



April 19, 2016 – Grand Rapids, MI

Healthy Lifestyle? A Tiny 2.7 Percent

“Only 2.7% of all Americans achieve all four of the basic behavioral characteristics that experts say add up to a healthy lifestyle.”

Sensational? Yes. True? That’s what we’re going to look at this week. The health news reported about a recent study that examined the health behaviors of a group of people who participated in the Nutrition and Health Examination Survey (NHANES) in 2002–2006. The researchers picked four behaviors and assessed them with the best techniques available.

This is not the typical BMI and Food Frequency Questionnaire survey; these are numbers based on excellent assessment equipment. They assessed:

- Smoking with a blood test
- Diet with a 24-hour diet recall
- Body fat with a whole-body scan
- Exercise with an accelerometer

The test results show that we’re not doing very well in our health behaviors. I’ll talk about what we’re doing well and where we really need to improve the rest of the week.

Don’t forget the [Nutrition During Cancer Treatment](#) webinar tomorrow night. You have two times to participate, 6:30 p.m. and 9:30 p.m. Eastern Time.

What are you prepared to do today?



Dr. Chet

Reference: Mayo Clin Proc. 2016 Apr;91(4):432-42.

WGUV FM 88.5/95.3 **npr** ***Straight Talk on Health***

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