

Mayo Clinic Minute

Lifestyle choices biggest medical issue

VIDEO	AUDIO
	Heart disease, stroke, and diabetes...three of the most common causes of death in the U.S....but the bigger health crisis may actually be the cause behind them.
Dr. Gregory Poland Title: GREGORY POLAND, M.D. INTERNAL MEDICINE MAYO CLINIC	“We’re now at a level of 70 percent of U.S. adults are overweight or obese. We’re about 50 percent for kids.”
	Mayo Clinic’s Dr. Gregory Poland calls it the most important medical issue facing our society, and says the reason for the crisis is simple.
Dr. Gregory Poland	“It’s the medical consequences of lifestyle choices.”
	Mostly diet and exercise, or lack thereof.
Dr. Gregory Poland	“We are, as a society, gaining more and more weight and we’re less and less physically active.”
	And he doesn’t see the crisis getting better any time soon.
Dr. Gregory Poland	(30:19 – 30:27) “It is a medical problem that not only causes issues at the time, but it has enduring consequences as one ages.”
	But researchers at Mayo Clinic are working on solutions. The recently-released Mayo Clinic Diet book offers a comprehensive data-driven program for better lifestyle choices to improve diet, increase physical activity and improve overall health.
	For the Mayo Clinic News Network, I’m Ian Roth.

--	--