



Healthy Living is the Best Revenge

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BACKGROUND:

- the objective of this study was to describe the reduction in relative risks in developing major chronic diseases with 4 healthy lifestyle factors among German adults.

METHODS:

- 23153 German participants ages from 35-65 years old.
- The 4 factors of healthy living utilized were;
 - Never smoking
 - BMI under 30
 - 3.5Hr/Week of physical activity minimum
 - Healthy dietary principles (high fruit and vegetables, whole grain bread, low meat consumption).

RESULTS:

- Mean follow up of 7.8 years, 2006 participants
- The hazard ratio for developing a chronic disease decreased progressively as the number of healthy factors increased
- Participants with all 4 health factors at baseline had 78% lower risk of developing a chronic disease than participants without a healthy factor

CONCLUSION:

- Adhering to 4 simple healthy lifestyle factors can have a strong impact on the prevention of chronic diseases.

DOCTOR'S TAKE-AWAY:

- Most diseases can be prevented with proper choices.
- We are in control of our ability to be healthy.
- Chronic Illness' plague the USA and can be prevented based on the study.
- Participants with all 4 health factors had a 78% lower risk of developing chronic diseases.