

PHAN

Topic: Nutrition and Physical Activity Brochure

Brochure

- Front panel -

Live Healthier, Live Longer

Tips to fight obesity, increase activity and live a healthier lifestyle.

- Inside Panel -

Live Healthier, Live Longer

Obesity is increasing at epidemic proportions in Nebraska. Nearly three in five Nebraska adults (59%) reported being either overweight or obese in 2000. Obesity is a major cause of cardiovascular disease and diabetes, and is also associated with an increased risk of cancer, premature death, hypertension, gallbladder disease, osteoarthritis, sleep apnea, asthma, breathing problems, high blood cholesterol, complications of pregnancy, menstrual irregularities, hirsutism, stress incontinence, increased surgical risk, and psychological disorders such as depression. Here are some tips to fight inactivity and obesity, and leading a healthier lifestyle.

When eating out:

- Eat a light snack, fruit, or vegetables, before you go to take the edge off your hunger.
- Go light on alcohol and drink plenty of water with your meal.
- Start with a vegetable soup or fresh salad.
- Order an appetizer as an entrée.
- Ask for dressing, sauces, and toppings to be served on the side.
- Divide dessert between everyone at the table.

Eat fruits and vegetables:

- Eat fresh fruits and vegetables like a banana, crisp apple, and baby carrots.
- Use fruits for special desserts or toppings on cereal, pancakes, and waffles.
- Choose dried fruits like apricots, cherries, blueberries, and raisins.
- Try canned fruit packed in juice and canned vegetables.
- Drink 100% fruit or vegetable juices.

Get moving:

- Turn off the TV or move it to a less prominent location.
- Exercise as a family by taking walks, riding bikes, or playing a sport.
- Walk a little more each day.
- Become an advocate of sidewalks, trails, and pedestrian concerns.
- Get a total of 30 minutes of physical activity per day.

Resources

American Diabetes Association. <http://www.diabetes.org>.

American Heart Association. (2002). Heart and Stroke Statistical Update. Dallas.

Center for Disease Control. (2002). BRFSS, Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, <http://www.cdc.gov/brfss/>.

Knowler, W. C., Barrett-Connor, E., Fowler, S. E., Hamman, R. F., Lachin, J. M., Walker, E. A., Nathan, D. M. (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention or Metformin: diabetes prevention program research group. The New England Journal of Medicine, 346(6), 393-403.

McGinnis, J.M., Foege, W.H. (1993). Actual causes of death in the United States. Journal of the American Medical Association, 270(18), 2207-2212.

U.S. Department of Health and Human Services. (2001). The Surgeon General's call to action to prevent and decrease overweight and obesity. Rockville, MD. Available from: U.S. GPO, Washington.

von Kreis R., Koletzko B., Sauerwald T., et al. (1999) Breastfeeding and obesity: cross sectional study. BMJ, 319, 147-150.

Wootan, M. (2001). Diet and inactivity related diseases: leading causes of disability, health care costs, and premature death. PowerPoint presentation. Center for Science in the Public Interest (CSPI).

- Folding panel: (use ad graphics) -

You're Living Longer, Thanks to Public Health

Public health initiatives are the major factors behind the 30-year increase in the average American's life span since 1900. Here's how:

- Public health provides broad protection for things such as disease control and sanitation.
- It assures that everyone has clean air to breath and clean water to drink.
- Public health assures that the food supply is protected from disease and contamination.
- Public health helps people develop healthier lifestyles by offering programs and advice on nutrition, alcohol and drug problems, family services, and injury and violence prevention.

Public Health is Your Health Too

Support a strong public health system in Nebraska

Find out how Nebraska's public health system is working to protect your health.

Visit www.publichealthne.org to learn more about our state public health system.

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- Back Panel -

We're here to protect and improve your health

Everyone living in Nebraska has access to a local health department. While services vary, most health departments provide education and resources about:

List of issues

- Pregnancy and child raising
- Exercise, nutrition, and obesity
- Asthma
- Immunizations
- Cardiovascular problems
- Cancer
- Smoking risks and how to quit
- Oral health
- Alcohol and drug problems
- Clean water and air, and food safety
- Home safety
- Disease outbreaks
- Diabetes
- Accident prevention
- HIV/Aids
- Industrial, agricultural and urban wastes
- Animal control

For more information and other resources on this topic, please contact your local public health department at:

(imprint area) <INSERT DEPARTMENT ADDRESS AND PHONE NUMBER>