
Finding Common Ground

Opening Remarks

David Katz, MD, MPH

What **REALLY** Kills us?...

- McGinnis JM, Foege WH. **Actual causes of death** in the United States. JAMA. **1993**;270:2207-12
 - Mokdad AH, Marks JS, Stroup DF, Gerberding JL. **Actual causes of death** in the United States, 2000. JAMA. **2004**;291:1238-45
-

The People in Potsdam-

- Ford ES, Bergmann MM, Kröger J, Schienkiewitz A, Weikert C, Boeing H. **Healthy living is the best revenge: findings from the European Prospective Investigation Into Cancer and Nutrition-Potsdam study.** *Arch Intern Med.* **2009** Aug 10;169(15):1355-62

- ***Or the UK:***
 - Kvaavik E, Batty GD, Ursin G, Huxley R, Gale CR. **Influence of individual and combined health behaviors on total and cause-specific mortality in men and women: the United Kingdom health and lifestyle survey.** *Arch Intern Med.* **2010**;170:711-8

- ***Or the US***
 - McCullough ML, Patel AV, Kushi LH, Patel R, Willett WC, Doyle C, Thun MJ, Gapstur SM. **Following cancer prevention guidelines reduces risk of cancer, cardiovascular disease, and all-cause mortality.** *Cancer Epidemiol Biomarkers Prev.* 2011;20:1089-97

Fresher still? The beat goes on...

- Akesson A, Larsson SC, Discacciati A, Wolk A. **Low-Risk Diet and Lifestyle Habits in the Primary Prevention of Myocardial Infarction in Men: A Population-Based Prospective Cohort Study.** *J Am Coll Cardiol.* 2014 Sep 30;64(13):1299-306
- Aleksandrova K, et al. **Combined impact of healthy lifestyle factors on colorectal cancer: a large European cohort study.** *BMC Med.* 2014 Oct 10;12(1):168. [Epub ahead of print]
- Chomistek AK, Chiuve SE, Eliassen AH, Mukamal KJ, Willett WC, Rimm EB. **Healthy lifestyle in the primordial prevention of cardiovascular disease among young women.** *J Am Coll Cardiol.* 2015 Jan 6;65(1):43-51



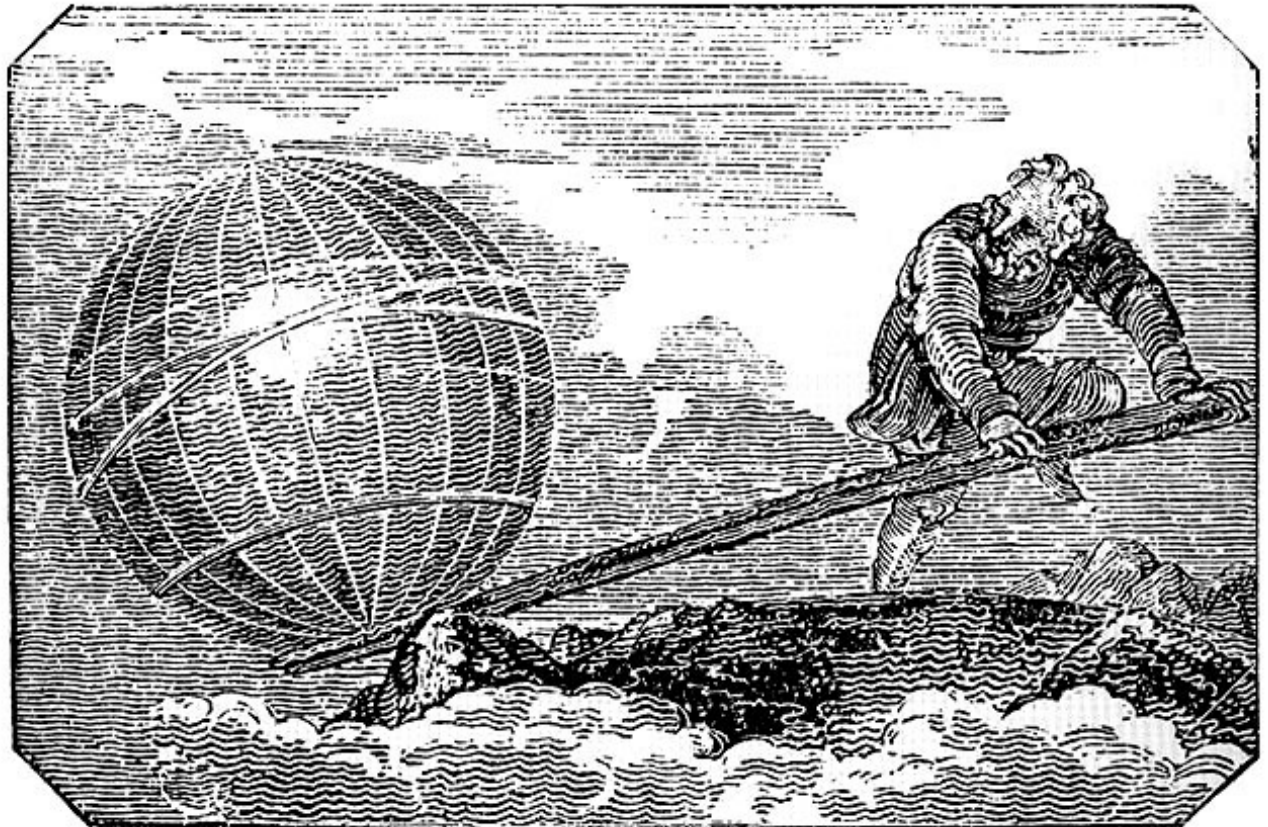
BLUE ZONES

Live Longer, Better

The Master Levers of Destiny-

- *Feet*
- *Forks*

- *Fingers*



But....

Health Diet/Nutrition

Low-Carb Diet Beats Low-Fat for Weight Loss

- Mandy Oaklander @mandyoaklander
Sept. 1, 2014

TIME



Controversy, in lieu of consensus-

- ***Feature Nutrition The scientific report guiding the US dietary guidelines: is it scientific?***
 - *BMJ 2015; 351 doi: <http://dx.doi.org/10.1136/bmj.h4962> (Published 23 September 2015)*
 - *Cite this as: BMJ 2015;351:h4962*

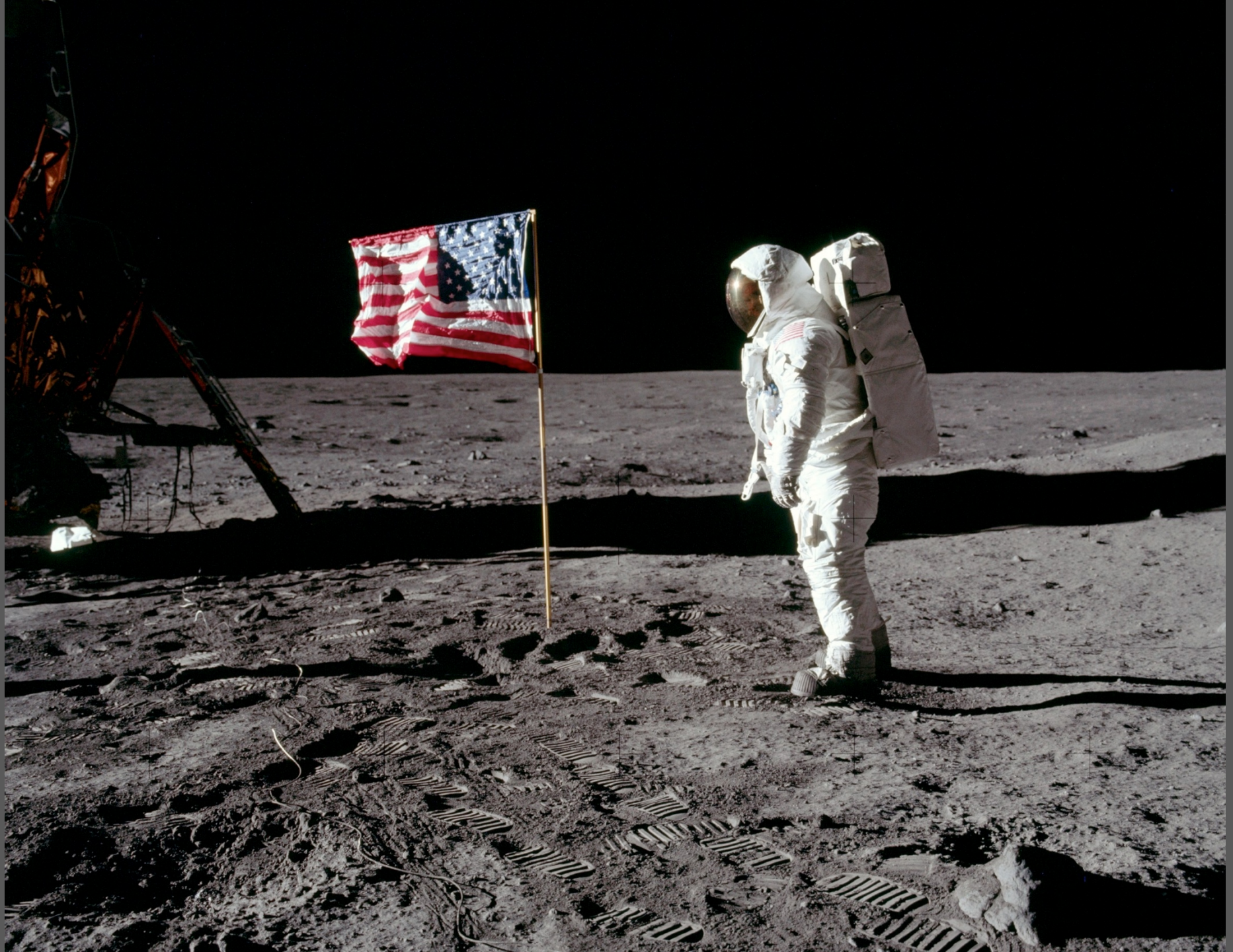
The logo for the British Medical Journal (BMJ), consisting of the letters 'BMJ' in a bold, blue, sans-serif font, followed by a stylized comma or 'J' shape.



Health. Weight Control. Happiness with Food!







WE AGREE



2:07 / 2:23



HD

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Health. Weight Control. Happiness with Food!

