

Healthy Living Resources



LOVE GOD ♦ LOVE PEOPLE ♦ LOVE LIVED

Our goal with providing this information is to **decrease** suffering and **increase** the quality of life for our brothers and sisters in Christ. The information presented here is to raise awareness (in a nonjudgmental way) because of the love we have for **YOU!**

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." - Ephesians 4:32

"For all have sinned and fallen short of the glory of God." - Romans 3:23

Sometimes our health turns bad at no fault of our own, but we can often **improve** our health. Our current earthly bodies have not been created to live forever. However, God has given us freewill and the responsibility, concerning the care of our bodies.

"Don't you know that you yourselves are God's temple and that God's spirit dwells in your midst?" - 1 Corinthians 3:16

Our health is usually a product of genetics and how we take care of ourselves. I believe most people want to live the highest quality of life possible. We do have substantial control of our health, such as what we consume, our habits, and our activities. To those that want to utilize this information to improve their health, we are proposing that we create support groups inside our church and offer further health education to reach the goals to improve health. We can create weight loss support groups/competitions, walking clubs, and provide healthy diet information to name just a few. The ways we choose to improve our health is only limited by our imagination. Contained in this document are some of the most common problems we face and specific resources for all of us.

-Scott Dunn
APRN-CNP

November 2023

OVER WEIGHT / OBESITY

Hippocrates knew over 2,500 years ago that being overweight adversely affects our health. Over 30.7% of Americans are obese! (NIH, 2018)



A body mass index (BMI) > 30 = obesity

** In many cases, obesity can be reversed or greatly improved by following proper diet, exercise, and **PRAYER**. You can do this! Metabolic disorders that prevent weight loss can sometimes be corrected by an endocrinologist.*

ADVERSE OUTCOMES



HYPERTENSION

often results in an enlarged heart, heart failure, stroke, kidney failure, coronary artery disease, etc.



STROKE

#5 cause of death. According to the CDC in 2019, strokes claim 162,890 lives per year.



HEART ATTACK

due to coronary artery disease. **#1 killer in the USA!** (1 out of every 5 Americans die annually, according to the CDC in 2021.)



CANCER

#2 cause of death. The CDC in 2022 said that cancer claims 605,213 lives per year.



DIABETES

type 2 Diabetes is the #8 cause of death. It affects over 35 million Americans! Leads to heart attack, stroke, kidney disease, & cancer.



LIVER DISEASE

Non-alcoholic fatty liver disease.

RESOURCES

- Your primary care provider
- Dietician
- Support groups & proper education concerning diet & weight loss
- nutrition.gov (USDA)
- ncbi.nlm.nih.gov (National Library of Medicine)
- MOVE Weight Loss Program for Veterans (VA)
- My Healthy Vet at myhealth.va.gov

POORLY CONTROLLED DIABETES

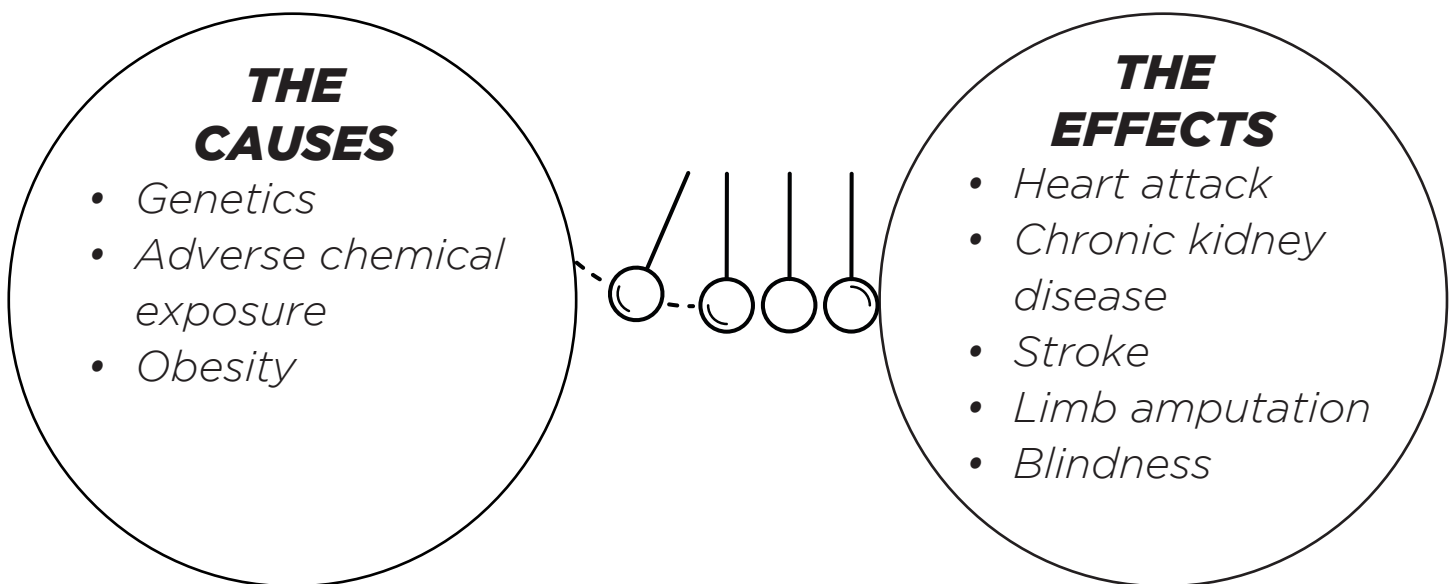
There are several healthy diets and exercise programs available to us. We just have to have the will, courage, and determination to follow them.



Impacts 37.3 million Americans

** Diabetes can be controlled by proper diet, exercise, compliance with medication, and proper education in its management. Type II Diabetes can be prevented in many cases.*

CAUSE & EFFECT



RESOURCES

- Your primary care provider / family physician
- Endocrinologist
- Dietician
- Proper education such as ncbi.nlm.nih.gov (National Library of Medicine)

SMOKING



*** Smoking is the #1 preventable cause of death in the United States!**

Per the CDC in 2021, smoking decreases life span by at least 10 years beyond age 60. Deaths due to first and second-hand smoke reach 480,000 annually.

ADVERSE OUTCOMES

- Heart disease
- Heart failure
- Blood clots
- Hypertension
- Stroke (795,000 episodes per year! #5 leading cause of death)
- Cancer (128,000 die due to lung cancer alone...esophageal, kidney, bladder, pancreas, & cervical cancer make up the remainder)
- COPD (includes emphysema, chronic bronchitis)
- Brain damage (due to progressive destruction of grey matter)
- Wound healing (**radically decreases** ability of wounds to heal due to effects on our circulation)

TOXINS INCLUDE



- Nicotine
- Hydrogen cyanide
- Formaldehyde
- Lead
- Arsenic
- Ammonia
- Radioactive elements
- Chromium
- Chadmiupolonium-210
- Benzene

All of these chemicals are highly carcinogenic / cancer causing. (CDC, 2023)



RESOURCES

- Medication (such as Chantix)
- Nicotine patches
- Nicotine lozenges or gum
- PRAYER
- Behavior change
- Tobacco Quit Line: 1-800-QUIT-NOW (784-8669)

Not only will cutting a smoking habit improve your overall health, those who quit save an average of \$2,000 - \$3,000+ per year!

You can do this!

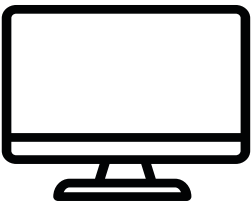
SUBSTANCE ABUSE



*** 106,000 deaths per year, per the CDC in 2022.**

Mental health treatment along with detoxification and a strong community of PRAYER and FAITH can aid in substance abuse recovery.

ONLINE RESOURCES



- Alvis 180 Degree Impact: www.alvis180.org
- Substance Abuse and Mental Health Services Administration: www.samhsa.gov

NUMBERS TO CALL



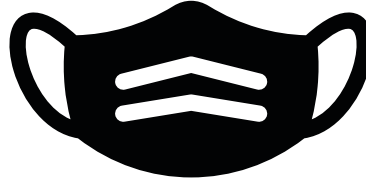
- Dial 211 for community resources
- Ross County Community Action Recovery Services: 740-702-7222 (to speak to a Peer Recovery Supporter, dial extension 133)
- Scioto Paint Valley Mental Health Center Crisis Line: 740-773-4357 or 740-775-1260
- Veteran's Administration for Vets Crisis Line: 1-800-273-8255 or locally at 740-773-1141

REMEMBER THIS...



You are **not** in this alone!

PNEUMONIA / INFLUENZA



Typically Over 50,000 Deaths Per Year

** Death can be greatly reduced by a strong immune system created by a healthy diet, exercise, vaccinations, and PRAYER!*

QUALITY OF LIFE IMPROVEMENTS

Needed due to disability, chronic pain, insomnia, etc.



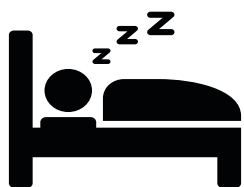
** Sometimes, a multi-faceted approach should be utilized. Most interventions need to be individually modified to meet the need.*

COMMON INTERVENTIONS

- Physical rehab
- Non-opioid pain management alternatives
- Physical therapy
- Joint & spinal injections
- Surgical procedures
- Massage

CAN'T SLEEP?

A lack of restful sleep can sometimes be corrected by:



- Consistent sleep schedule
- Melatonin supplementation
- Regular exercise
- Sleep lab
- Seeing an endocrinologist
- Seeing a mental health provider
- CPAP