

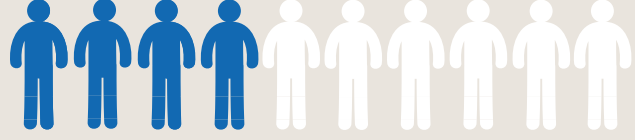
# Chronic Disease in U.S.



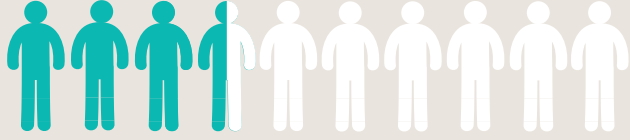
## Problem



6 in 10 Americans have a **Chronic Disease**



4 in 10 Americans have **2 or more Chronic Diseases**



38% of Americans will be diagnosed with **Cancer** during their lifetimes



Half of all Americans have **Cardiovascular Disease**



**Chronic diseases** - heart disease, cancer, diabetes, stroke, & Alzheimer's are the leading causes of disability and death



1 in 3 Americans have Pre-Diabetes

**88 Million**

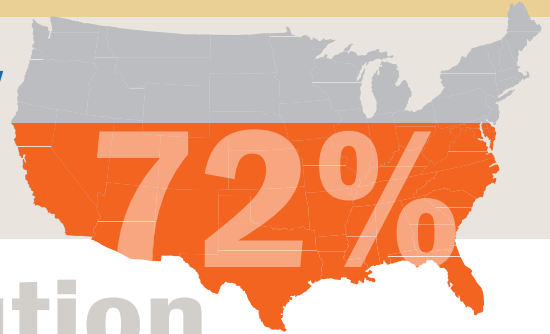
Americans have Pre-Diabetes | 90% do NOT know it

**34 Million**

people live with Type 2 Diabetes

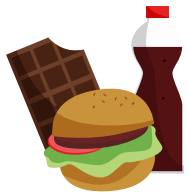
**72% of Americans with Overweight or Obesity**

36 million men and 29 million women with overweight  
32 million men and 36 million women with obesity



## Cause

### Eliminate



**Poor Diet**



**Sedentary Behavior**



**Smoking**

### Prevent

**80%** of heart disease & stroke

**80%** of type 2 diabetes

**40%** of cancer

## Solution

### Restore Health

**Whole-food, plant predominant diet**



**150 mins/wk of moderate exercise**



**8 hours of restful sleep**



**Daily relaxation time to lower stress**



**No Smoking**



**Regular connection to positive people**



**Lifestyle Medicine providers treat and reverse chronic disease**