

# FACT SHEET

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## *Family Figures: Numbers You Should Know*

A recent survey found that **85 percent** of Americans take an interest in their health and wellness in order to stay healthy and prevent future illness.

According to the U.S. Department of Health and Human Services, unhealthy eating habits and physical inactivity are major contributors to rising healthcare costs. Recent estimates predict better nutrition could reduce the cost of cancer, stroke and diabetes by **\$71 billion** each year.

A recent survey found **94 percent** of primary care physicians in the United States continue to believe in the value of annual physical exams for adults as a way to detect health problems and begin preventative measures. (Source: *Archives of Internal Medicine*, June 2005)

A national poll found that only **one-third** of Americans families eat together on a regular basis. Research shows that teens who eat family meals at least **5** times a week have better grades, are less likely to engage in risky health behaviors and have better overall nutrition. (Source: *Obesity Research*, May 2005)

A study published in the *American Journal of Clinical Nutrition*, suggests that by adding more dairy foods, as part of the DASH or Dietary Approaches to Stop Hypertension eating plan, adults may lower blood pressure more significantly than a low fat diet— an important finding for the estimated **33 percent** of Americans who suffer from high blood pressure.

By 2020, nearly half of Americans over age 50 will be at risk for fractures from osteoporosis unless lifestyle changes are made. Surgeon General Richard Carmona recommends daily exercise and a calcium-rich diet which includes **3** servings of dairy foods for better bone health. (Source: Surgeon General's Report on Bone Health and Osteoporosis, 2004)

Taking steps toward better health can be as easy as wearing a pedometer. *America on the Move*, a national initiative helping Americans achieve healthier lifestyles, suggests adding **2,000** extra steps to normal daily activity will help stop weight gain and taking **10,000** steps a day will aid weight loss.

Researchers from the University of Colorado found that exercising adults on a reduced calorie diet lost more fat when they included **3 to 4** servings of dairy foods each day than when they had only one serving of dairy. (Source: *Obesity Research*, January 2006)