

How to End the Obesity and Diabetes Crisis in America and the World

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Partners for a Healthier Community, Inc.

Childhood Obesity Rates Rising

- “There is no evidence of a decrease in the prevalence of childhood obesity in the U.S.
- “Rates of children with severe obesity are on the rise especially among minority children
- “Children with severe obesity are at an increased risk for the rapid development of other dangerous comorbidities including heart disease, Type 2 Diabetes and even cancer.

Obesity Society, April 26, 2016

Adult Obesity Rate Continues to Rise

U.S. Adult Obesity Rate, 2008-2015

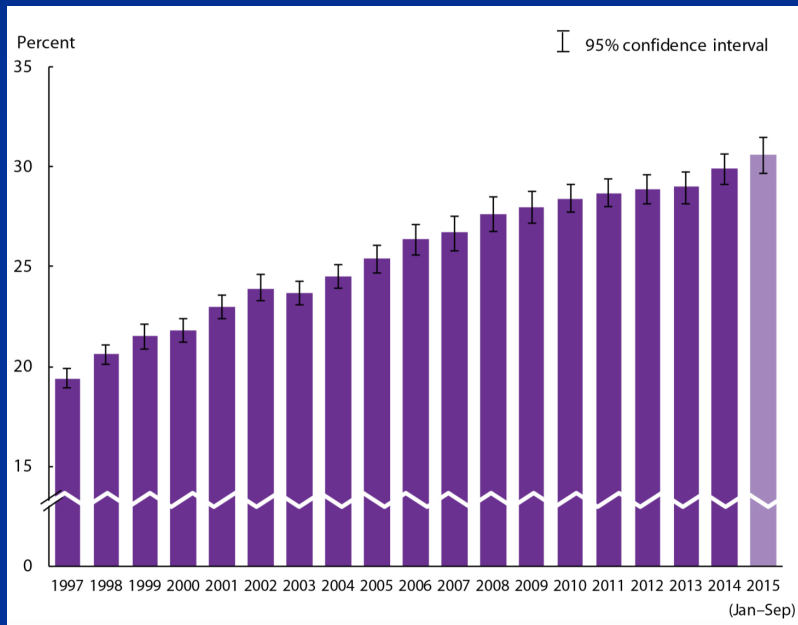
Obesity rate (BMI of 30+) among U.S. adults, based on self-reported height and weight



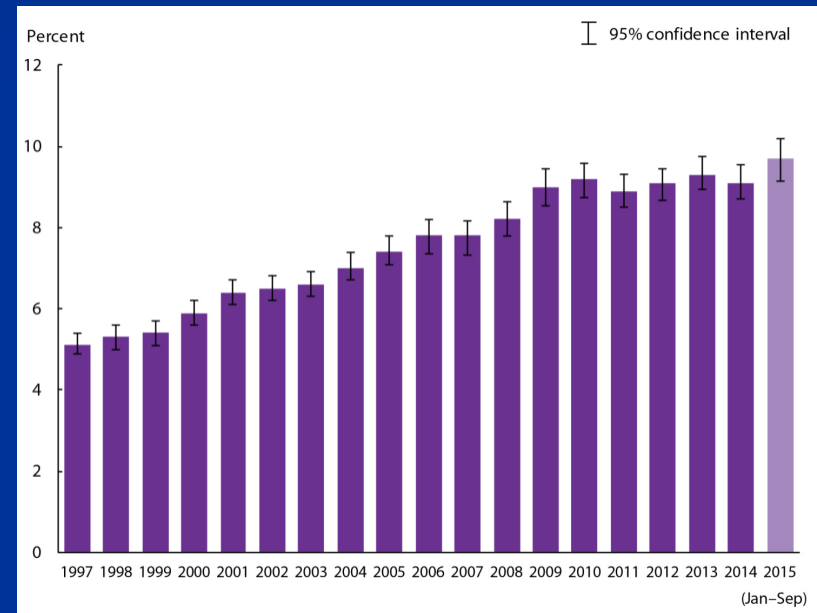
Gallup-Healthyways Well-Being Index

GALLUP

Along with Rising Obesity Rates Comes Rising Diabetes Rates

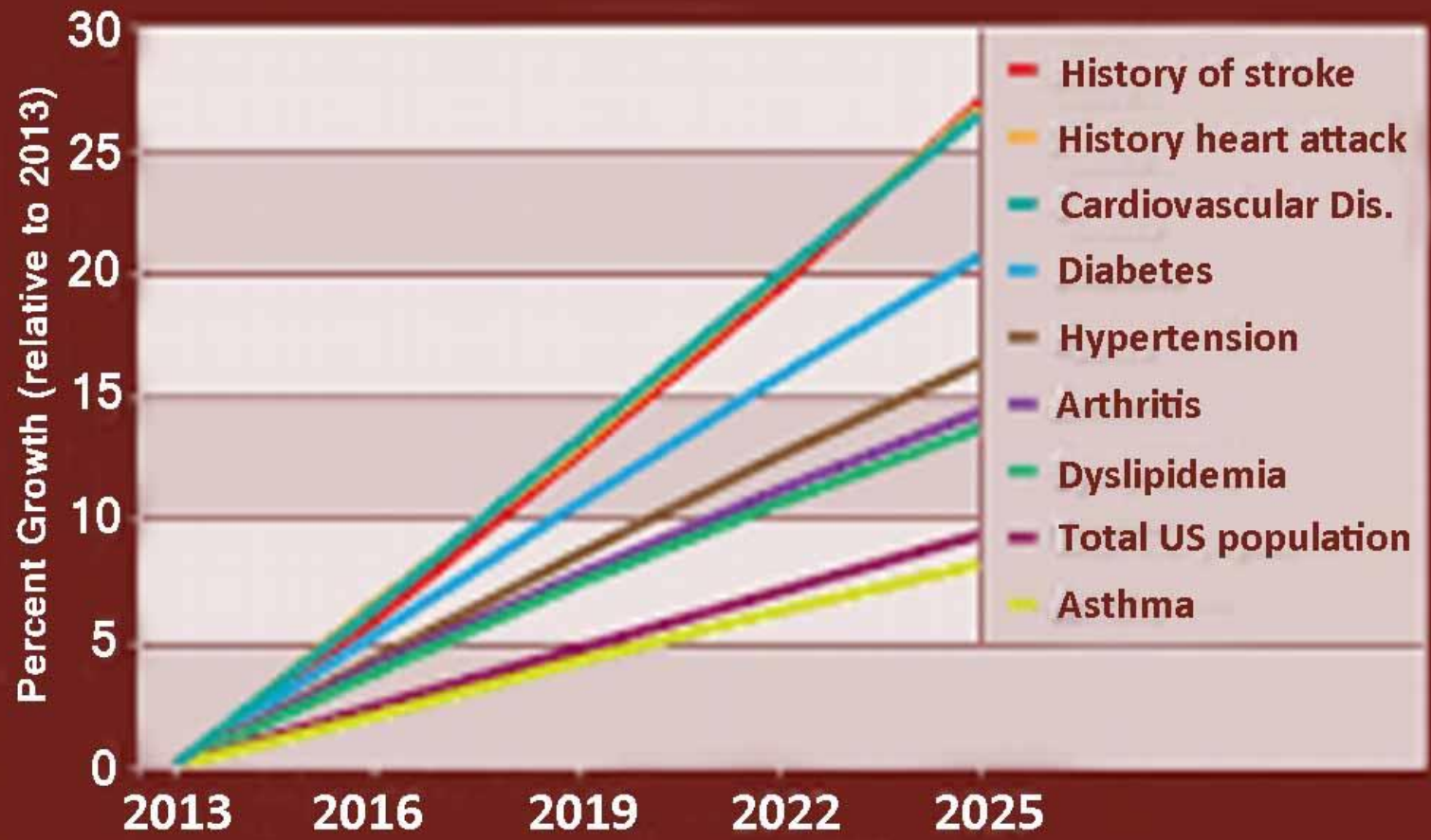


Adult obesity 1997–September 2015

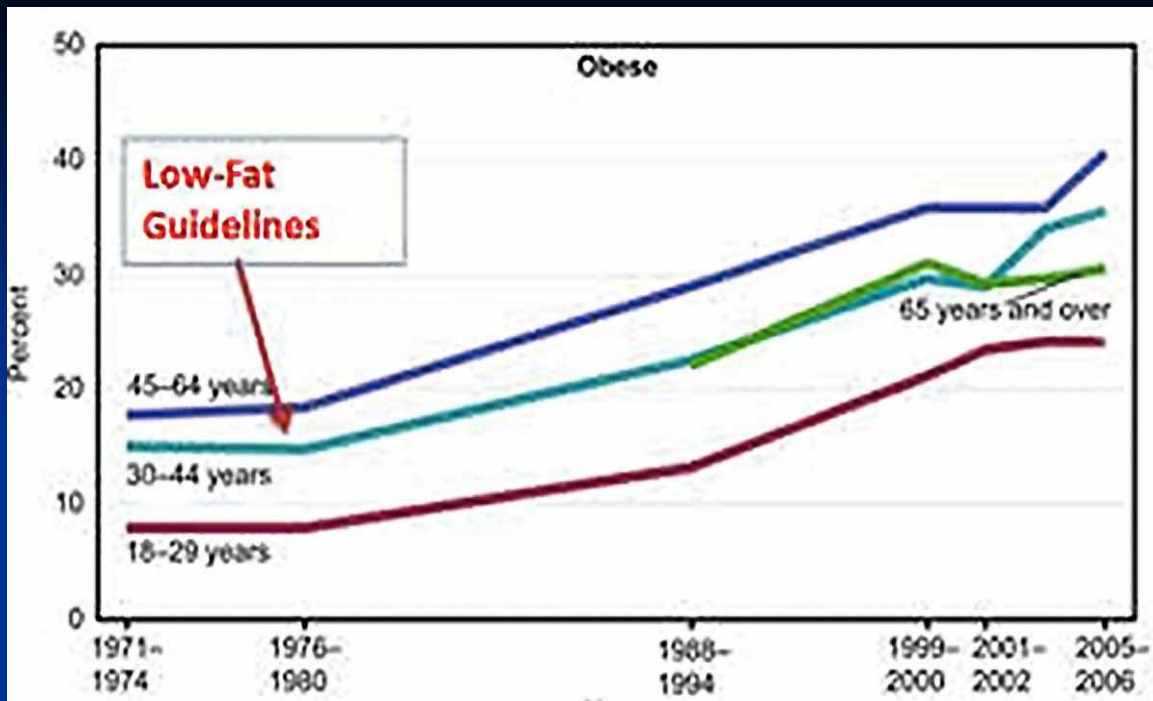


Diagnosed diabetes 1997–September 2015

Figure 1 Projected Growth Chronic Conitions



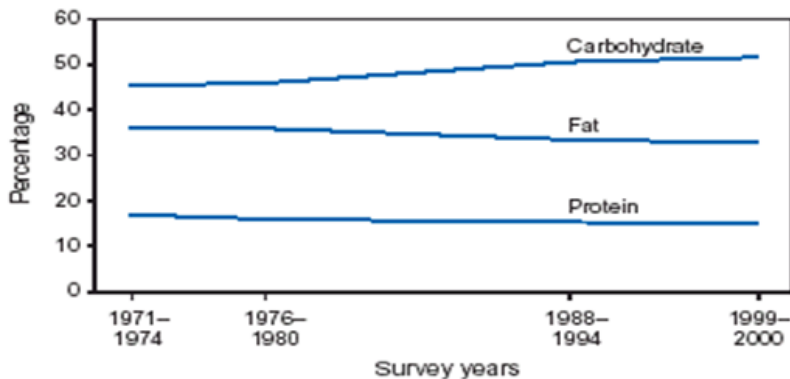
Source: Adapted from: Dall TM, et al. Health Aff(Millwood). 2013;32-2013-2020



When the fat went down, our weight went up!

We followed the recommendations of the USDA

FIGURE 2. Percentage of kilocalories from macronutrient intake among women aged 20–74 years*, by survey years — National Health and Nutrition Examination Surveys (NHANES), United States, 1971–2000

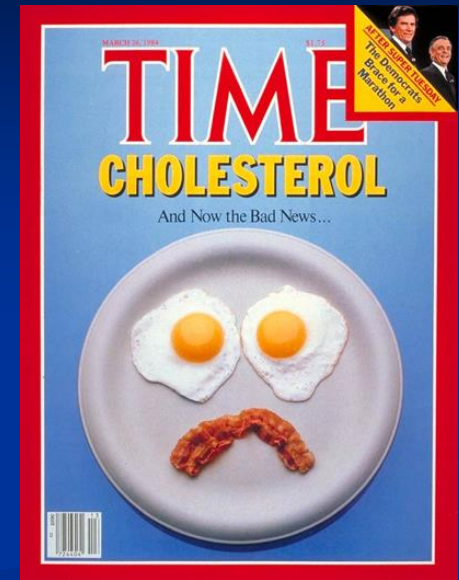


*Age adjusted by direct standardization to the 2000 U.S. Census population by using age groups 20–39, 40–59, and 60–74 years.

- When we dropped the fat content of our food, we increased the carbs
- At the same time, our weight continued to rise

What we've been told

- Dietary fat is to be kept as low as possible
- Increased fat and cholesterol levels lead to heart disease
- Weight loss only results from reducing calories, increasing exercise, or both
- Therefore, the only way to lose weight is to follow a low-fat diet and increase exercise



What people experience

- Reduced fat in foods is usually replaced by increased carbohydrates (e.g. sugar)
- Cutting caloric intake and/or increasing exercise results in increased hunger
- Counting calories is difficult
- Meals are rarely satisfying; one always feels hungry
- Though weight loss is possible, it comes back



NEW USDA DIETARY GUIDELINES

AVOID
FATTY
MEATS

GET
DAILY
EXERCISE

EAT
YOUR
VEGGIES



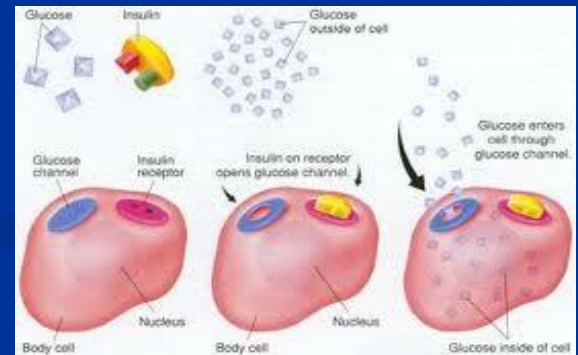
What we've recently learned

- Fat / cholesterol are not bad
- People feel full longer when the foods contain some fat
- Carbohydrates convert to body fat easily
- Cutting carbs forces your body to burn fat
- It's easier to stay on a low-carb diet long-term because hunger is not a problem



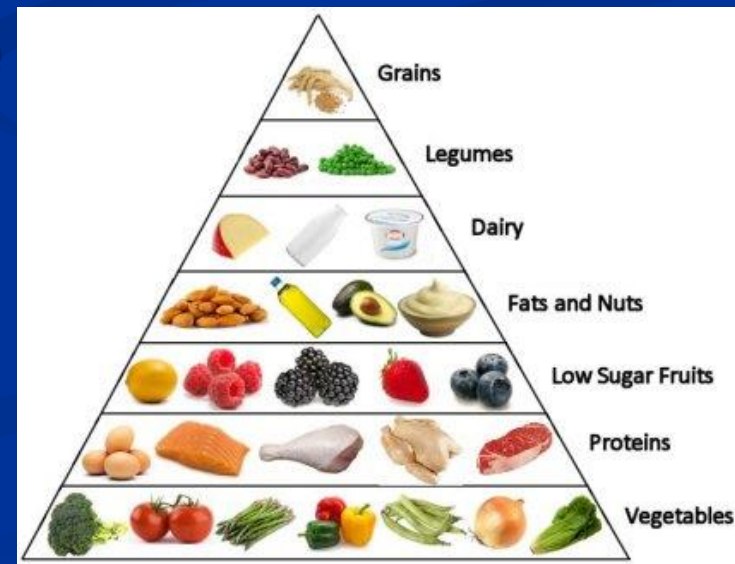
Excess carbs lead to weight gain

- Whatever glucose from digested carbs that is not immediately “burned” by muscles or our brain or used for heat is converted by insulin to be stored as fat
- Stored fat is only “burned” when too little glucose is available
- To burn fat, one has to reduce available glucose, primarily by reducing carb levels



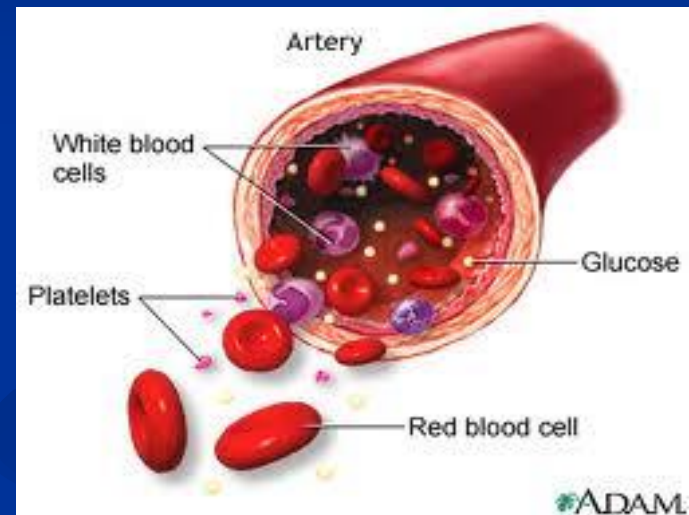
What to do to prevent weight gain

- Reduce carbohydrate intake, especially of refined sugars and flours
- Increase muscular exercise to “burn” available blood glucose, as well as increasing heart health, muscle mass, strength, flexibility and bone density
- Increase healthy fat intake to reduce hunger and to prevent “diet failure”



How Diabetes Develops

- When carb levels are high, cells no longer accept glucose, & blood sugar levels rise
- Consistently high blood sugar levels signal pre-diabetes or diabetes



- Chronically high blood sugar results in heart disease, kidney disease, eye disease and nerve damage or “neuropathy”

Dietary Policy Led to Diabetes!



“The high-carb diet I put you on 20 years ago gave you diabetes, high blood pressure, and heart disease. Oops.”

So, what do we need to do?

1. Dietary recommendations need to catch up with current science.
2. We need to stop demonizing natural fats (but not trans fat), & recommend eating foods that contain fats.
3. For children, we need to bring back full-fat, unflavored milk in schools.
4. For those the 52% of us who are carb-sensitive, we need to eat lower-carb foods that don't stimulate insulin.

8 BENEFITS OF LOW-CARB DIETS

- 1 FAST WEIGHT LOSS**
 - Produces fast weight loss without feeling hungry or counting calories
 - Studies show low-carb diets are more effective for weight loss than low-fat diets
 - Keeps glycogen stores low or almost empty
 - Prevents insulin from being released and storing fat
 - Body uses its glycogen stores and starts to use fat stores for fuel
- 2 BETTER COGNITIVE FUNCTION**
 - Typically there's an inverse relationship between carbs and fats in the diet
 - Healthy fats are crucial for brain function, mood control and hormone regulation
 - Low-carb diets promote more healthy fats in the diet
- 3 REDUCED RISK OF METABOLIC SYNDROME AND HEART DISEASE**
 - Studies show they're more effective and sustainable than low-fat diets in reducing heart disease risk
- 4 LOWER RISK FOR TYPE-2 DIABETES**
 - Low-carb diets are comparable if not better than traditional low-fat/high-carb diets for weight reduction, improvement in the development of diabetes and metabolic syndrome
 - Control blood pressure, postprandial glycemia and insulin secretion
- 5 HELP FIGHTING CANCER**
 - Dramatically cut down sugar
 - Lower intake of grains and processed foods
 - Cause immunity to improve as oxidative stress goes down
- 6 FEWER CRAVINGS AND NO GOING HUNGRY!**
 - Turn off the "hungry hormone" ghrelin
 - Carbs spike insulin, which leads to food cravings
 - Fats and proteins switch on satiety hormones and allow you to go longer comfortably between meals
- 7 BETTER DIGESTION**
 - Veggies, quality proteins and healthy fats act as fat-burning foods
 - Nourish digestive tract
 - Reduce bacterial growth
 - Studies show symptom improvements for IBS
- 8 BETTER HORMONE REGULATION**
 - Balance neurotransmitter function in some people
 - Help improve mood
 - Balance hormones naturally
 - Studies show reduced depressive symptoms, enhanced feelings of well-being and higher likelihood of long-term obesity treatment compliance

If you think this is only my idea, think again!



Dariush Mozaffarian, M.D., Dean, Friedman School of Nutrition Science and Policy at Tufts University

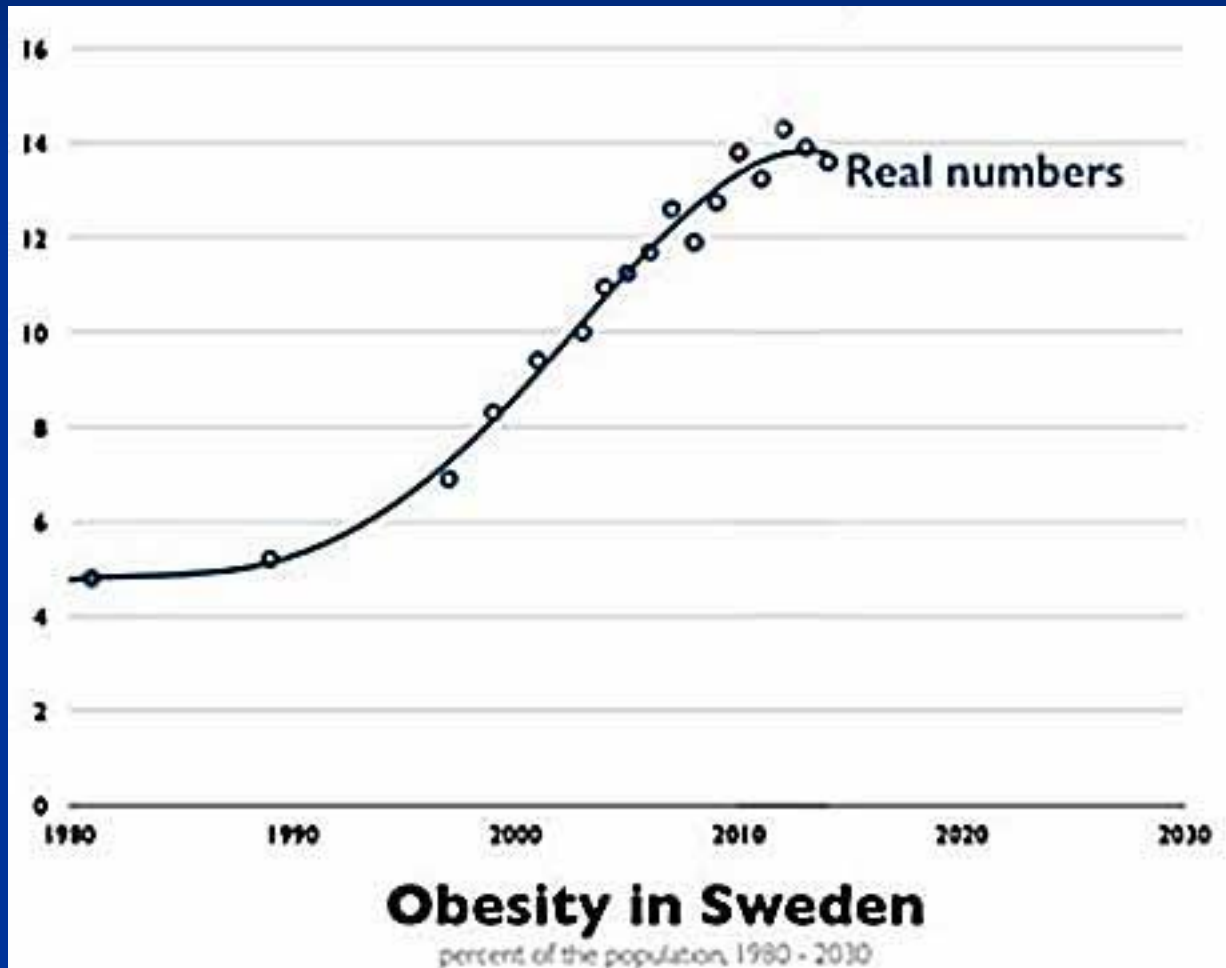


David Ludwig, M.D., Director Optimal Weight for Life (OWL) program at Children's Hospital, Harvard School of Public Health



The USDA Dietary Guidelines have yet to align with current science. More and more scientists are advocating for lower carbohydrates and higher amounts of dietary fats not only for weight management but also for diabetes treatment.

Evidence from Epidemiological Studies of Low-carb High-fat Dietary Policies



Sweden switched from low-fat to low-carb dietary recommendations five years ago and is the only country to see a leveling off of weight gain as 23% of the population now follows low-carb diets.

Want to Learn More?

- I would be happy to present more about this topic to any group, free of charge
- I would be happy to help you develop a healthy eating policy using these guidelines
- Contact me at drweed@cox.net
- See our web page at www.gfrpartners.com/LowCarbs.html

