

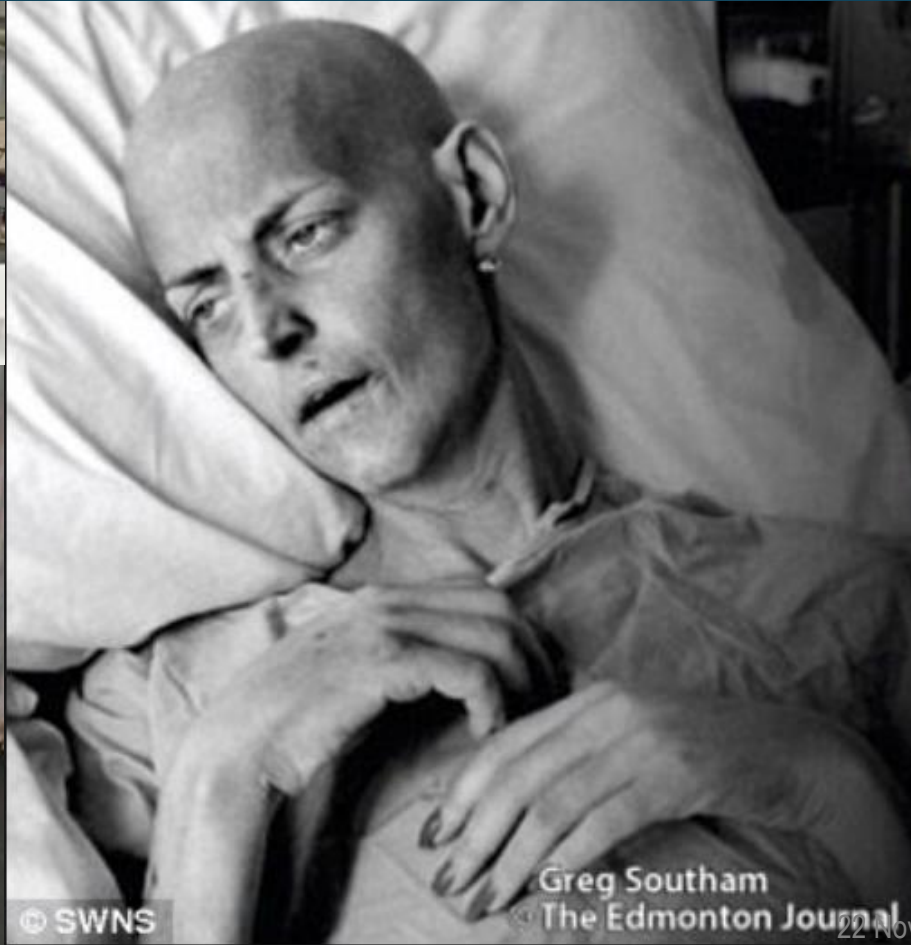
# #Healthpamore

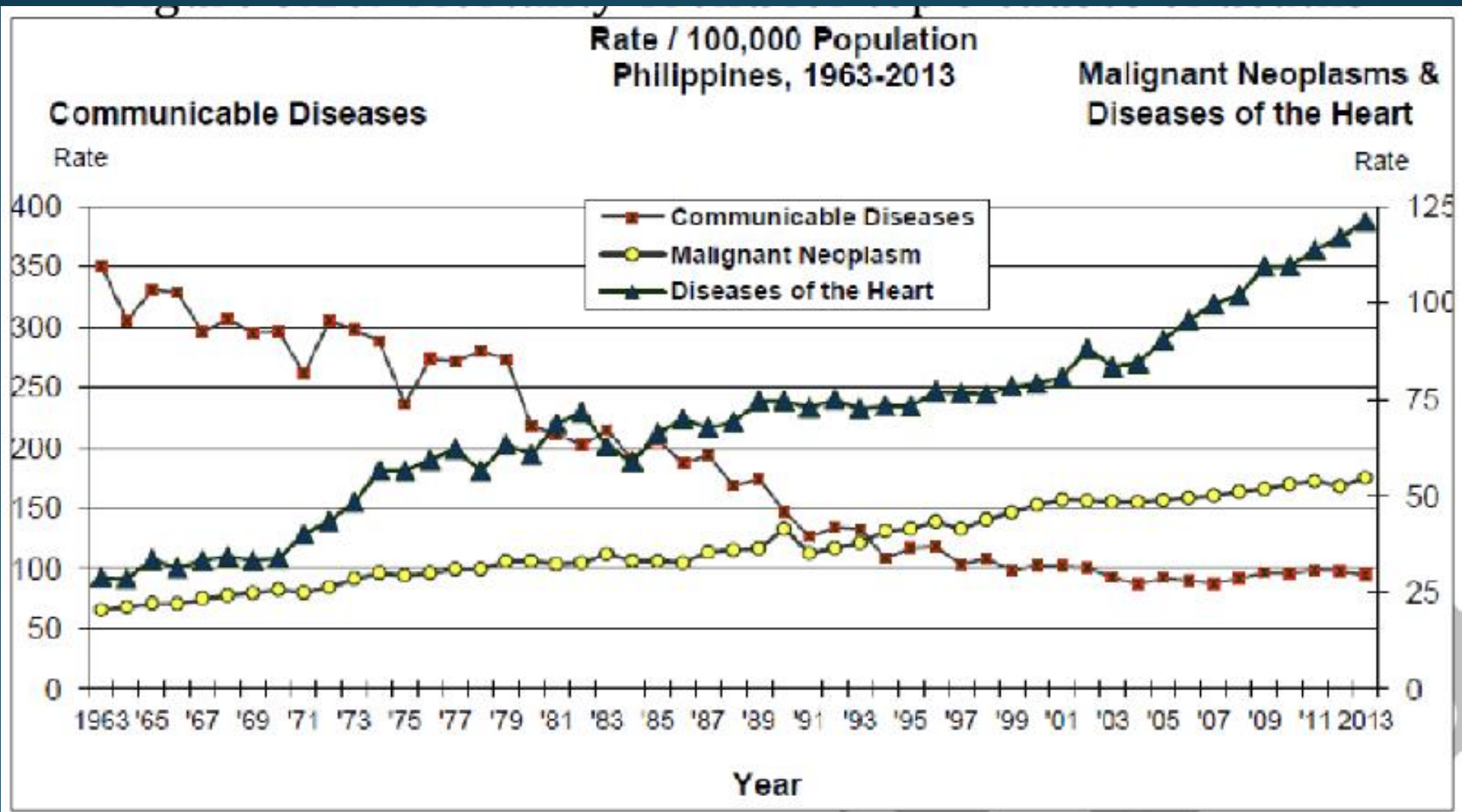
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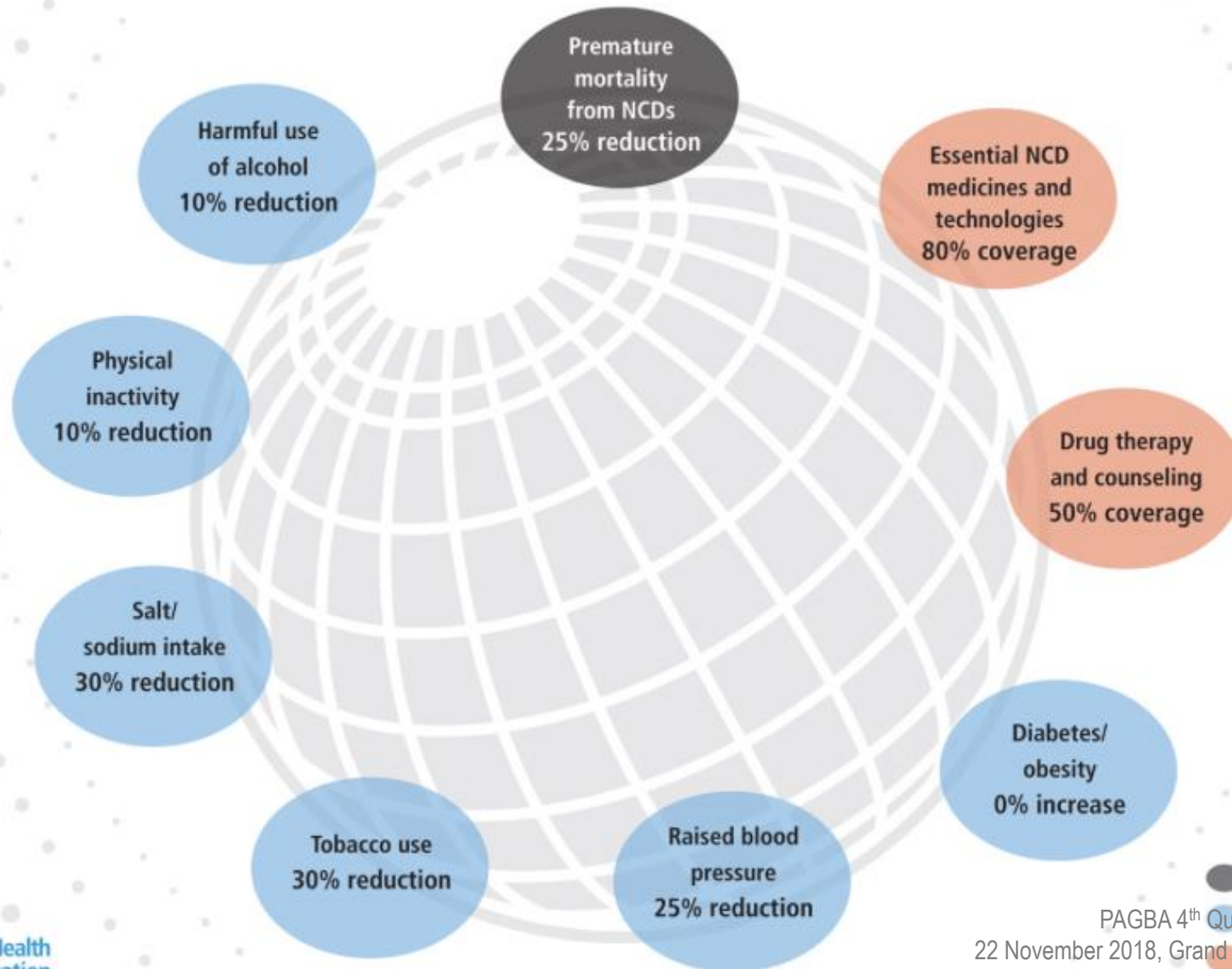
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# Silent Killers





# Set of 9 voluntary global NCD targets for 2025



# All Life Stages & Triple Burden of Disease



**COMMUNICABLE**

- HIV/AIDS, TB, Malaria
- Diseases for Elimination
- Other emerging infections such as Dengue, Leptospirosis, Ebola, Zika

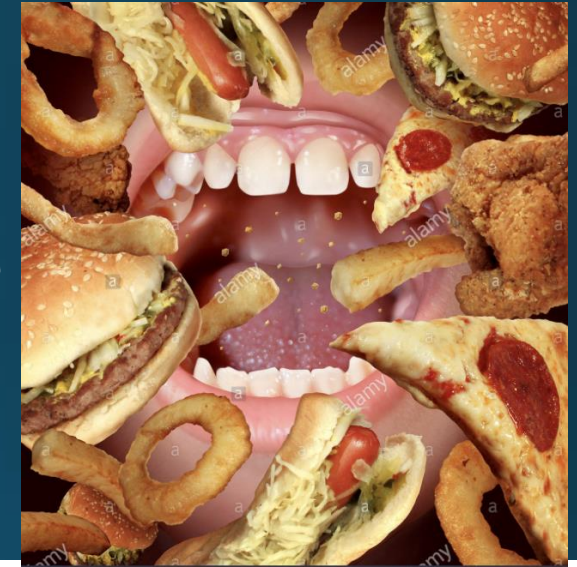
**NON-COMMUNICABLE, INCLUDING MALNUTRITION**

- Cancer, Diabetes, Heart Disease and their Risk Factors – obesity, smoking, diet, sedentary lifestyle
- Malnutrition

**DISEASES OF RAPID URBANIZATION & INDUSTRIALIZATION\***

- Injuries
- Substance abuse
- Mental Illness
- Pandemics
- Travel Medicine
- Health consequences of climate change / disaster

# The Troubles We Have



# Danger Signs

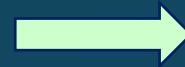


# First there are Risk Factors.

These eight MODIFIABLE behaviors cause these 15 conditions which drive 80% of the chronic illness costs:

## Modifiable Behaviors

1. Smoking
2. Physical inactivity
3. Poor diet
4. Poor standard of care compliance
5. Insufficient sleep
6. Lack of health screening



## Conditions

1. Diabetes
2. Coronary artery disease
3. Hypertension
4. Dyslipidemia
5. Obesity
6. Asthma
7. Arthritis
8. Sinusitis
9. Heart failure
10. COPD
11. Chronic kidney disease
12. Depression
13. Back pain

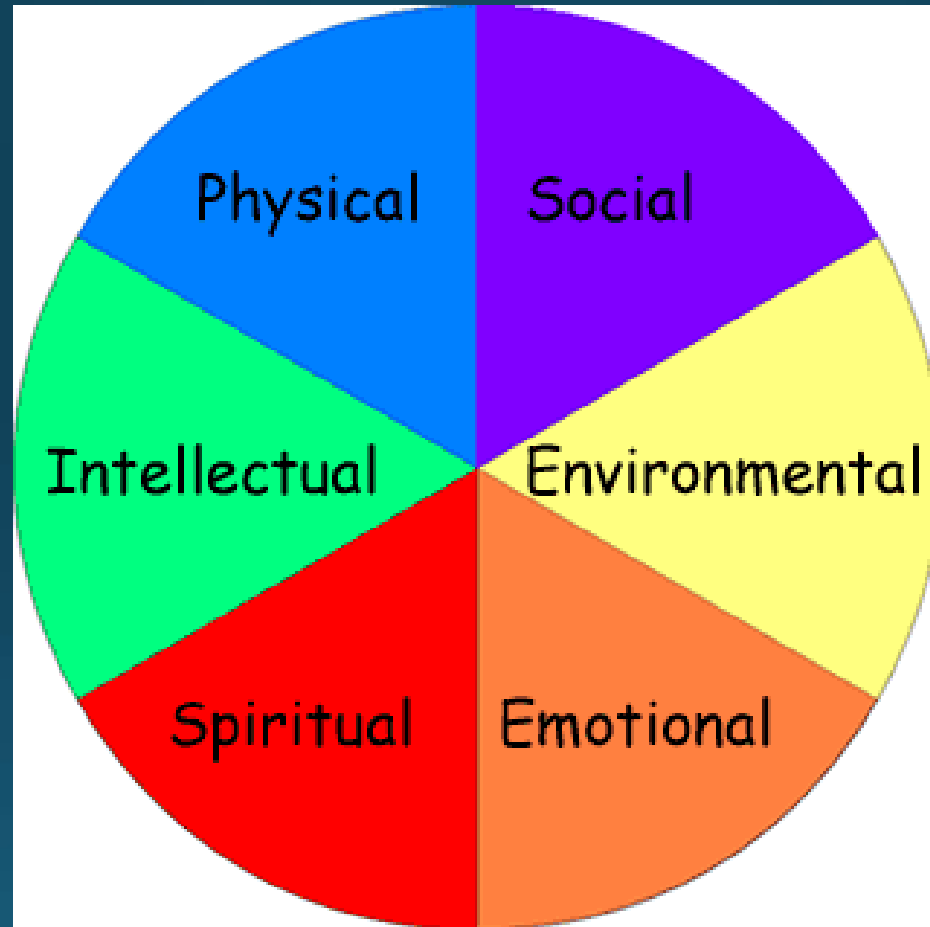
Source: The World Economic forum :  
The New Discipline of Workforce Wellness.  
Enhancing Corporate Performance by Tackling  
Chronic Disease” 2010.



# False News

- Fat makes you Fat
- Carbs make you Fat
- If you are skinny then you are healthy
- If you want to lose weight, go on a diet
- A calorie is a calorie
- We need 8 glasses of water everyday
- Cleansing helps remove toxins in the body.

# Dimensions of Wellness



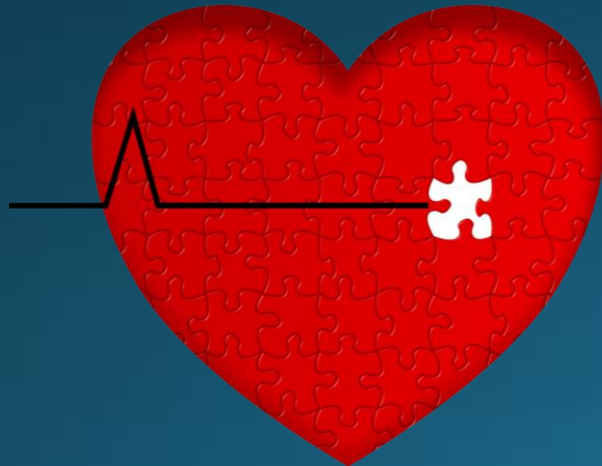
# Begin with the End in Mind



# Simple Remedies



February							March							April						
S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S
3	4	5	6	7	8	9								6	7	8	9	10	11	12
10	11	12	13	14	15	16								13	14	15	16	17	18	19
17	18	19	20	21	22	23								20	21	22	23	24	25	26
24	25	26	27	28	29									27	28	29	30			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1														
2																				
		Exercise																		Exercise
9																				Exercise
16																				Exercise
23																				Exercise
30																				Exercise



# Food for Thought



# Fat, Thin or Somethin'

- What you eat
- How often you eat
- Physiology
- Genetics
- Environment

# What Factors Affect Body Weight?

- We eat more (and more)
  - Increased availability of food-service establishments, and larger portions encourage people to eat more
- We sit more and move less
  - Labor-saving devices at work and home, sedentary leisure activities (“screen time”) result in decreased energy expenditure

# Red Flags that Signal Bad Nutrition Advice:

1. Quick fix promises
2. Products with dire warnings of danger
3. Claims that sound too good to be true
4. Simplistic conclusions based off a single study.
5. List of “good” and “bad” foods.
6. No studies with peer review or reputable scientific organizations.



# Health at Every Size

- If we eat for
  - ◆ Health
  - ◆ Strength
  - ◆ Weightin that order, our weight will be what is best for us.
  
- Size doesn't matter

**Health at Every Size** is based on the simple premise that the best way to improve health is to honor your body. It supports people in adopting health habits for the sake of health and well-being (rather than weight control). **Health at Every Size** encourages:

Accepting and respecting the natural diversity of body sizes and shapes.

Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite.

Finding the joy in moving one's body and becoming more physically vital.

# Pinggang Pinoy



# Visual Cue for Serving Sizes

Food Group	Serving Size	Visual Comparison
Grains	1 slice of bread 1/2 cup of cooked cereal, rice or pasta 1 cup of ready-to-eat cereal	1/2 cup cooked pasta = a scoop of ice cream 1 cup dry cereal = a large handful
Vegetables	1/2 cup chopped raw or cooked veggies 1 cup of leafy raw veggies	1 cup of veggies = your fist
Fruits	1 medium apple, orange or banana 1/2 cup of juice, canned fruit, or dried fruit	medium piece of fruit = a baseball
Dairy	1 cup of milk or yogurt 2 ounces cheese	2 ounces cheese = a pair of dominos
Protein Foods	3 ounces cooked lean meat, poultry or fish 1/2 cup dry beans 1 egg counts as 1 ounce of lean meat 2 tablespoons of peanut butter	3 ounces of meat or fish = palm of your hand
Fats	1 teaspoon of butter 1 teaspoon of oil	1 teaspoon of butter = tip of your thumb

Source: [www.arthritis.org](http://www.arthritis.org)

# Walk for Life



# Walking Exercise

To start your exercise program:

- Warm up by walking normally for five minutes.
- Pick up the pace as your muscles warm up.
- Cool down by walking at your warm up speed for five minutes.
- Can be safely done three or four times a week

# Walking Tips to Keep in Mind

While walking, remember to:

- Swing your arms
- Keep your head up, back straight and abdomen flat
- Point toes straight ahead
- Take long strides, but don't strain.

# Walking as Part of Your Daily Routine

- Finding the time and motivation to exercise is difficult.
- Make walking part of your daily routine
  - Park farther from building entrances
  - Take the stairs instead of the elevator.
  - Take a morning or afternoon walking break.
  - Make a Saturday morning walk a family activity.



# Sleep in Heavenly Peace



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# Calm has Come



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# Five Rules For Better Life:



Less Meat  
More Vegetables



Less Sugar  
More Fruits



Less Drive  
More Walk



Less Worry  
More Sleep



Less Anger  
More Laughter



