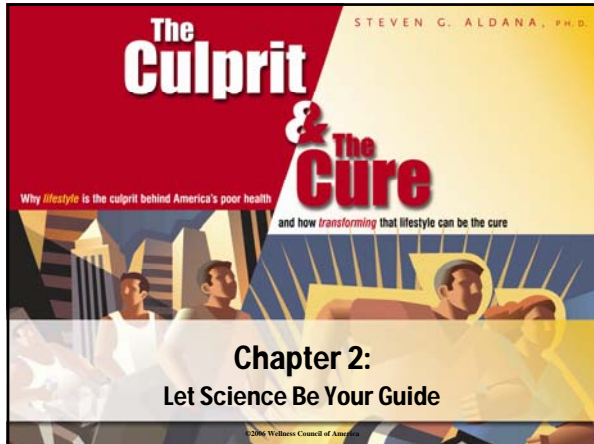
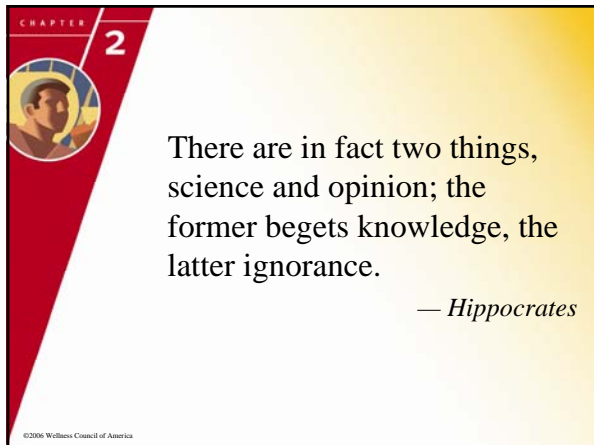


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No Ordinary Puzzle!

Health research is like a doing a jigsaw puzzle with these requirements:

- > 50,000 pieces
- > Most of the pieces are missing
- > You know what the final picture looks like

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No Ordinary Puzzle!

- > The final picture is a long high-quality life free from chronic diseases
- > Finding and organizing the puzzle pieces is the hard part.

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Finding The Pieces


- > One way is to find populations in the world that have few chronic diseases then figure out what they do differently.
- > Those who live in Sicily and Greece for example live longer than Americans. What do they eat?

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Tools (Cohort Studies)

- **The Framingham Heart study:**
- 5,209 health residents of Framingham, MA were studied and followed for 20 years.
- The diets of those who developed diseases were compared to the diets of those who did not. This is an example of a Cohort study.

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Tools (Case Control Studies)

- 100 people with diabetes would be matched with 100 similar people without diabetes.
- The diets of the two groups could be compared. This is an example of a case control study.

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Tools (Randomized Clinical Trials)


- 100 people agree to be studied. Half are randomly assigned to get some treatment (a class on how to eat healthier) and the other half would get no class (this is the control group).
- Researchers would compare the diets of the two groups to see if the treatment (the class worked)

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So Much Research, Even The Scientists Can Get Confused.

- Not all the results of different studies are the same
- Some find a difference, others do not.

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Figure 2.1 – Results of Studies That Looked at the Risk of Breast Cancer for Those Who Are Physically Active

Study	Lower Risk	Same Risk	Higher Risk
Global Studies			
Finland			•
Massachusetts, U.S.			•
United States			•
Shenandoah Adventists, U.S.		•	
Pennsylvania, U.S.		•	
U.S. Nurses			•
U.S. Nurses			•
Yonk, U.S.			•
United States, Former College Athletes	•		
Shanghai, China			•
United States, Former College Athletes	•		
Case-Control Studies			
United States, Age 60 and Under	•		
Atlanta, Canada			•
United States, ME, MA, NH, WI			•
Washington, U.S.			•
United States, Occupations 4 states			•
Washington, U.S.			•
United States, Occupations			•
Atlanta, GA, Central NJ, Seattle, WA, U.S.			•
United States, Activity at Age 12			•
Los Angeles County, CA, U.S.			•
Case Cont. MA, U.S.			•
Sweden			•
WI, MA, ME, NH, U.S.			•
Amsterdam, The Netherlands			•
Istanbul, Turkey			•
New York, U.S.			•
Nagoya, Japan			•
Milan, Italy			•
Gifu, Japan			•
Milan, Italy			•
Tsukuba, Japan			•
Switzerland			•

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Too Much Confusion...

- Journalists and the media make the research findings into something it's not
- They "spin" the research to make it sound exciting or news worthy so people will listen
- Food manufacturers use the research to sell more goods, they use marketing (sometimes lying) techniques to get people to purchase their foods
- No... Chocolate Frosted Sugar Bombs are NOT part of a healthy breakfast

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We Already Have Enough Good Science

- There is enough valid scientific information on the requirements for healthy living to transform the health of most Americans.

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Diet Recommendations:

- eat a minimum of five servings of fruits and/or vegetables every day
- eat whole grain breads, cereals, and other high-fiber foods
- limit the consumption of red meat to no more than once a week (fish, poultry, and eggs are excellent alternatives)
- consume nuts and beans regularly
- limit consumption of saturated fat
- avoid all trans fats

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Exercise Recommendations:


- Accumulate 30 minutes or more of moderate intensity physical activity on most, preferably all days of the week.

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A Constant Process of Fine Tuning

- Neither of these two recommendations is going to change much in the future. We have a pretty good idea of what the puzzle pieces are, we just need a little fine tuning.

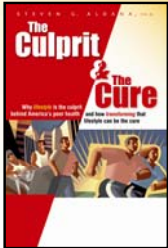
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The Culprit & The Cure

- This book gives you the skills, ideas, and practical know-how to adopt healthy lifestyles and maintain them for life.
- www.welcoa.org



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Points to Remember

- Trying to figure out what is necessary for good health is a complex puzzle.
- Even though scientists use the best tools available, discovering the truth about good health is not easy; there are often contradictory findings.
- The media and aggressive marketing tactics make it difficult for the public to separate fact from fiction.
- The current recommendations for regular physical activity and good nutrition will continue to undergo refinements.

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