

The Tipping Point

U.S. Healthcare Management

Employers now pay about \$8,000 per employee per year for healthcare and loss of productivity costs. Both employers and health insurance plans are looking for ways to decrease these expenditures. They want employees to take greater responsibility for their health by focusing on prevention, especially with high-risk individuals who are overweight or obese. Many methods enable weight loss, but most people regain much or all of the weight back. The best way to maintain weight loss is to make easy, sustainable and permanent lifestyle changes.

Source: www.worldhealthcareblog.org

Obesity Epidemic

U.S. adults have one of the highest obesity rates in the world. Nearly a third of U.S. adults 20 years and older are obese, while about two-thirds are overweight.

Source: The National Center for Health Statistics



The Critical Role of Good Nutrition

Research shows that good nutrition can help to lower people's risk for many chronic diseases, including heart disease, stroke, some cancers, diabetes, and osteoporosis. However, a large gap remains between healthy dietary patterns and what Americans actually eat. In 2005, only one-fourth of U.S. adults ate five or more servings of fruits and vegetables each day.

Source: "Physical Activity and Good Nutrition: Essential Elements to Prevent Chronic Diseases and Obesity," a report from the Centers for Disease Control and Prevention.

<http://www.cdc.gov/nccdphp/publications/aag/dnpa.htm>

Drug companies and the FDA

About 84 percent of consumers agree that drug companies have too much influence on the government officials who regulate them. More than two-thirds (67 percent) are concerned that much of the FDA's funding comes from the pharmaceutical industry.

Source: ConsumersUnion.org, nonprofit publisher of Consumer Reports

Children and Advertising

Children ages 8 to 12 see about 21 television ads each day for candy, snacks, cereal and fast food—more than 7,600 a year.

Source: Kaiser Family Foundation study



Candidates Address Healthcare

Presidential hopefuls are finally addressing healthcare, with some even talking prevention. Republicans: Rudy Giuliani proposes to give Americans more control and access to healthcare. Mitt Romney wants to extend healthcare coverage to all Americans with market reform rather than government reform. Mike Huckabee proposes an emphasis on preventive care rather than universal coverage. Fred Thompson wants a healthcare system that promotes cost-effective prevention. Democrats: Hillary Clinton proposes universal healthcare coverage by the end of her second term. Barak Obama wants to promote prevention and plans to provide universal coverage by 2012. Chris Dodd also has a focus on prevention with access and coverage for all Americans.

Source: American Academy of Family Physicians, www.aafp.org