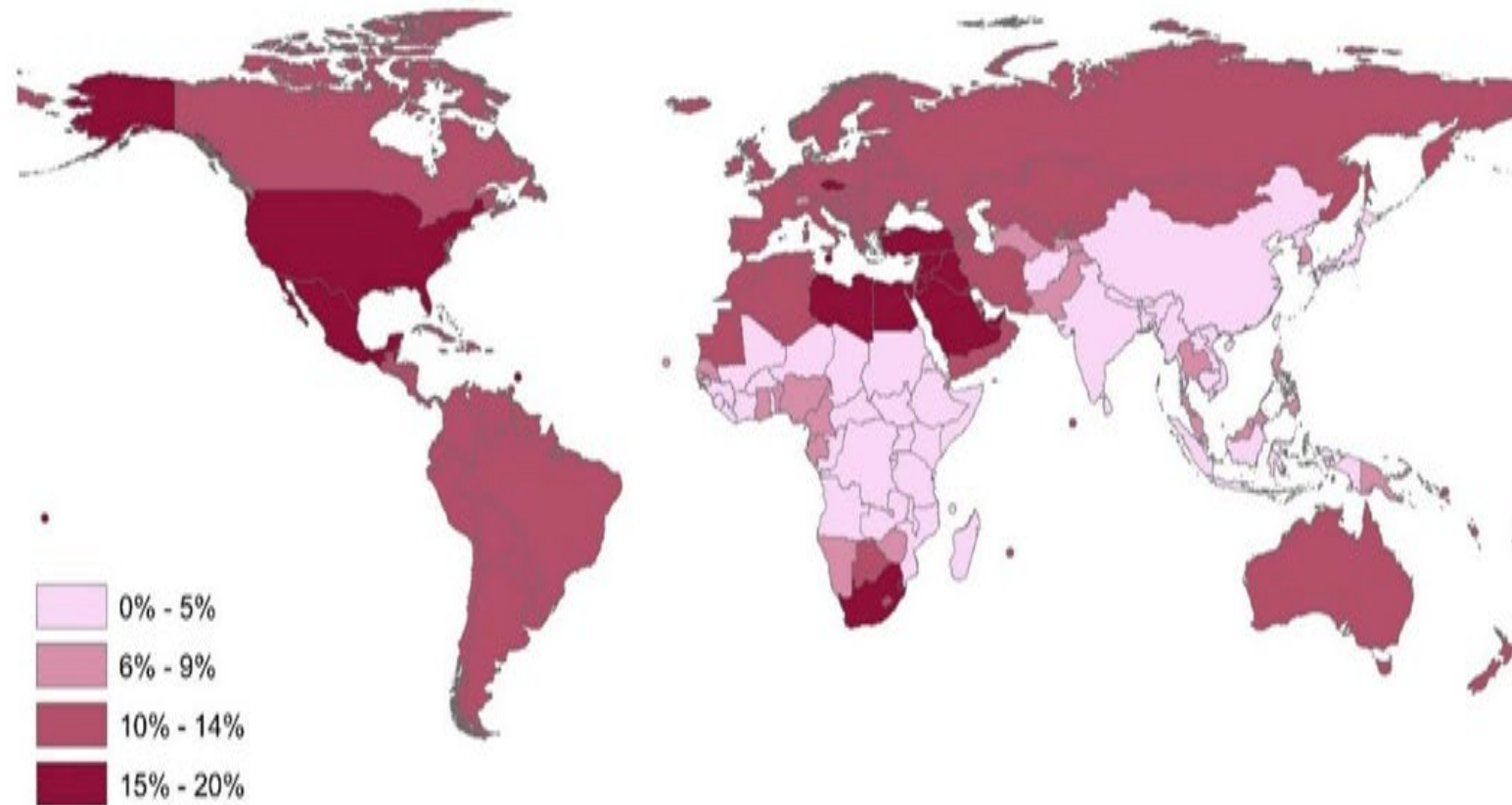
The biggest increase in new cases was seen in kidney cancer: 2.9% a year among men from 1999 to 2008, 3.3% among women. Also increasing: pancreatic cancer, adenocarcinoma of the esophagus and uterine cancer.

Obesity and inactivity can lead to cancer by altering hormone and insulin levels, causing chronic hypertension and contributing to damaging inflammatory agents.

Overall, cancer death rates decreased an average of 1.6% a year between 2004 and 2008, the most recent years for which data are available.

"If we want to see continued decrease in the mortality rates for cancer, we have to promote behaviors such as losing weight, being active and giving up smoking," says report co-author Ahmedin Jamal, vice president of surveillance research for the American Cancer Society.

Proportion of postmenopausal breast cancers attributable to excess body weight



Risk Factors

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive
- Having a family history of early heart disease
- Age (55 or older for women)

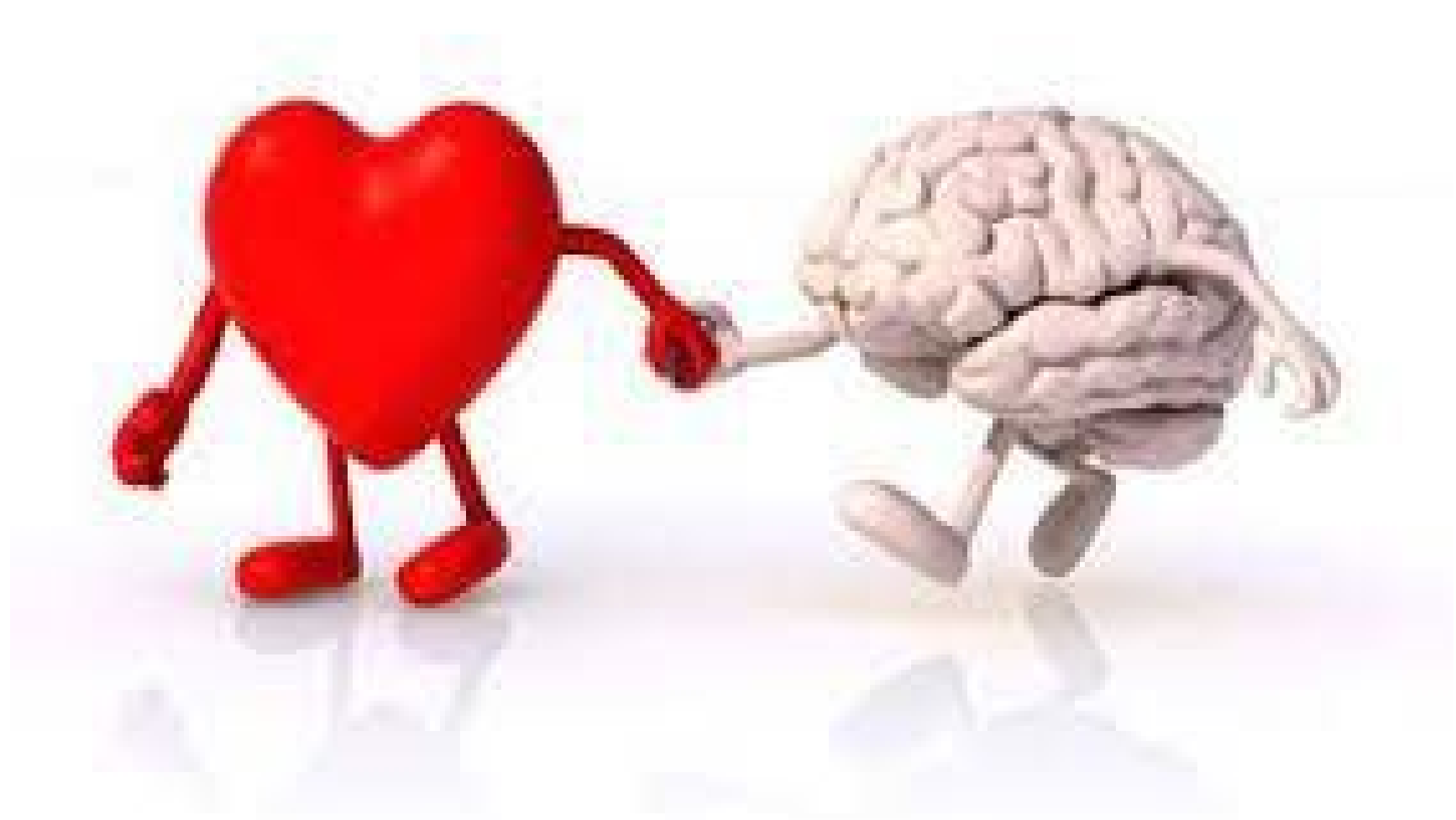


Drinking too much alcohol can increase your blood pressure.



A diet high in sodium and low in nutritional value puts you at higher risk for HBP.







Did you know that there are known risks for **Alzheimer's disease and related dementias** ?

not enough aerobic
physical activity

cigarette smoking

excessive
alcohol use

obesity

hypertension

diabetes

depression

hearing loss

Keep your brain healthy!

Talk to your health care provider about things you can do to reduce your risk



bit.ly/mm7120a2

MAY 20, 2022

MMWR

THE CORONAVIRUS CRISIS



Risk Factors

- Older age
- Obesity
- Hypertension
- Black race



Health, United States Spotlight

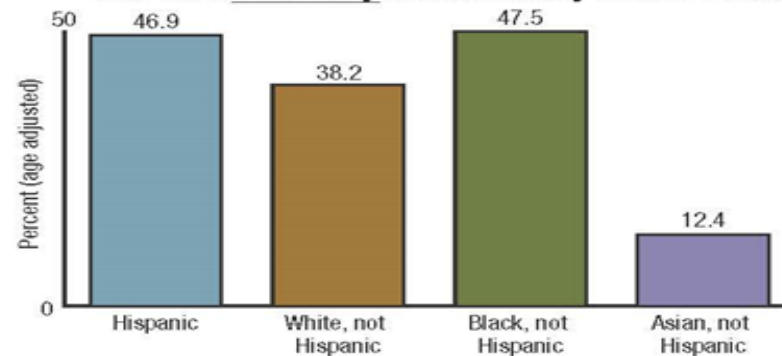
Racial and Ethnic Disparities in Heart Disease

April 2019



OBESITY

Hispanic and non-Hispanic black adults aged 20 and over were most likely to have obesity in 2015–2016.



SOURCE

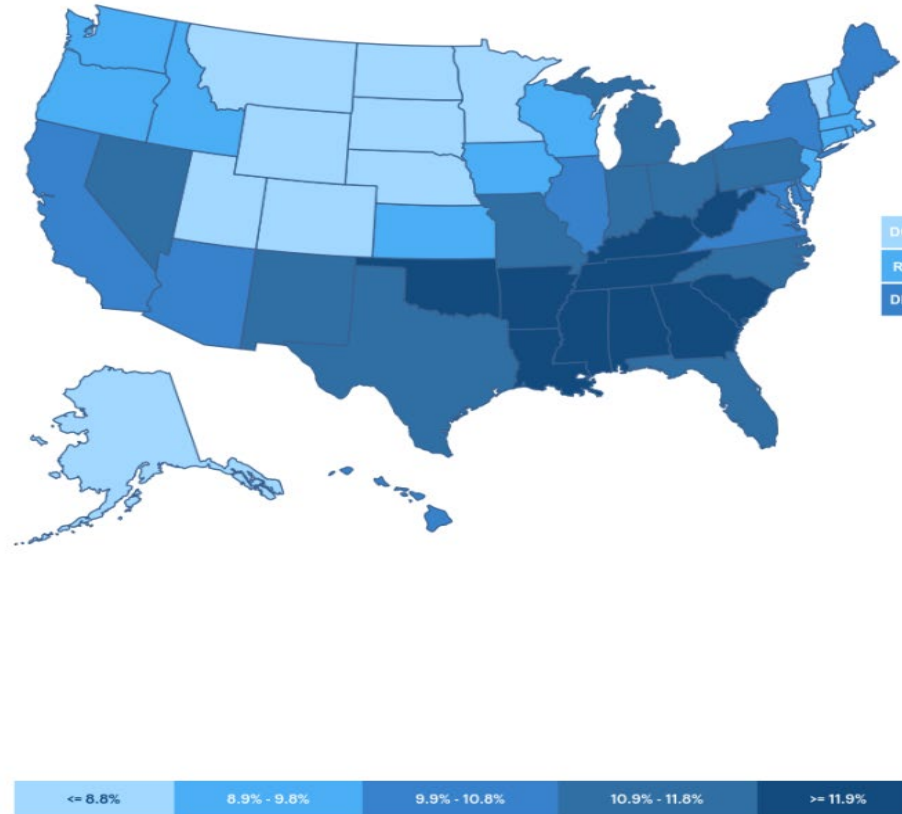
NCHS, National Health and Nutrition Examination Survey (NHANES).

NOTES

Obesity among adults is measured body mass index (BMI) ≥ 30.0 . BMI is measured weight (kg) divided by measured height, squared (m^2). Estimates may differ from others based on the same data due to different analytic methodology.

Prevalence of Diabetes Mellitus

Percentage of adults who reported being told by a health professional that they have diabetes (excludes prediabetes and gestational diabetes)



SOURCE:

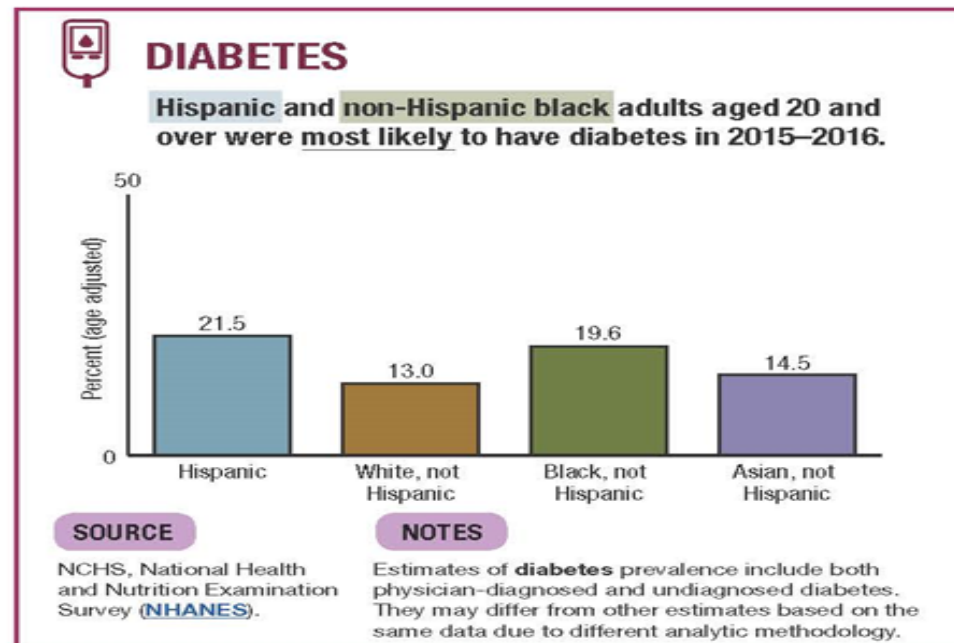
• CDC, Behavioral Risk Factor Surveillance System



Health, United States Spotlight

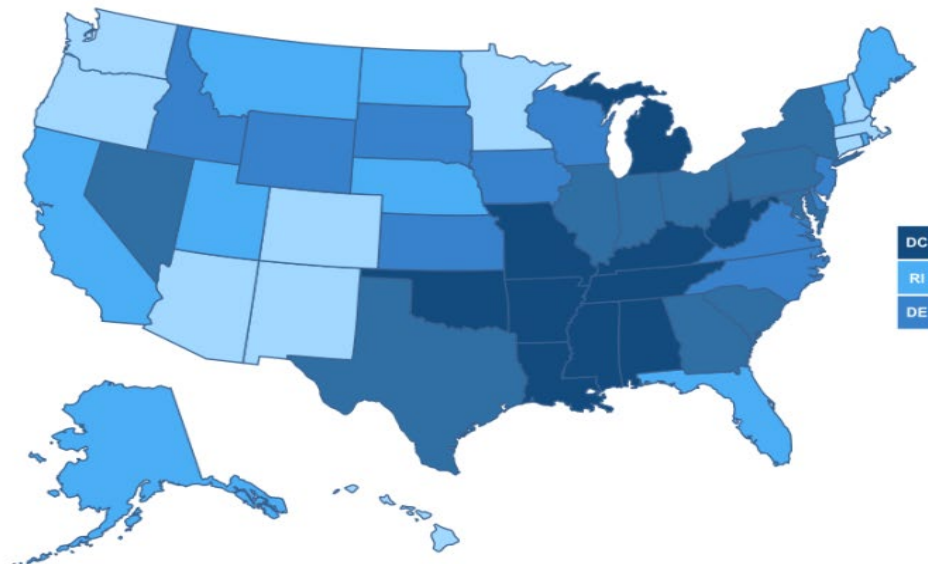
Racial and Ethnic Disparities in Heart Disease

April 2019



CV Deaths

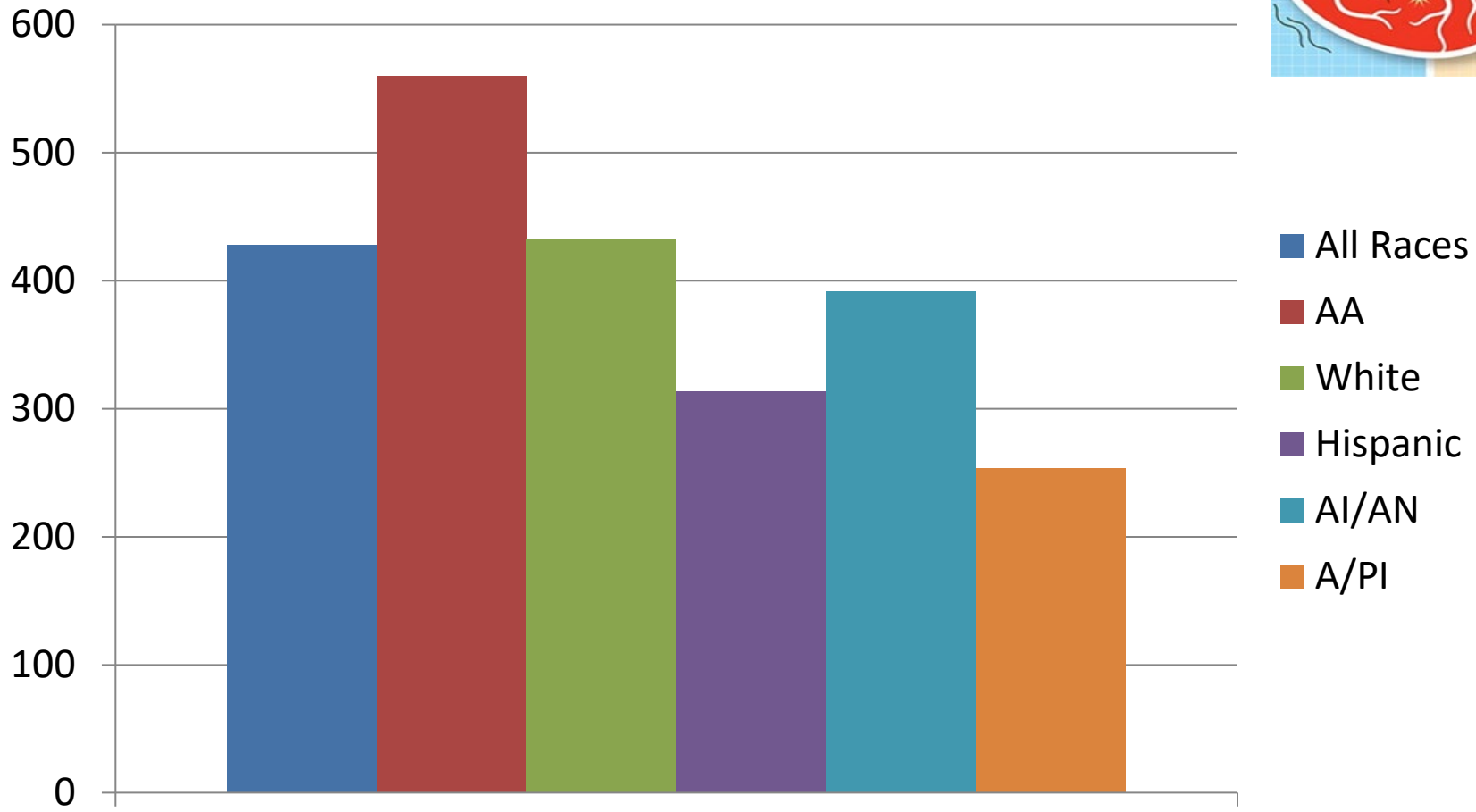
Age-adjusted number of deaths due to all cardiovascular diseases including heart disease and stroke per 100,000 population



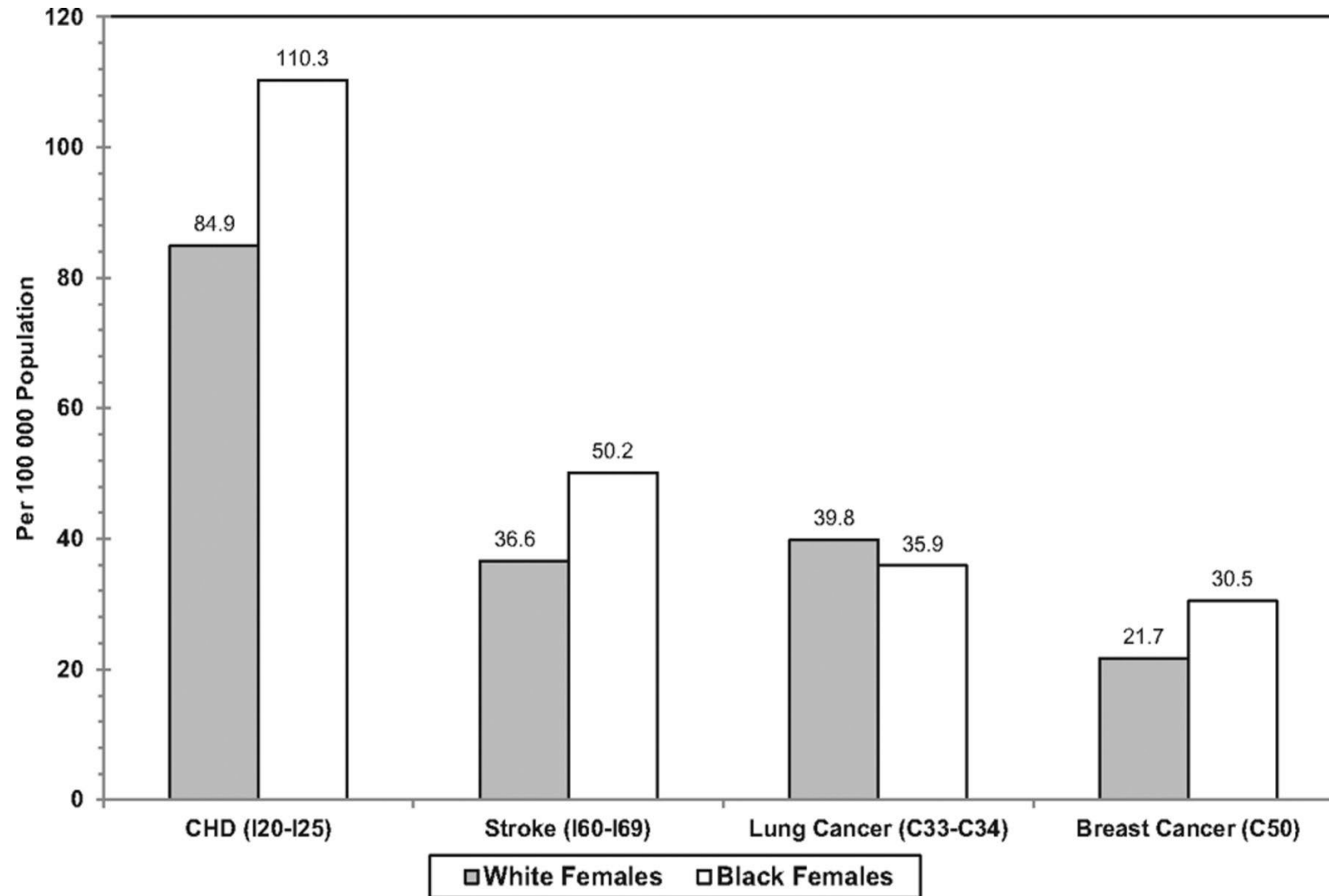
SOURCE:

• CDC, National Vital Statistics System

Total CV Disease Deaths



Age-adjusted death rates for coronary heart disease (CHD), stroke, and lung and breast cancer for white and black females (United States: 2009).



Go A S et al. Circulation 2013;127:e6-e245

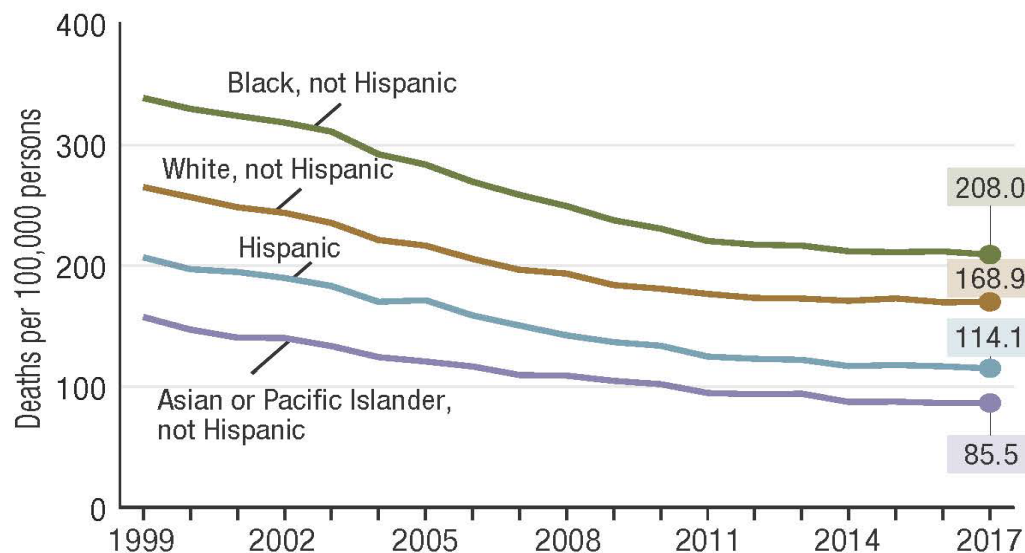


Health, United States Spotlight

Racial and Ethnic Disparities in Heart Disease

April 2019

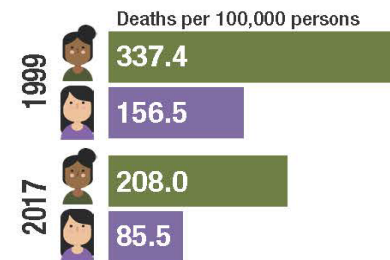
Age-adjusted death rates for heart disease, by race and Hispanic origin: 1999–2017



From 1999 through 2017, death rates for heart disease **decreased for all racial and ethnic groups.**

The rate of decrease for each group **slowed in recent years.**

Non-Hispanic black persons were **MORE THAN TWICE** as likely as non-Hispanic Asian or Pacific Islander persons to die of heart disease in 1999 and 2017.

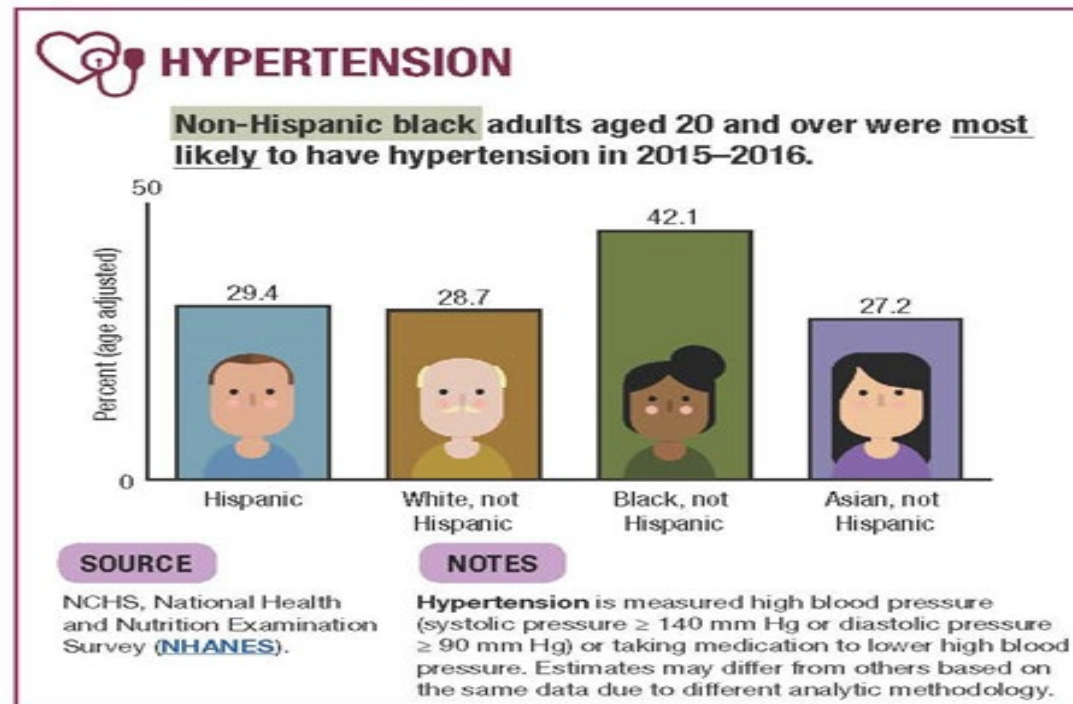




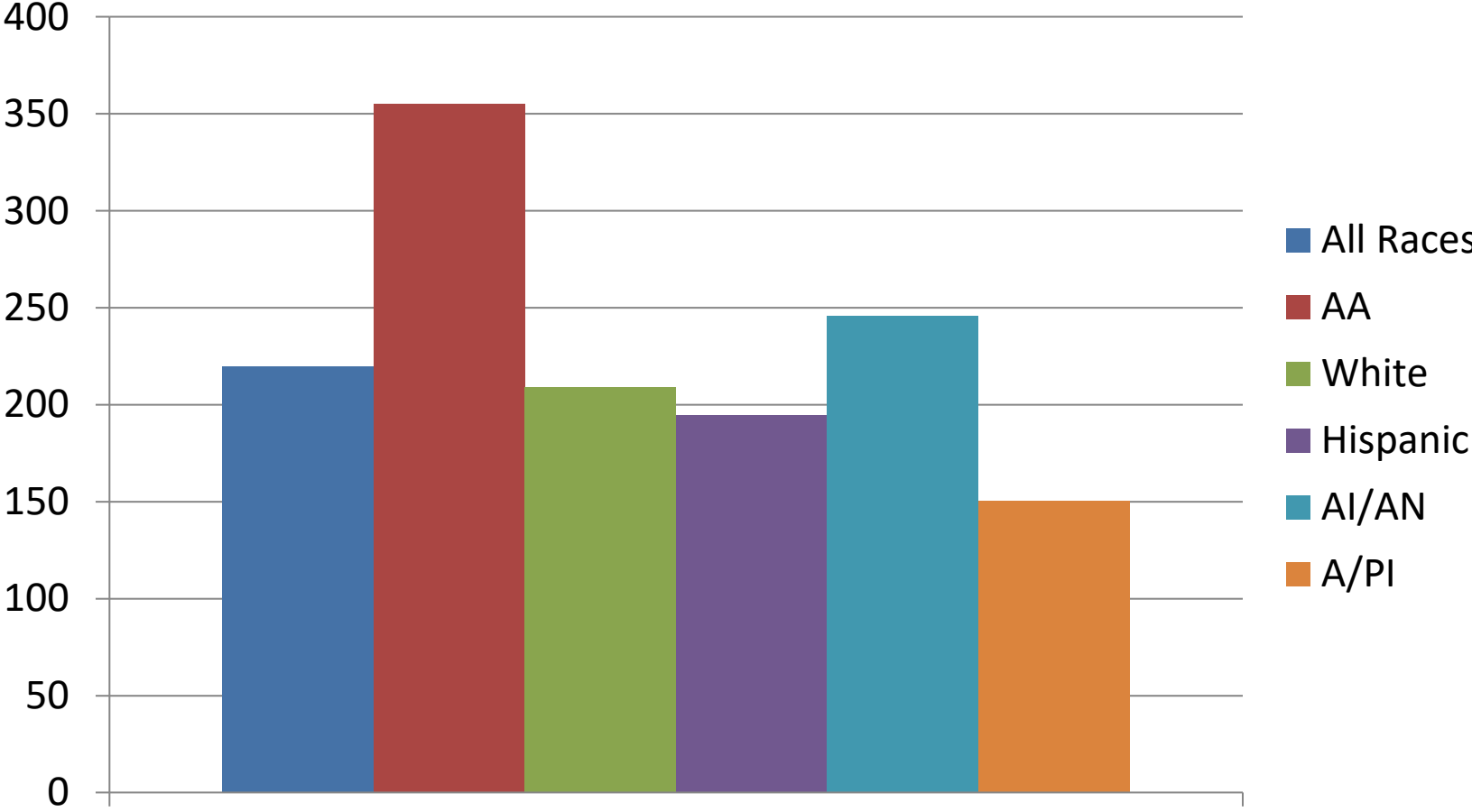
Health, United States Spotlight

Racial and Ethnic Disparities in Heart Disease

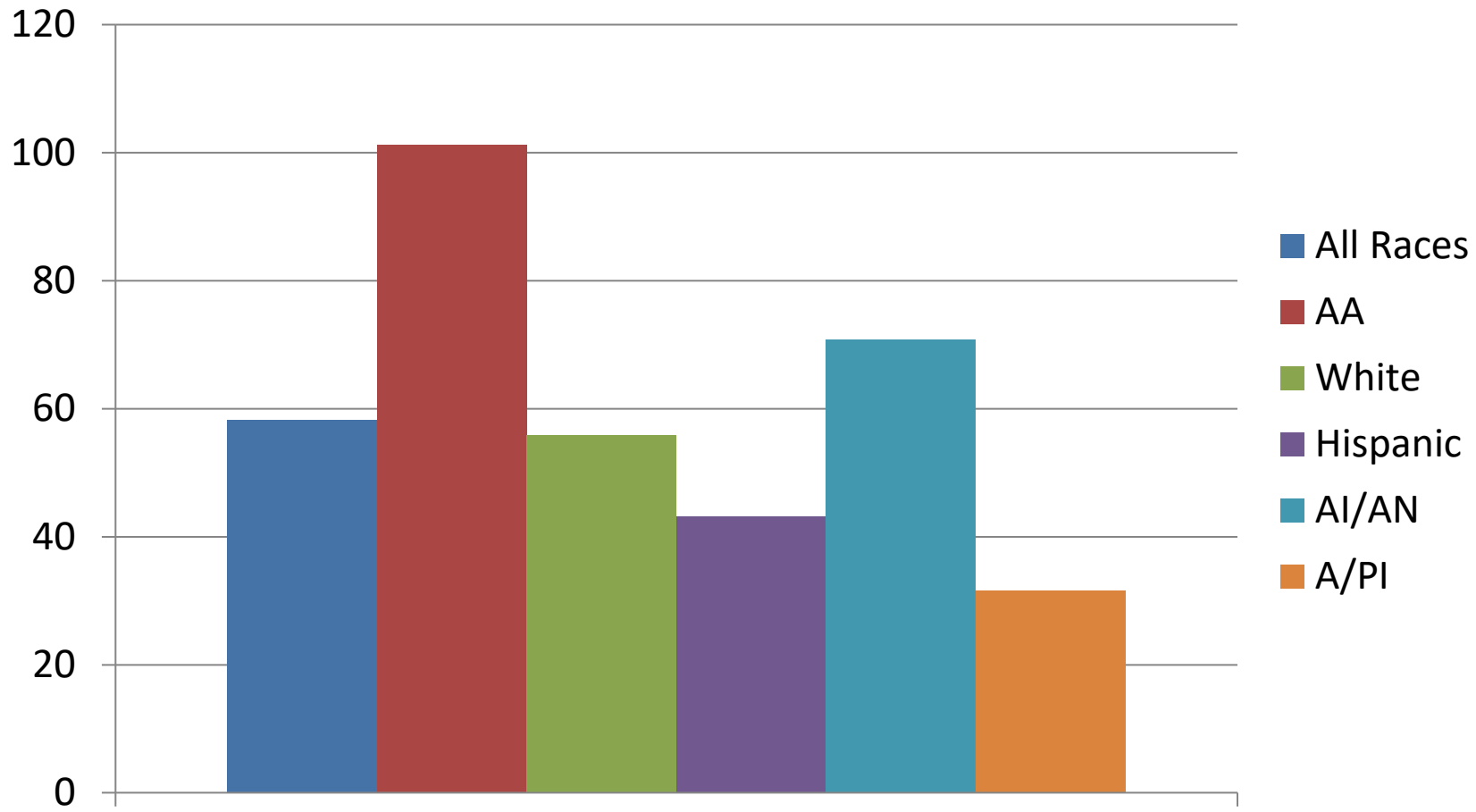
April 2019



Hypertension Deaths



Preventable/Avoidable Death



Maternal, Infant, and Child Health

Preterm (premature) birth, which is a live birth before 37 weeks gestation, is one of the most pressing challenges to maternal, infant, and child health in the United States. Preterm babies can face lifelong disabilities and are at higher risk of death during their first few days of life. Improving birth outcomes can enable children to reach their full potential.

Preterm Birth Rate

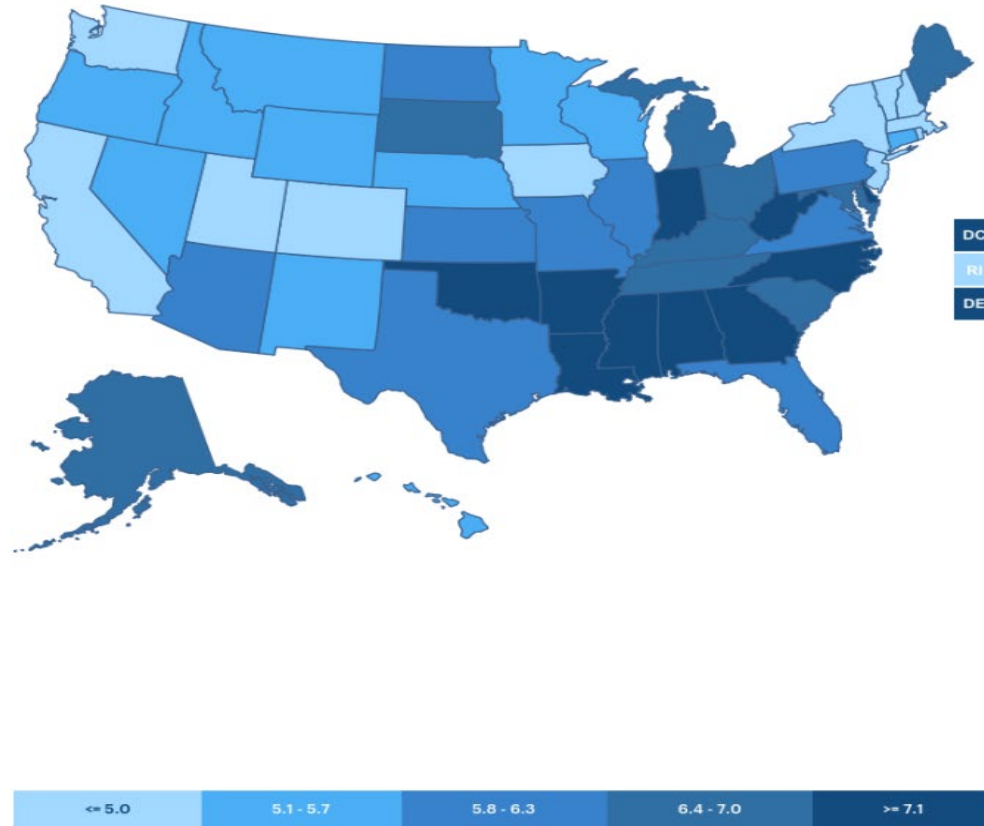
The proportion of preterm live births delivered to black non-Hispanic mothers was 16.3% in 2013, more than one and a half times the rate experienced by Asian or Pacific Islander mothers (10.2%).



Data source: National Vital Statistics System-Nativity (NVSS-N), CDC/NCHS.

Infant Mortality/1000 live births

Number of infant deaths (before age 1 year) per 1,000 live births



SOURCE:
• CDC, National Vital Statistics System

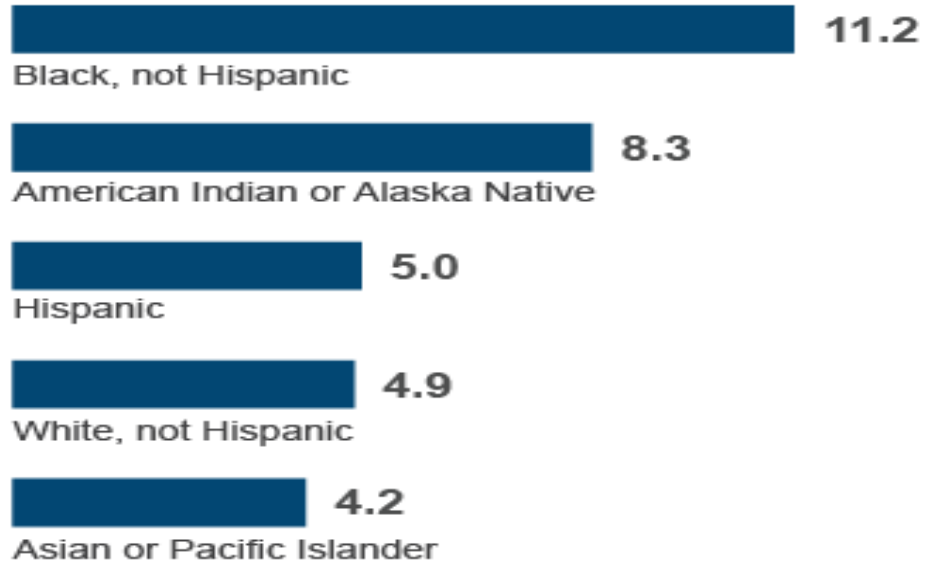
Maternal, Infant, and Child Health

Infant Mortality Rate

The infant mortality rate experienced by infants born to non-Hispanic black mothers was **more than 2.5 times** the rate experienced by infants born to Asian or Pacific Islander mothers (11.2 and 4.2 deaths under 1 year of age per 1,000 live births, respectively).



Infant deaths per 1,000 live births



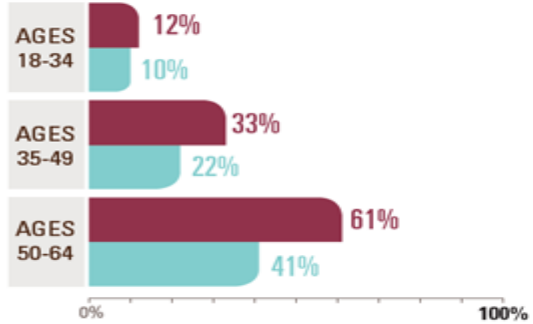
Data source: Linked Birth/Infant Death Data Set, CDC/NCHS.

**IN 2012, NEARLY SEVEN
BABIES DIED FOR EVERY
1000 LIVE BIRTHS**



And that's an improvement!

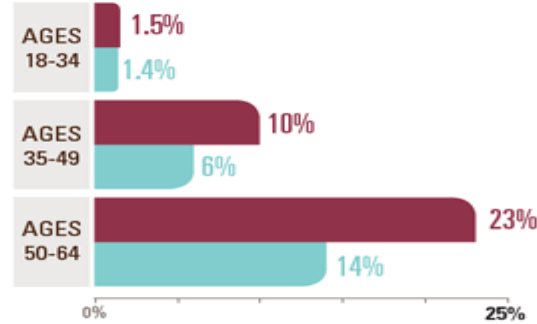
High Blood Pressure



African American

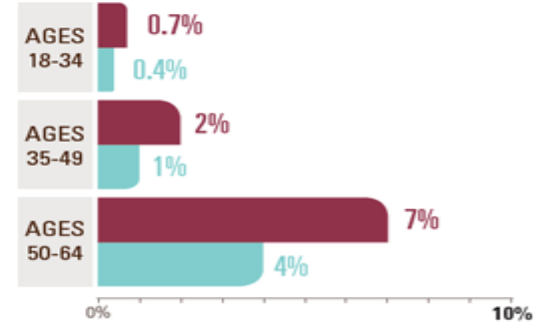
White

Diabetes



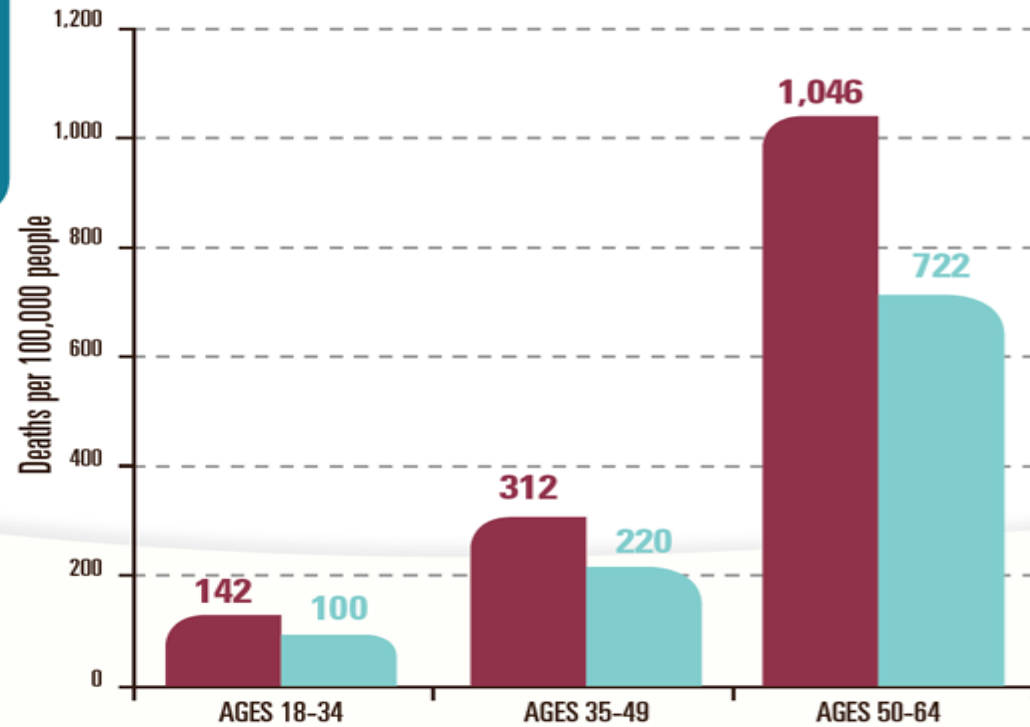
African Americans and whites include Hispanic and non-Hispanic origin.

Stroke



SOURCE: Behavioral Risk Factor Surveillance System, 2015.

African Americans are more likely to die at early ages from all causes.



SOURCE: US Vital Statistics, 2015.

Up to about 30% of breast cancers may be preventable with changes in lifestyle.

About 30% of breast cancer diagnoses are linked to risk factors that women may be able to change—such as [excess body weight](#), [physical inactivity](#), and [alcohol intake](#).

Women can help lower their risk for developing breast cancer by being active, maintaining a healthy body weight, and limiting alcohol. They can also help lower their risk of death from breast cancer by talking with their doctor about how often to get a mammogram, sticking with that schedule, and promptly following up on any abnormal results. Following [American Cancer Society guidelines for breast cancer screening](#) can help women find breast cancer earlier, when treatments are more likely to be effective.

The advocate affiliate of the ACS, the American Cancer Society Cancer Action Network (ACS CAN) continues to make efforts to close this persistent gap in screening.

“Lawmakers can and must do more to address the unequal burden of breast cancer among Black women, including increasing funding for the National Breast and Cervical Cancer Early Detection Program (NBCCEDP), a program jointly funded by federal and state governments that helps improve access to lifesaving screenings for these cancers.”

—[Lisa A. Lacasse](#), ACS CAN president

A word cloud centered on the word "MENOPAUSE" in large, bold, dark red letters. The cloud includes various related terms in different colors and sizes, such as "ESTROGEN", "HOT NIGHT", "FLASHES", "PERIODS", "SYMPTOMS", "NIGHT SWEATS", "OSTEOPOROSIS", "DEPRESSION", "HEART DISEASE", "URINARY INFECTIONS", "CANCER", "AGE", "VAGINAL DRYNESS", "VAGINAL DISCOMFORT", "MENOPAUSE", "PERIMENOPAUSE", "POSTMENOPAUSE", "PREMENOPAUSE", "STAGES", "SYMPTOMS", "IRREGULAR PERIODS", "WEIGHT GAIN", "LOSS OF LIBIDO", "FATIGUE", "MOOD SWINGS", "INSOMNIA", "CRAMPS", "MENSTREATION", "NIGHT SWEATS", "VAGINAL DRYNESS", "IRRITABILITY", "ESTROGEN LOSS", "VAGINAL HEART DISEASE", "URINARY INFECTIONS", "CANCER", "AGE", "VAGINAL DISCOMFORT", "MENOPAUSE", "PERIMENOPAUSE", "POSTMENOPAUSE", "PREMENOPAUSE", "STAGES", "SYMPTOMS", "IRREGULAR PERIODS", "WEIGHT GAIN", "LOSS OF LIBIDO", "FATIGUE", "MOOD SWINGS", "INSOMNIA", "CRAMPS", "MENSTREATION", "NIGHT SWEATS", "VAGINAL DRYNESS", "IRRITABILITY", "ESTROGEN LOSS", "VAGINAL HEART DISEASE", "URINARY INFECTIONS", "CANCER", "AGE", "VAGINAL DISCOMFORT". The words are interspersed with small red and pink floral icons.



Seven Dwarfs of menopause

Itchy Bitchy Sleepy Forgetful
Sweaty Bloated All-dried
Up

Hanni S

Men



Willa Lux 199-201

Men

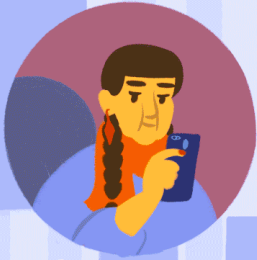


Billie Lissy 1995-2001

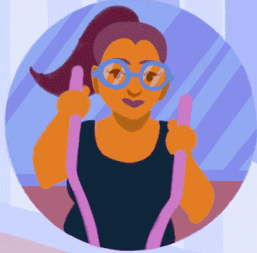
Women



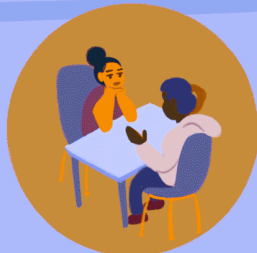
Coping With Depression Symptoms From Menopause



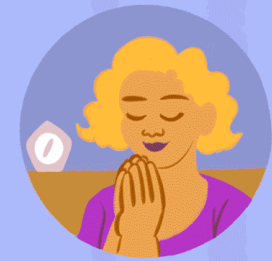
Keep your doctor in the loop



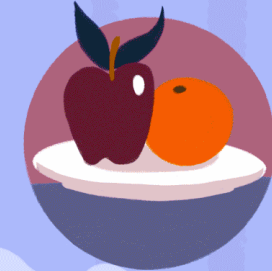
Exercise



Socialize with friends and family



Meditate



Eat healthy

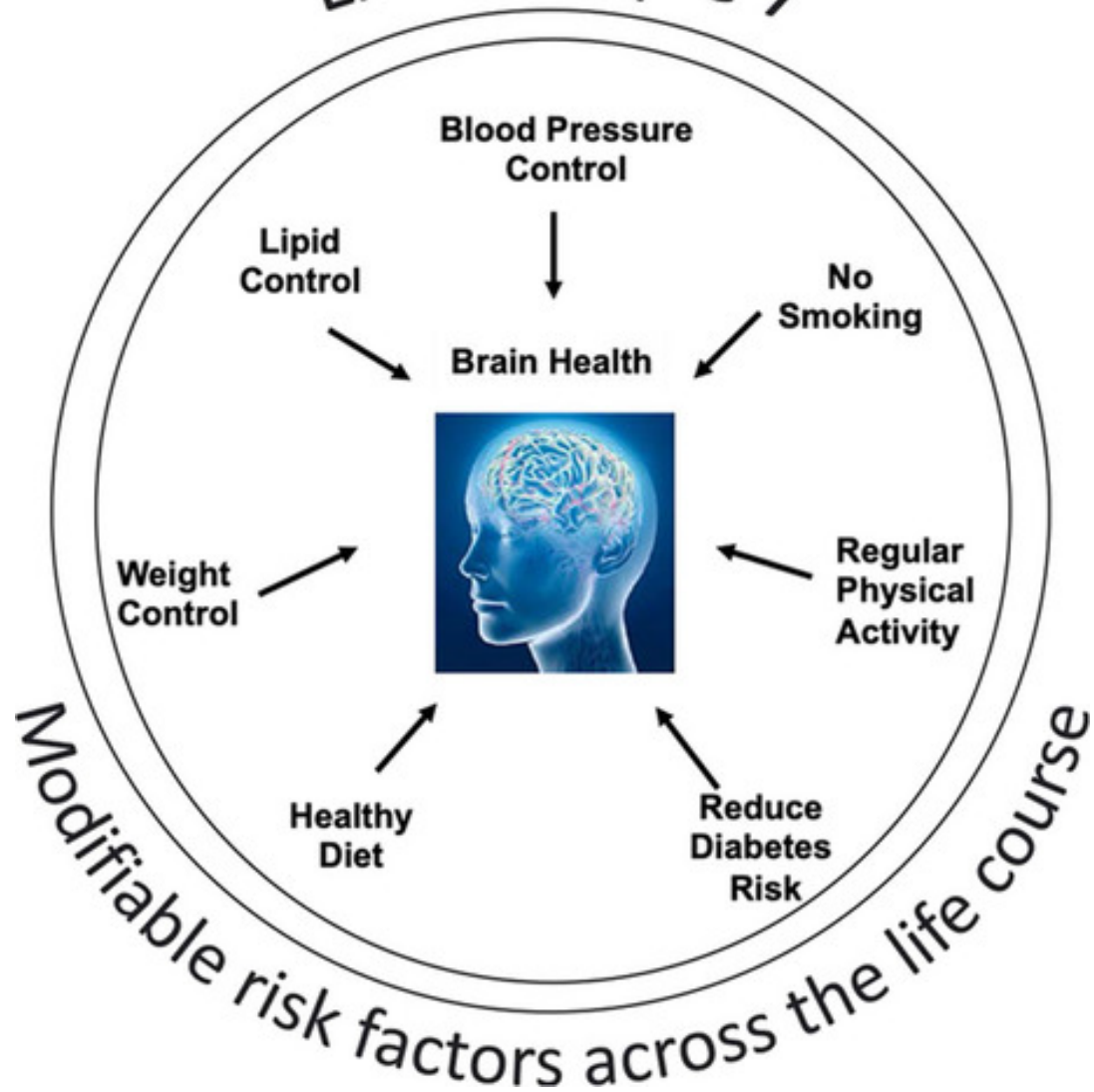


Reduce alcohol intake



Avoid smoking

Life's Simple 7[®]

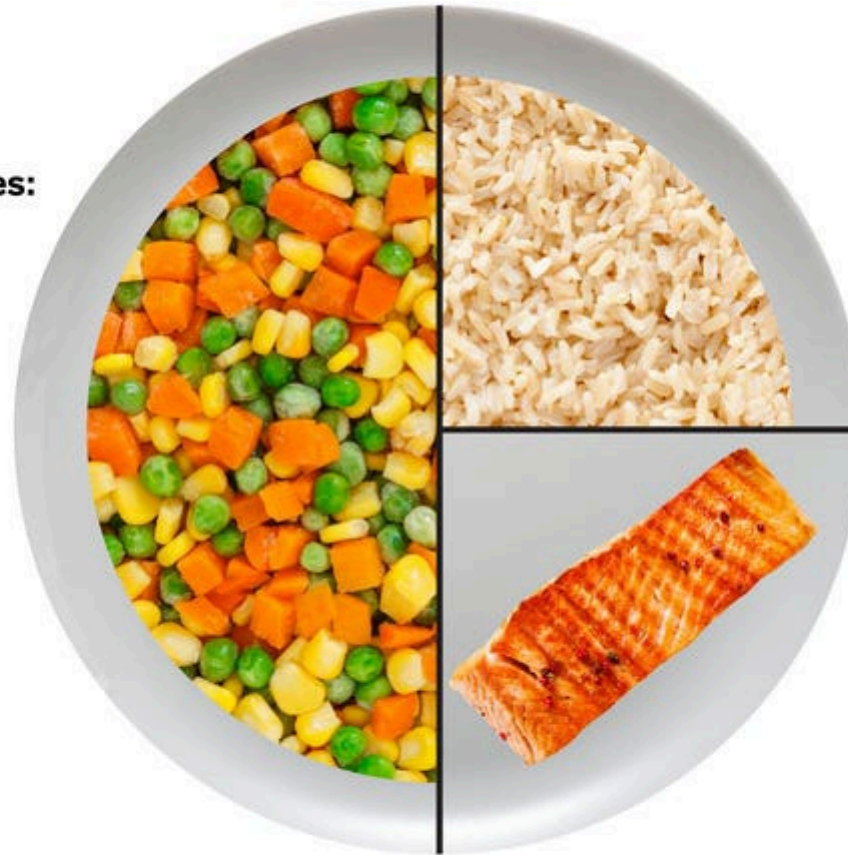




How to build a healthy plate

Fruits or vegetables:
1/2 plate of mixed
vegetables

Healthy oils:
1/3 avocado

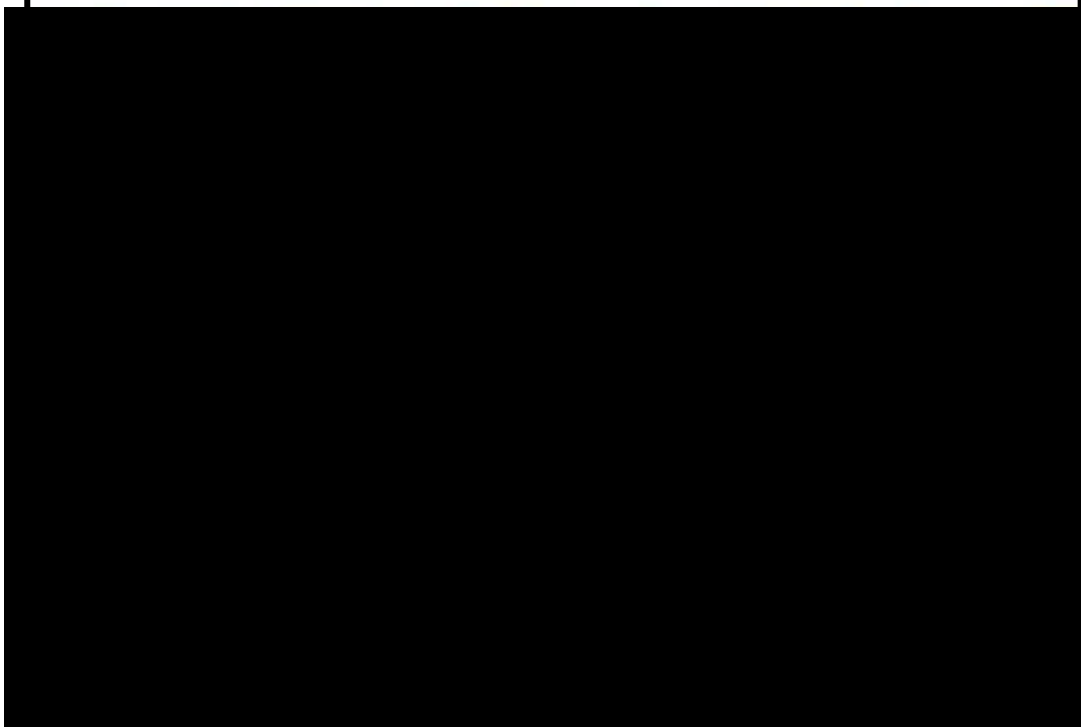


Whole grains:
1/2 cup of
brown rice


Protein:
3 oz. salmon
fillet

Source: Harvard Medical School

INSIDER







**Your breastmilk contains
3,000,000
germ-killing cells
per teaspoon.**

**Your breastmilk is
THAT
awesome!!**

www.The-Birth.com

HHS Blueprint for Action on Breastfeeding



Department of Health and Human Services
Office on Women's Health

Surgeon General's Call to Action

“One of the most highly effective preventive measures a mother can take to protect the health of her infant and herself is to breastfeed....”



Childhood Obesity – Prevention Begins with Breastfeeding

Podcast August 2011

Disease and Risk Reduction in Breastfed Infants and Children

Acute Otitis Media	50%
Atopic Dermatitis	42%
Gastrointestinal Infections	64%
Lower respiratory infections, hospital rate	72-77%
Asthma	26-40%
Obesity	24%
Type I Diabetes	30%
Type II Diabetes	40%
Childhood Leukemia	20%



Maternal Disease Risk Reduction from Breastfeeding

Diabetes	12%
Metabolic syndrome	8.4%
Ovarian Cancer	21%
Breast Cancer	4.3%
Coronary Artery Disease	23%
Aortic Calcifications	22%
Coronary Calcifications	15%



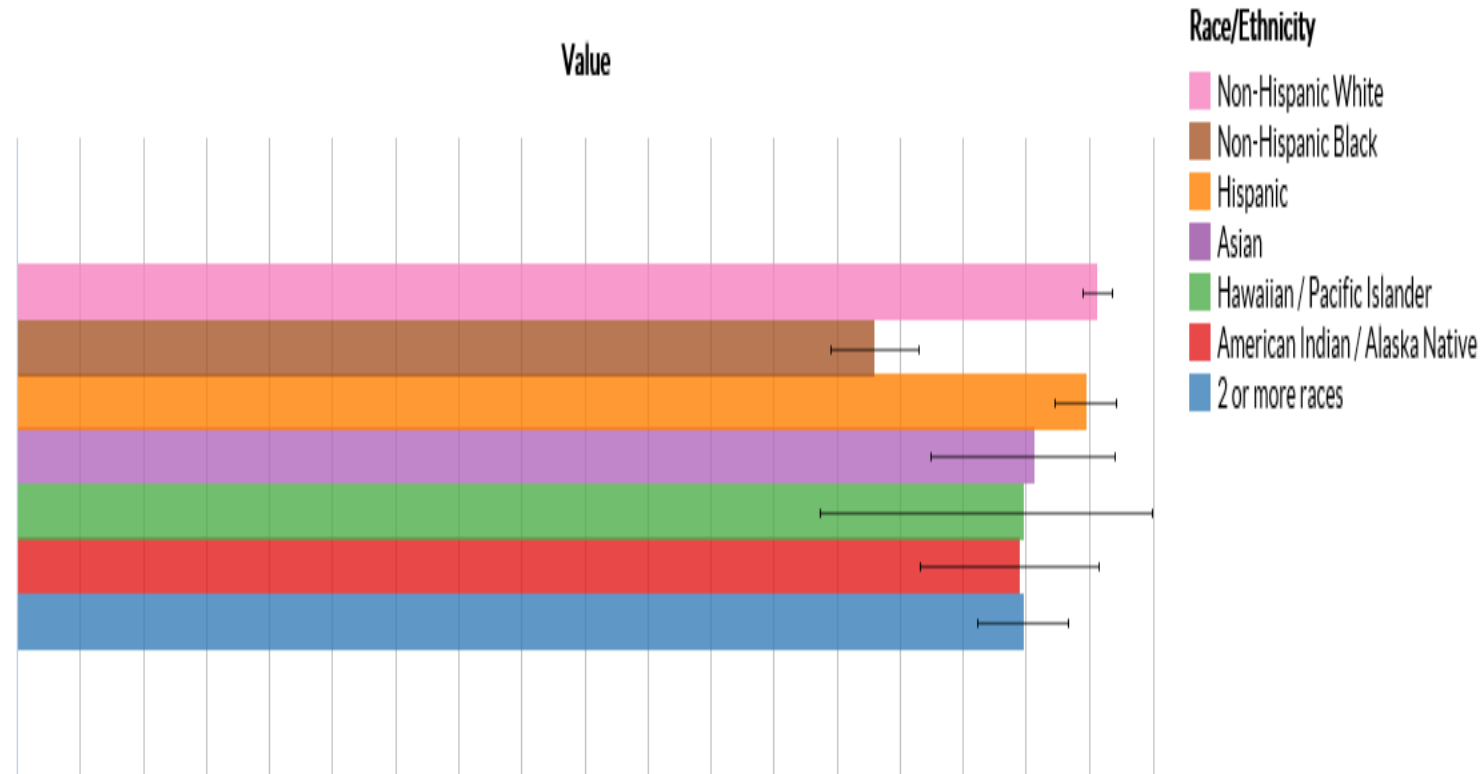
Cost Analysis of Maternal Disease Associated with Suboptimal breastfeeding.

- 4981 cases of breast cancer
- 53,847 cases of HTN
- 13,946 cases of MI
- \$17.4 billion resulting from premature death

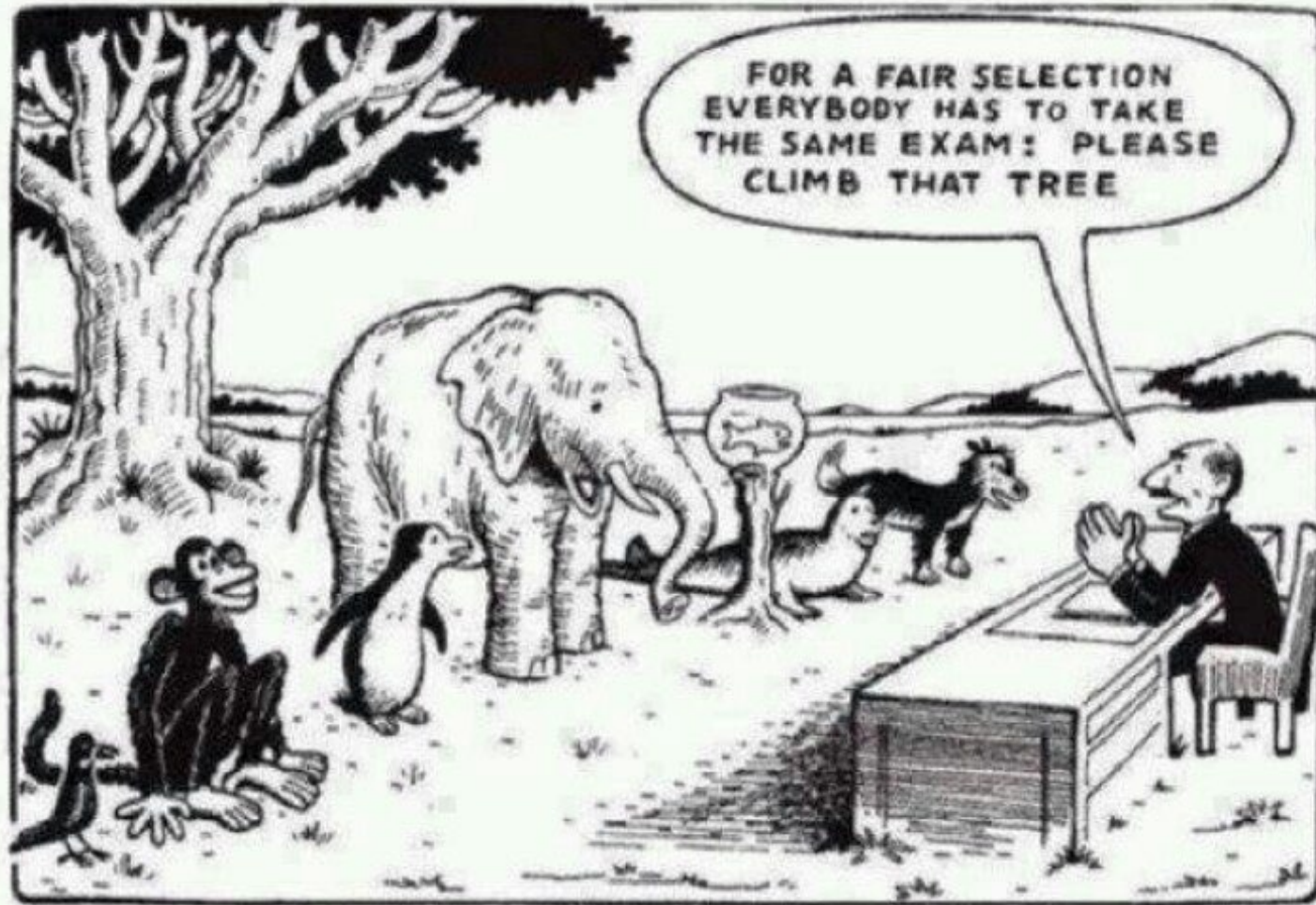
Suboptimal Breastfeeding in the United States: Maternal and Pediatric Health Outcomes and Costs

- 911 child deaths
- \$14.2 billion for pediatric disease

Percent of infants who were ever breastfed

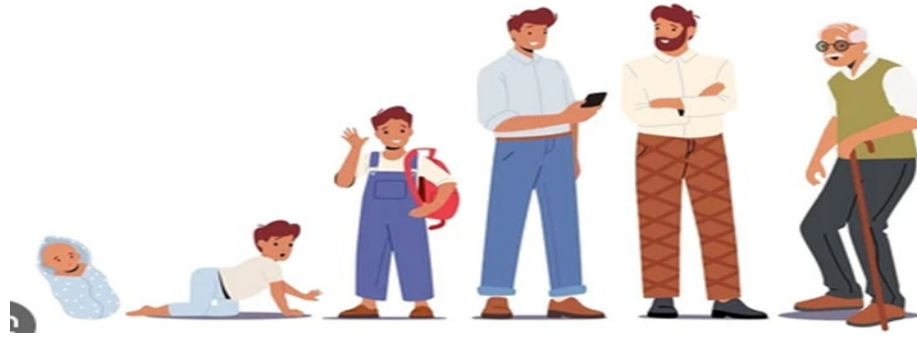






Our Education System

Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.



90%

of a child's brain development happens before age 5



- 90% Brain development before age 5
- 10% Brain development after age 5

Source: Harvard Center for the Developing Child



PREGNANCY COMPLICATIONS & HEART DISEASE RISK



PREGNANCY can be NATURE'S STRESS TEST ON THE HEART.

Women are at greater risk of having heart disease or a stroke if they had the following pregnancy complications:



HIGH BLOOD PRESSURE OR PREECLAMPSIA



GESTATIONAL DIABETES



PRETERM BIRTH (BEFORE 37 WEEKS OF PREGNANCY)

Many women don't get back to their pre-pregnancy weight within 12 months postpartum
THIS ALSO MAY RAISE YOUR RISK FOR CARDIAC PROBLEMS

HEALTH PROBLEMS DURING PREGNANCY

— even if they disappear afterward — can signal **TROUBLE FOR YOUR HEART**

WHAT YOU CAN DO

Make sure your primary care doctor knows if you had these pregnancy complications.



Know your risk for heart disease now and as you age

Adopt healthy habits: exercise daily, eat a heart-healthy diet, maintain a healthy weight



Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

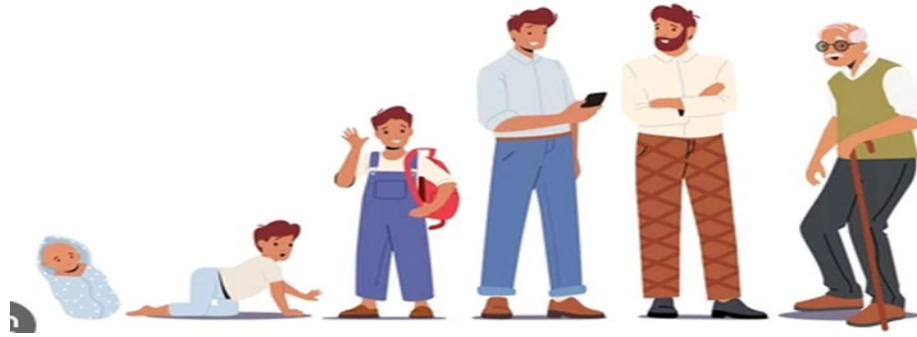
Go to [CardioSmart.org/Women](https://www.cardiosmart.org/Women) to learn more about heart risk factors and tips to stay healthy.

[@CardioSmart](https://twitter.com/CardioSmart)

[facebook.com/CardioSmart](https://www.facebook.com/CardioSmart)

If you would like to download or order additional posters on various topics, visit [CardioSmart.org/Posters](https://www.CardioSmart.org/Posters)

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- Parents
- Student athletes
- Colleagues
- Church family
- Civic organization
- Family including children
- You



Common Sources of Sugar

- Soda/pop
- Energy Drinks
- Flavored Milk
- Fruit- flavored drinks
- Iced Tea
- Lemonade
- Sports Drinks



4 grams of sugar = 1 teaspoon





128 grams of sugar







54 grams of sugar



35 grams of sugar

Bottled 100% Juice Smoothie



60 grams of sugar

Current Label

Nutrition Facts	
Serving Size 2 bars (42g)	
Servings Per Container 6	
Amount Per Serving	
Calories	190
Calories from Fat	60
% Daily Value*	
Total Fat	7g 11%
Saturated Fat	1g 4%
Trans Fat	0g 0%
Cholesterol	0mg 0%
Sodium	180mg 7%
Total Carbohydrate	29g 10%
Dietary Fiber	2g 9%
Sugars	11g
Protein	3g
Not a significant source of vitamin A, vitamin C and calcium.	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

New Label

Nutrition Facts	
6 servings per container	
Serving size	2 bars (42g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	9%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Potassium 150mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Whole Grain Oats, **Sugar**, Canola Oil, Rice Flour, **Honey**, **Brown Sugar Syrup**, Baking Soda, Soy Lecithin, Natural Flavor.
 CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.

- Agave
- Barley malt
- Brown sugar
- Cane juice/evaporated cane juice
- Cane sugar
- Cane syrup
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Dextrose
- Fructose
- Fruit juice concentrates (for example, apple juice concentrate)
- Fruit nectars
- Glucose
- High fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Malt sugar
- Malt syrup
- Maltose
- Molasses
- Raw sugar
- Sucrose
- Syrup
- Trehalose
- Turbinado

Added Sugars

- Breakfast cereals
- Breads
- Canned beans
- Canned fruit
- Condiments
- Granola
- Meal replacement drinks
- Pasta Sauces
- Protein, health, and granola bars
- Salad dressings
- Soups
- Yogurt

The Atlanta Journal-Constitution

THINGS TO DO

These 9 healthy sounding foods have more sugar than a Krispy Kreme doughnut

Here are some foods and drinks with more sugar than a Krispy Kreme doughnut:

- **Bottle of Naked juice green machine smoothie:** 53 grams or about five Krispy Kreme original glazed doughnuts
- **One-fourth cup of Sun Maid raisins:** 29 grams or three Krispy Kreme doughnuts
- **Chobani blueberry greek yogurt:** 15 grams or 1 ½ Krispy Kreme doughnuts
- **Nature Valley oats and honey crunchy granola bar:** 11 grams or about one Krispy Kreme doughnut
- **Vitamin water:** up to 32 grams of sugar or about three Krispy Kreme doughnuts
- **One cup of Motts apple sauce:** 22 grams or about 2 Krispy Kreme doughnuts
- **Odwalla mango protein flavored soy protein shake:** 47 grams or about 5 Krispy Kreme doughnuts
- **Quaker instant oatmeal in apple cinnamon:** 12 grams, a little more sugar than one Krispy Kreme doughnut
- **Nesquik low fat chocolate milk:** 22 grams, or about two Krispy Kreme doughnuts





What Can I Do?

- Eat Healthy
- Get Regular Exercise
- Lose Weight if Needed
- Stress Management





Beware of Portion Distortion

20 Years Ago



500 Calories
1 cup of spaghetti with
sauce and 3 meatballs

Today



1,025 Calories
2 cups of spaghetti with
sauce and 3 meatballs



Large Portions Add Up

100 extra
calories per
day



10 pound
weight
gain
per year



Change One Thing! Challenge

- Practice one new behavior faithfully
- New behaviors take 1 mo. to become habit
- If at first you don't succeed, try and try again!
- Most importantly, believe in **yourself**. If you think you can, you can.

A LIFE IS NOT IMPORTANT
EXCEPT IN THE IMPACT IT HAS
ON OTHER LIVES

Jackie Robinson



Thank you for your
attention





Thank You!
