

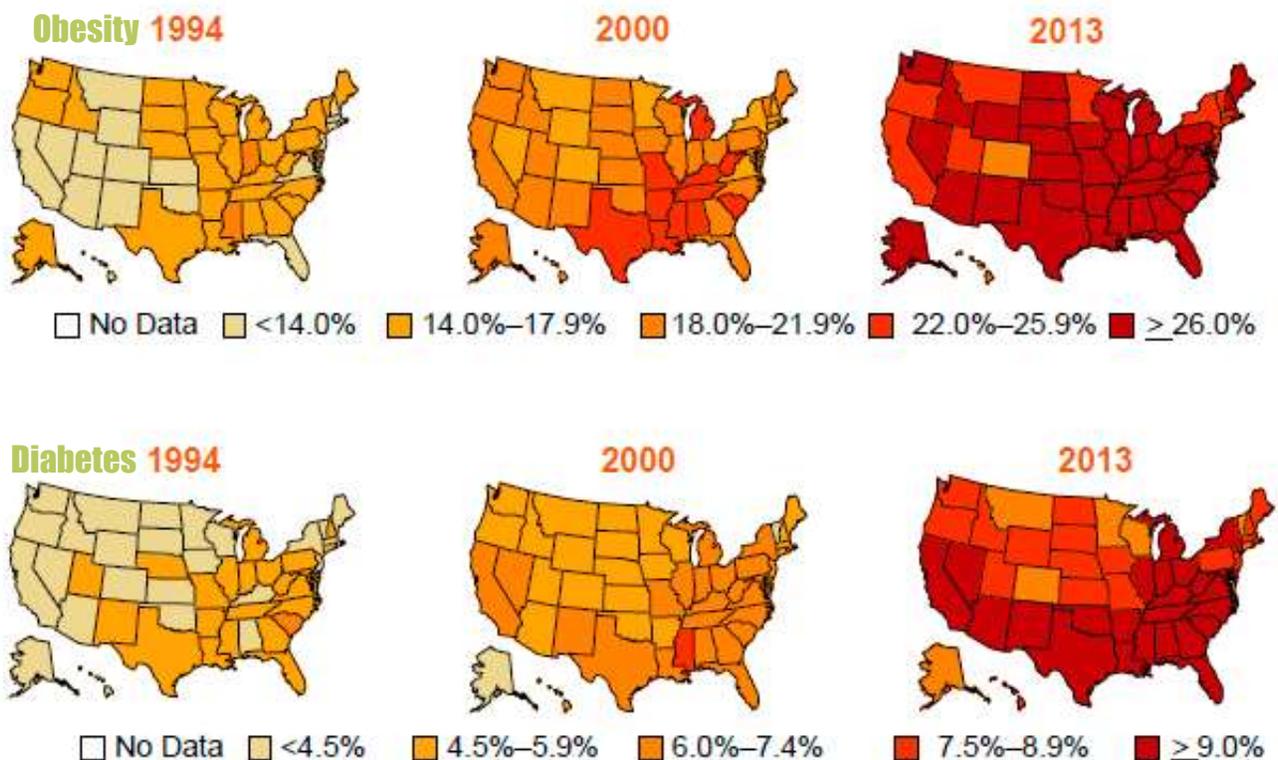


## The Link between Weight and Disease

Did you know that you can take action now to drastically reduce your risk of chronic disease in the future? By managing your weight, you can reduce stress on your body and improve everything from heart and lung function, to mood and memory, to hormones and metabolism.<sup>1</sup> Achieving and maintaining a healthy weight can also help prevent serious medical conditions, such as heart disease, diabetes, stroke, and some types of cancer.<sup>1</sup>

Maps of the United States compiled by the Centers for Disease Control and Prevention (CDC) illustrate that as the rate of obesity increases around the country, the prevalence of diagnosed diabetes increases as well.<sup>2</sup> In 1994, most states had less than 18 percent occurrence of obesity, and most states had less than six percent prevalence of diagnosed diabetes. Six years later, only 13 states had less than 18 percent occurrence of obesity (11 states surpassed 22 percent), and half the states had less than six percent prevalence of diagnosed diabetes. By 2013, no state had less than 18 percent occurrence of obesity (most states surpassed 22 percent), and no state had less than six percent prevalence of diagnosed diabetes (25 states surpassed nine percent).

### Age-Adjusted Prevalence of Obesity and Diagnosed Diabetes Among US Adults





Whether you're a service member or a civilian, this growing trend is a concern. The good news is that a healthy and permanent approach to weight loss can be achieved by adopting positive lifestyle habits. That is why it's important to start the new year off right by making healthy food choices, engaging in regular exercise, and getting the right amount of sleep.

## Healthy Eating

Food is fuel for the body. In order to keep your body functioning properly, you have to eat healthy and live a balanced lifestyle. Processed and prepared foods often contain high amounts of calories, sodium (salt), added sugars, and fat. These ingredients directly contribute to chronic disease. To achieve optimal health, eat a variety of nutrient-dense foods and follow these tips<sup>3</sup>:

- Increase amount of fruits and vegetables consumed to at least half your plate
- Make at least half your grains whole grains
- Switch to fat-free or low-fat milk
- Choose foods with less sodium
- Avoid oversized portions
- Drink water instead of soda or sugary drinks

For additional information on healthy eating check out these resources:

- [HPW Healthy Eating Toolbox](#)
- [Nutri-Facts](#)
- [Eat the Rainbow: A Colorful Approach to Healthy Eating](#)

## Active Living

In addition to healthy eating, exercise can also reduce the risk of chronic disease. Engage in a combination of moderate to vigorous intensity aerobic exercise, muscle strengthening, and functional body movement activities throughout the week. To enhance overall well-being, follow these training tips<sup>4</sup>:

- Engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise each week to reduce the risk of chronic disease or prevent weight gain
- Engage in at least 300 minutes of moderate-intensity or 150 minutes of vigorous-intensity aerobic exercise each week to lose weight and keep it off after weight loss
- Include a variety of activities to get the most health benefits out of your training

For additional information on active living check out these resources:

- [HPW Active Living Toolbox](#)



- [Exercise Programs for Active, Healthy Living](#)
- Getting Moving! Fun Activity Ideas for All Ages
  - [Children](#)
  - [Adults](#)
  - [Older Adults](#)

## Sleep

Adequate sleep is an often overlooked lifestyle choice. Many view sleep as an indulgence and not a requirement for good health. However, lack of sleep is associated with obesity and many illnesses, such as diabetes, heart disease, and depression.<sup>5</sup> To maintain a healthy lifestyle, follow these sleep tips<sup>6</sup>:

- Get 7-8 hours a day
- Go to bed at the same time and wake at the same time
- Sleep in a dark, quiet, and temperature controlled room
- Remove electronic devices from the room

For additional information on sleep and ideas to incorporate these suggestions into your routine, check out these resources:

- [Sleep Matters: Tips for Better Sleep](#)
- [Sleep Advice](#)
- [Sleep for WII](#)

Weight management is critical to getting and staying healthy. Even a modest weight loss of 5 – 10 percent of your total body weight can help prevent or reduce your risk of chronic disease.<sup>1</sup> Make 2016 the year you eat a balanced diet, exercise regularly, and get sufficient sleep. You can also check out the [HPW Healthy Weight Toolbox](#) for more information.

## References

<sup>1</sup> Harvard School of Public Health. Obesity Prevention Source. Health Risks. <http://www.hsph.harvard.edu/obesity-prevention-source/obesity-consequences/health-effects/>. Updated 2015. Accessed October 2015.

<sup>2</sup> Centers for Disease Control and Prevention. Division of Diabetes Translation. National Diabetes Surveillance System. Maps of Diagnosed Diabetes and Obesity in 1994, 2000, and 2013. <http://www.cdc.gov/diabetes/data/center/slides.html>. Published January 2015. Accessed October 2015.

<sup>3</sup> Dietary Guidelines for Americans 2010. U.S. Department of Agriculture. U.S. Department of Health and Human Services. <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>. Published December 2010. Accessed October 2015.

<sup>4</sup> 2008 Physical Activity Guidelines for Americans. U.S. Department of Health and Human Services. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Published October 2008. Accessed October 2015.

<sup>5</sup> Centers for Disease Control and Prevention. Sleep and Sleep Disorders. Sleep and Chronic Disease. [http://www.cdc.gov/sleep/about\\_sleep/chronic\\_disease.html](http://www.cdc.gov/sleep/about_sleep/chronic_disease.html). Updated July 2013. Accessed October 2015.

<sup>6</sup> Centers for Disease Control and Prevention. Sleep and Sleep Disorders. Sleep Hygiene Tips. [http://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](http://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html). Updated December 2014. Accessed October 2015.