### Georgians Will Decrease Morbidity from Chronic Disease Through Improved Nutrition Practices and Physical Activity

**Situation:** In Georgia, 28% of adults are obese and over 62% are overweight or obese. Thirty-two percent have hypertension, 26.9% engage in no leisure time physical activity and 10% have diabetes. If things do not change by 2030, 53.6% of adults in Georgia will be obese. This will increase the dollars lost due to absenteeism, lower productivity and workman’s comp. If the average BMI would be lowered 5% by 2030, Georgia could save 7.7% in health care costs totally $22,752,000,000. We would have much lower rates of type 2 diabetes, cancer, cardiovascular disease, hypertension, arthritis, asthma, non-alcoholic fatty liver disease, dementia, kidney disease, sleep apnea, and obstetrical complications.

The increase in the incidence of diabetes has paralleled the increase in obesity. In Georgia since 1994, 500,000 people have been diagnosed with diabetes. Most people diagnosed are adults between the ages of 45-64. As people age, their chances of being diagnosed with diabetes increase. The medical costs for a person with diabetes are 2.3 times higher than the medical costs of someone without diabetes. In the United States, 79 million people have pre-diabetes. Pre-diabetes could be reversed by increasing physical activity to 150 minutes per week (30 minutes per day) and losing just 7% of a person’s current body weight.

The American Institute for Cancer Research states that about a third of cancers could be prevented by weight control, a healthy diet and regular physical activity. This includes eating more whole grains, fruits and vegetables, limiting sugary drinks and alcohol, reducing the intake of processed and red meat and controlling sodium intake.

In Georgia, the percentage of women over the age of 50 who have gotten mammograms has remained unchanged at about 80% since 2000. The number of women receiving Pap tests has actually decreased from 89% to 86.6%. Older women and women that have lower socioeconomic status and education are less likely to get screened.

The number of individuals diagnosed with gluten intolerance has quadrupled since 1950. This auto-immune disorder is often found in those with type 1 diabetes or thyroid disease. It has been linked to increased risk for certain cancers, osteoporosis, infertility, skin rashes and joint pain. For its management, foods containing wheat, rye, barley and sometimes oats must be avoided.

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| **▼ Partners:** medical centers, fitness facilities, health departments, parks and recreation, voluntary organizations, busi-nesses, churches, housing authorities, social agencies, Area Agencies on Aging. | - For all chronic diseases,  
  - Offer written and electronic media and exhibits  
  - Conduct and evaluate (when appropriate and in cooperation with the specialist) one time presentations in one or more areas of chronic disease  
  - Possible resources to use:  
    - Presentations from Senior Lesson Plans on chronic disease control and prevention located at [http://www.fcs.uga.edu/ext/pubs/food.php?category=Foods%20and%20Nutrition%20for%20Seniors](http://www.fcs.uga.edu/ext/pubs/food.php?category=Foods%20and%20Nutrition%20for%20Seniors) | - People wanting to control their weight | People wanting to improve their health will learn to - plan meals based on the Dietary Guidelines, MyPlate or some other meal plan recommended by their health care provider; - read nutrition labels  
  - People affected by diabetes or who are at risk for diabetes  
  - Women over age 50 who need regular cancer screenings  
  - People dealing with gluten | People at risk for chronic disease or that have chronic disease be able to - select meals based on the Dietary Guidelines, MyPlate or other meal plans recommended by their physician - control calories and portion sizes; - substitute | People who need to lose weight, lose 7% of their body weight and keep it off.  
  - People are active for a total of 150 minutes or more each week.  
  - People use recipes that cut down on fat, sodium and sugar while increasing fiber. |
| **▼ Materials:** diabetes curricula, Walk-a-Weigh, Walk Georgia Website, Cooking for a Life Time | - For weight control offer:  
  - Walk Georgia using [www.walkgeorgia.org](http://www.walkgeorgia.org)  
  - For diabetes prevention and control:  
    - Refer people affected by diabetes to the Focus on Diabetes modules located at [http://www.fcs.uga.edu/ext/food/focus/index.php](http://www.fcs.uga.edu/ext/food/focus/index.php) | | | | |
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| School, Road to Health kit, gluten free resources (available 2013), office and food supplies, cooking and serving equipment and utensils | - Plan, promote and conduct:  
  - Seniors Take Charge of Diabetes Series available at [http://www.livewellagewell.info/study/materials.htm](http://www.livewellagewell.info/study/materials.htm)  
  - For cancer prevention, present the Cooking for a Life Time program to raise awareness of cancer risk, cancer prevention and screening.  
  - For gluten intolerance, distribute and use gluten free education materials (to be released 2013).  
  - Evaluate outcomes to improve efforts and measure impact of these programs | audience intolerance  
  - People with any chronic disease affected by diet and activity  
  - artificial sweeteners in recipes;  
  - prepare and select foods that are lower in fat and sodium;  
  - select and prepare foods with more fiber;  
  - increase physical activity;  
  - monitor their blood glucose if needed;  
  - communicate with their medical team;  
  - take their medications if needed;  
  - get screened for breast, cervical and colorectal cancer if needed.  
  - select and prepare foods without gluten if required  
  - healthy weight;  
  - prepare recipes with artificial sweeteners if desired;  
  - prepare recipes lower in fat and sodium and higher in fiber;  
  - be physically active at least for 30 minutes 5 or more days per week;  
  - perform self-care to prevent or manage complications related to their disease  
  - get screened for breast, cervical and colorectal cancer if appropriate  
  - consume 7-9 servings of fruits and vegetable per day.  
  - Blood pressures are below 120/80.  
  - People lower their cholesterol and triglyceride levels.  
  - Women over age 50 get regularly screened for breast, cervical and colorectal cancer.  
  - Individuals with gluten intolerance select and prepare foods that are gluten free. |