



Powering Up with Plant-Strong Entrees

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Forward Food

DAD, MOM....
I'M A
GATHERER.



Glenn
McCoy

What We Know

Approximately 70% of deaths globally are due to chronic diseases of our own making.

An estimated 90% of type 2 diabetes, 80-90% of heart disease and 40-70% of cancers are considered entirely preventable.





Overweight & Obesity

Overweight & Obesity

Strategies to Prevent & Manage Obesity



Adult Overweight and Obesity



Children



Data & Statistics



Adult Obesity Facts

Childhood Obesity Facts

Data, Trends and Maps



Surveillance Systems

Resources & Publications



[Overweight & Obesity](#) > [Data & Statistics](#)

Childhood Obesity Facts



Prevalence of Childhood Obesity in the United States

Childhood obesity is a serious problem in the United States putting children and adolescents at risk for poor health. Obesity prevalence among children and adolescents is still too high.

For children and adolescents aged 2- 19 years¹:

- The prevalence of obesity was 18.5% and affected about 13.7 million children and adolescents.
- Obesity prevalence was 13.9% among 2- to 5-year-olds, 18.4% among 6- to 11-year-olds, and 20.6% among 12- to 19-year-olds. Childhood obesity is also more common among certain populations.
- Hispanics (25.8%) and non-Hispanic blacks (22.0%) had higher obesity prevalence than non-Hispanic whites (14.1%).



Approximately **18.5%** or **13.7 million** children (2 - 19 years) are obese.

Data & Statistics

Adult Obesity Facts

Childhood Obesity Facts

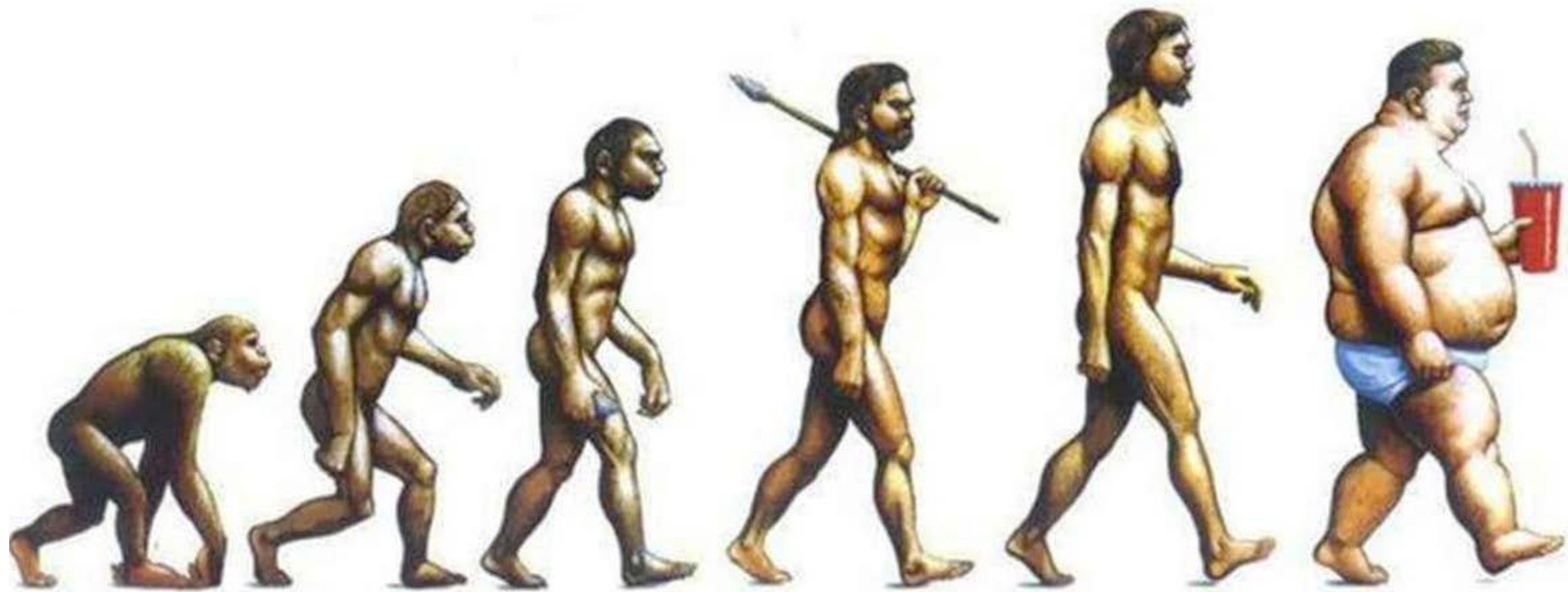
Childhood obesity is a serious problem in the United States. Despite recent declines in the prevalence among preschool-aged children, obesity among children is still too high. For children and adolescents aged 2-19 years, the prevalence of obesity has remained fairly stable at about 17% and affects about 12.7 million children and adolescents for the United States, 2011-2012. [Read abstract](#) *Journal of the American Medical Association*

- Prevalence of Childhood Obesity in the United States, 2011-2012
- Childhood obesity is associated with

Children who are obese are **more likely** to become obese adults...disease risk factors in adulthood are likely to be **more severe**.

Childhood Obesity Causes & Consequences

environment, physical activity, and food marketing and promotion.





The Healthiest Diet

Is one that ...

minimizes

Meat
Eggs
Dairy
Processed Junk

maximizes

Fruits
Vegetables
Beans
Whole Grains
Nuts and Seeds
Mushrooms
Herbs and Spices

The Blue Zones

**Lomo Linda,
CALIFORNIA**



**Nicoya,
COSTA RICA**



**Sardinia,
ITALY**



**Ikaria,
GREECE**



**Okinawa,
JAPAN**



Common Lifestyle Practices to ALL Blue Zones

- Family
- No smoking
- Socially engaged
- Constant, moderate physical activity
- **Plant-based diet**
- **Legumes**



No meat at all? Are you sure you're getting enough protein?

Dist. by King Features





10 Powerful Sources of Plant-Based Protein





[Online First](#) >

Original Investigation | August 01, 2016

Association of Animal and Plant Protein Intake With All-Cause and Cause-Specific Mortality **FREE**

ONLINE FIRST

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JAMA Intern Med. Published online August 01, 2016. doi:10.1001/jamainternmed.2016.4182

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ABSTRACT

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“Substitution of plant protein for animal protein, especially that from processed red meat, was associated with lower mortality, suggesting the importance of protein source.”

JAMA Intern Med. Published online August 01, 2016. doi:10.1001/jamainternmed.2016.4182

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**What?
The vet said
I needed
more fiber.**





World Health Organization

Processed Meats, Group 1

“This category is used when there is sufficient evidence of carcinogenicity in humans. In other words, there is convincing evidence that the agent causes cancer. In the case of processed meat, this classification is based on sufficient evidence from epidemiological studies that eating processed meat causes colorectal cancer.

Processed meat refers to meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavor or improve preservation. Most processed meats contain pork or beef, but processed meats may also contain other red meats, poultry, offal, or meat by-products such as blood.”



“RESOLVED, That our American Medical Association hereby call on US hospitals to improve the health of patients, staff, and visitors by

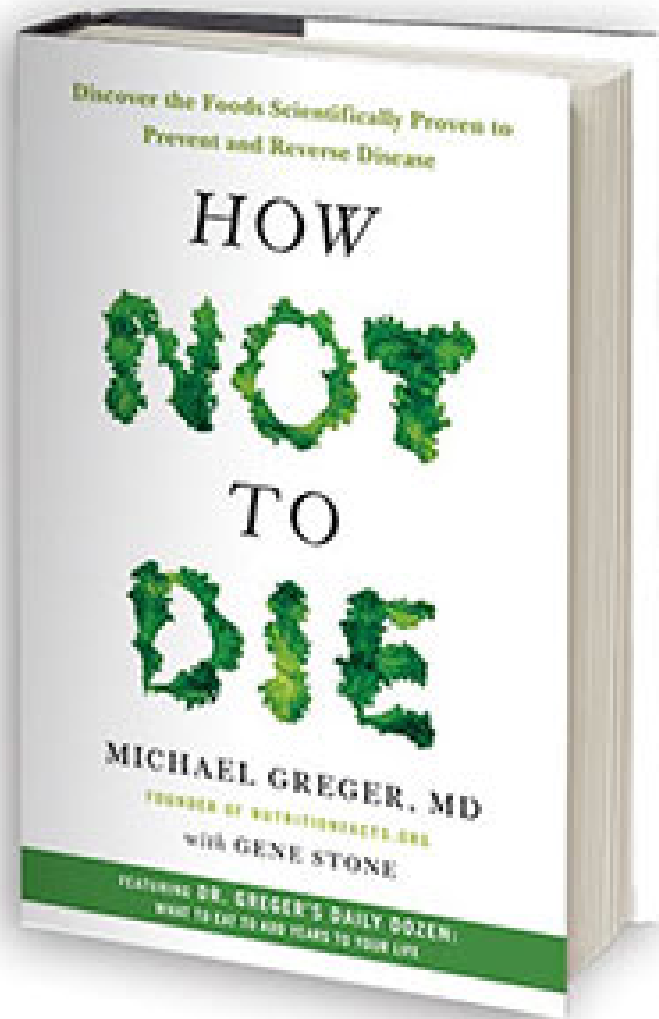
- (1) providing a variety of healthful food, including plant-based meals and meals that are low in fat, sodium, and added sugars,
- (2) eliminating processed meats from menus, and
- (3) providing and promoting healthful beverages.”

Governor Brown Signs Senator Skinner's SB 1138 to Offer Plant-Based Meal Options in Hospitals, Healthcare Facilities and Prisons



“ There’s a basic human right to nutritious food that meets health and cultural needs. ”

Nancy Skinner, Senator



The New York Times
A New York Times Best Seller!

“The vast majority of premature death and disability is preventable with a plant-based diet and other healthy lifestyle behaviors.”

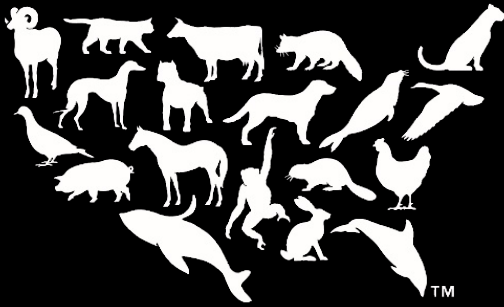
Michael Greger, M.D. FACLM

“Cleaning up our diets is safer and cheaper and more effective than drugs because you're treating the actual cause of the disease.”

Michael Greger, M.D. FACLM



Thank You!



THE HUMANE SOCIETY
OF THE UNITED STATES

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