Lifestyle is the Medicine—what’s the spoon?

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11--16
The Blind Men and the Elephant

John Godfrey Saxe
On the menu-

- Past Elephant Parts
- The Dark Wood
- The Promise, & Problem
  - ...and other problem
- A Fork in the Road
- The Right Metaphor
- Sandbagging
- Having Our Cake
- The Big Spoon
- The Fork in the Road, Revisited
- Out of the Woods, and...Out of this World?
Death, in the dark wood...


The People in Potsdam-


- **Or the UK:**

- **Or the US**
Fresher still? The beat goes on...


…to our pith and marrow; the case for nurturing nature:


WHY YOUR DNA ISN’T YOUR DESTINY

The new science of epigenetics reveals how the choices you make can change your genes—and those of your kids

BY JOHN CLOUD
The Master **Levers of Destiny** -

- **Feet**
- **Forks**
- **Fingers**

**But...**
Lost in translation…

Knowledge, alas, isn’t power…

Obesity Trends* Among U.S. Adults
BRFSS, 1985

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1995

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2010

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Prevalence* of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

*Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.
And the latest bad news -

- **Trends in Obesity Among Adults in the United States, 2005 to 2014**
  - Katherine M. Flegal, PhD¹; Deanna Kruszon-Moran, MS¹; Margaret D. Carroll, MSPH¹; Cheryl D. Fryar, MSPH¹; Cynthia L. Ogden, PhD¹

  - Cynthia L. Ogden, PhD¹; Margaret D. Carroll, MSPH¹; Hannah G. Lawman, PhD¹; Cheryl D. Fryar, MSPH¹; Deanna Kruszon-Moran, MS¹; Brian K. Kit, MD, MPH¹,²; Katherine M. Flegal, PhD¹

- **The Unrelenting Challenge of Obesity**
  - Jody W. Zylke, MD¹; Howard Bauchner, MD¹
Age-adjusted Percentage of U.S. Adults Who Had Diagnosed Diabetes

1994

Age-adjusted Percentage of U.S. Adults Who Had Diagnosed Diabetes

2010

Projection of the year 2050 burden of diabetes in the US adult population: dynamic modeling of incidence, mortality, and prediabetes prevalence

One-Third of U.S. Adults Could Have Diabetes by 2050:

- CDC numbers have doubled over 15 years across 18 states, and all states now have rates of 6 percent or more.
- Diabetes in young people up 30% to 35% in past decade, experts say.

By Steven Reinberg
HealthDay Reporter
Last Updated: Nov. 15, 2012
40 Percent of Americans Will Develop Diabetes, CDC Projects

- Rates for black women and Hispanics even higher at 50 percent
- By Dennis Thompson
  HealthDay Reporter
- TUESDAY, Aug. 12, 2014 (HealthDay News) –

Aug. 13, 2014, The Lancet Diabetes & Endocrinology, online
Child Obesity Seen as Warning of Heart Disease
By PAM BELLUCK

Stroke Rising Among Young People
By TARA PARKER-POPE
The Promise of Public Health, in Private Parts-
A healthy lifestyle can do the following:

- 80% reduction in heart disease
- 90% reduction in diabetes
- 60% reduction in cancer
- And so on...

Healthy lifestyle factors help ward off chronic diseases. Diet, exercise, low body mass index, and not smoking can reduce the incidence of heart disease, diabetes, stroke, and cancer.


in private parts…

The Problem
Before its too late...

Go Back, we fucked up everything...
When clear where “there” is-

(Can We Say What Diet Is "Best"? David L. Katz; Huffington Post, 9/7/11: http://www.huffingtonpost.com/david-katz-md/best-diets_b_950672.html)

-it may still seem...

- you can’t get there from here:
A sandbagger…

and proud of it!


Total population health. One person at a time.

http://www.healthdialog.com
Flourless Chocolate Cake
...& the other problem:

- Is it clear where “there” is?
Fingers… Feet… Forks…

Health
Diet/Nutrition
Low-Carb Diet Beats Low-Fat for Weight Loss

Mandy Oaklander
@mandyoaklander
Sept. 1, 2014

Always Hungry?
Conquer Cravings,
Retrain Your Fat Cells & Lose Weight Permanently
David Ludwig, MD, PhD
WTF?! to about
Bird’s (Katz’?) eye view-


Science Compared Every Diet, and the Winner Is Real Food

- Researchers asked if one diet could be crowned best in terms of health outcomes. If diet is a set of rigid principles, the answer is a decisive no. In terms of broader guidelines, it's a decisive yes.

Other eyes, on the same prize -

- Mann J et al. **Low carbohydrate diets: going against the grain.** *Lancet.* 2014 Oct 25;384;1479-80


  - Katz DL, Hu F. Knowing what to eat, refusing to swallow it. Huffington Post. 7/2/14
“Eat food. Not too much. Mostly plants.”

- Michael Pollan


And the bedrock of common ground...

http://oldwayspt.org/programs/oldways-common-ground/oldways-common-ground-consensus
The sat fat shuffle...


Less pepperoni, more…______?

SnackWells
Devil's Food
Cookie Cakes
FAT FREE
NET WT 6 3/4 OZ (191 g)
And this just in –

  - Representing 3.5 MILLION person-years of observation
http://www.vox.com/2016/5/18/11704458/american-diet-changes
From public to planetary health: a manifesto


http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736%2814%2960409-8.pdf
Mostly plants? **Fuggedaboudit!**


EVEN when clear where “there” is—

(Can We Say What Diet Is "Best"? David L. Katz; Huffington Post, 9/7/11: http://www.huffingtonpost.com/david-katz-md/best-diets_b_950672.html)

-it may seem…

- you can’t get there from here:
How Do We

...add years to lives, and

...get the medicine to go down??
Like this...
NOT like this...
WHY OBESITY RATES KEEP RISING

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The big spoon… is culture.

“The Finnish Town That Went on a Diet” -

Primary prevention and risk factor reduction in coronary heart disease mortality among working aged men and women in eastern Finland over 40 years: population based observational study. *BMJ*. 2016 Mar 1;352:i721
Be part of the global movement!

Join us at

www.TrueHealthInitiative.org
Health. Weight Control. Happiness with Food!
Health - Weight Control - Happiness with Food!
Thank you!

It's not what we don't know about diet that most threatens our health; it's the constant, wild misrepresentations of what we do know.

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