

# ONLINE SUPPLEMENT

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## Helping Everyone Achieve Long Term Health

# Facts and Action Plan

### Normal Weight

- Being overweight increases your risk of diabetes, breast and colon cancer, stroke and heart disease
- If overweight, 5% weight loss reduces diabetes risk by 50% and reduces blood pressure
- **Try to reduce your fat, sugar and carbohydrate intake and increase physical activity**

### Physical Activity

- Regular exercise can reduce the risk of becoming obese or developing diabetes by 50%
- Weight bearing exercise reduces osteoporosis and fracture risk
- **Exercising for 30 minutes, 5 times a week, reduces the risk of heart disease and stroke**

### 5 Fruit and Vegetables Daily

- Reduces the risk of heart disease (20%), stroke (11%), cancer and reduces the symptoms of asthma
- Nutrients in fruit and vegetables support bone health and reduce the risk of osteoporosis
- **Aim to eat 400g of fruit and vegetables daily; fresh, canned, frozen, dried and juice all count**

### Smoking

- Smokers have a 15 times increased risk of lung cancer
- On average, smokers die 10 years earlier than non-smokers
- **1 in 6 people successfully stop smoking with Nicotine Replacement Therapy**

### Alcohol, Sex and Drugs

- Heavy drinkers have 13 times increased risk of liver cirrhosis, increased risk of stroke and dementia
- 61,863 men and 61,155 women were diagnosed with Chlamydia in the UK in 2008
- Drug use is linked to anxiety, depression and psychosis
- **Drink responsibly; maximum 2 drinks per day for women, 3 for men. Practise safe sex!**

### Cancer Screening

- Cervical screening prevents 6000 women dying of cervical cancer per year
- Up to 1 in 6 colon cancer deaths can be prevented with bowel screening
- **Be aware of signs and symptoms of cancer and attend screening sessions**

### Emotional Well Being

- Aerobic and strength exercises can reduce anxiety, stress and mild to moderate depression
- Insomnia leads to increased risk of a psychiatric disorder
- **Every day try to be physically active, connect with family, friends and neighbours, learn a new skill, help others and positively reflect on one aspect of the day**

### Blood Pressure Check

- A blood pressure of 140/90mmHg or higher increases the risk of heart attacks and stroke
- Improving your diet and doing more exercise reduces high blood pressure in overweight individuals
- **Reduce salt intake to 5g per day, exercise and get your blood pressure checked regularly**

### Cholesterol Check

- Too much cholesterol can cause blockages in the arteries leading to heart attacks and stroke
- Statins (cholesterol lowering drugs) can reduce heart disease by 33%
- **Aim for a cholesterol of below 5mmol/l or below 4 in heart disease, stroke or diabetes patients**

### Diabetes Prevention

- Men who smoke 40 cigarettes a day are 45% more likely to develop diabetes than non-smokers
- People aged over 45 years or with a waist circumference above 94cm (men) or 80cm (women), a family history of diabetes or history of high blood pressure or heart disease are at greater risk
- **4 in 5 cases of type 2 diabetes below the age of 65 can be prevented by weight management, exercise and a healthy diet**