



THE CHRISTINA PIRELLO Health Education Initiative

2011 New Facts of Life

The following health statistics were garnered from the following sources:

Centers for Disease Control, American Diabetes Association, American Heart Association, American Cancer Society, New England Journal of Medicine, Physicians' Committee for Responsible Medicine, ABC News and Indiana University School of Medicine.

- One in three babies born this year will develop diabetes in their lifetime.
- Type 2 diabetes will grow from 1 in 10 people to 1 in 3-5 people by 2050.
- Diabetes will kill twice as many women as breast cancer this year.
- Heart disease is the leading cause of death in both men and women.
- Not one state in the U.S. meets the Healthy People Guidelines (15% or less obesity).
- Only one state in the U.S. has an obesity rate of less than 20% (Colorado, 19%).
- Nearly 34% of adult men and women over the age of 20 are obese.
- Two out of three Americans are overweight (67%).
- In less than 10 years, a full 75% of adult Americans will be overweight
- Childhood obesity has tripled in the past 30 years, to 25% of those under the age of 19.
- We consume more than 500 calories today than we did in the 1960's.
- \$150 billion will be spent this year on obesity-related illnesses.
- \$174 billion will be spent this year on diabetes-related illnesses.
- In 2009, more than half the cancers diagnosed were cancers of the prostate, female breast, lung and colon.
- 90% of cancers are rooted in environmental and lifestyle causes and can be prevented.
- 30-35% of all cancer-related deaths are related to dietary choices.
- For more information, visit www.christinacooks.com.

We need to think of cancer and diabetes as we do heart disease...largely preventable with actions taken before the diagnosis.

We need to stop giving people false hope and making promises we can't keep and instead, refocus our energy and dollars towards education and prevention rather than to 'finding a medical/pharmaceutical cure' that continually evades us.

Working together we can change the future of health and healthcare in America.

ChristinaCooks.com / ChristinaPirello.org / 1-800-939-3909

Contact: Robert Pirello / Robert@christinacooks.com