



Food Security Symposium

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Presented by: Tammy Pressley, Director

Community and Government Affairs

The Tsunami of Chronic Disease

- U.S. spends nearly \$3 trillion- 17% GDP
 - Premiums up 87% since 2000
 - 86% of nation's HC spending on chronic disease
 - 50% of adults have 1+ chronic diseases
 - 1 chronic disease = 5X more costly
 - 65% adults are overweight or obese
 - 70% of U.S. deaths are due to chronic disease
 - Metabolic Syndrome is the enemy
 - 70-90% of all chronic disease is preventable
- COMPLEX
 - U.S HC costs can not be lowered until we address the driver of chronic disease, which is lifestyle
 - Healthy food/beverage/movement **IS** preventive medicine *AND* treatment



Chronic Disease And Food Security

What and Why

- The food secure have at all times access to the kinds and quantities of foods needed for all family members to enjoy an active, healthy life
- Lower food security = greater *likelihood* of chronic disease, higher *number* of chronic diseases and *lower overall health status*
- Greater food security lowers chronic disease

Tammy's Learnings

- Timing is everything
- Heart is everything





