

Diet and Disease in Modern Society Movie Notes

- Disability Adjusted Life Years (DALY)
 - Tobacco 9.8%
 - Diet 10%
 - Cardiovascular disease
 - Heart disease
 - Stroke
 - Diabetes
 - Factors include being overweight and/or inactive
 - Cancer
 - Stomach
 - Breast
 - Colon/bowel
 - Lung
 - Prostate
 - Ovarian
- Factors leading to obesity
 - Poor diet
 - High in saturated fat
 - Low in fresh fruits and vegetables
 - Sedentary lifestyle
- Overconsumption is the BIGGEST single dietary problem in America
- Cardiovascular disease
 - Disease of the heart and the blood vessels
 - Breakdown in the efficiency of the cardiovascular system
 - Is responsible for about 40% of all deaths
 - 54% are from coronary heart disease, including heart attacks
 - 18% are from strokes
 - Most are preventable
 - REVIEW: fats, cholesterol, fiber
- High blood pressure
 - Increases the risk of cardiovascular disease 2-4%
 - Causes:
 - Overweight
 - A diet with excessive salt
 - Inactivity
 - Alcohol abuse
 - Leads to
 - Stroke

- Heart attack
 - Hardening of the arteries
- Obesity
 - o REVIEW: BMI
 - o At risk for
 - Type II diabetes
 - Heart disease
 - Stroke
 - High blood pressure
 - Infertility
 - Hernias
- Diabetes
 - o The 7th leading cause of mortality in industrialized countries
 - o Effects the body's ability to regulate glucose
 - o Type II is the most common
 - 90-95% of all cases
 - o Most common in people over 40, but can affect people of all ages
 - o Can be prevented or delayed by lifestyle choices
- Cancer
 - o 2nd leading cause of death in developed countries
 - o A low risk cancer diet is:
 - Low in fat
 - High in fresh fruits and vegetables
 - High in whole grains
 - o Antioxidants
 - REVIEW
 - Betacarotene
 - Supposedly lowers cancer risk
 - Lycopene
 - Supposedly lowers risk for heart disease
 - Indoles
 - Phytochemicals that fight cancer