**Research a Disease Assignment**

Unhealthy diets like those heavy in **sugary drinks, high sodium, trans fats and processed meats** contribute to approximately 678,000 deaths each year in the U.S.

In the last 30 years, obesity rates have doubled in adults, tripled in children, and quadrupled in adolescents.

Diets high in sodium which is linked to high blood pressure and [heart conditions](https://time.com/5517619/americans-heart-disease/)  was the largest cause of diet-related death globally in one study.

Most of the top dietary risk factors however are related to not eating enough nutritious foods, including whole grains, nuts and seeds, [fruits, vegetables](https://time.com/5029164/fruit-vegetable-diet/), polyunsaturated fats and legumes.

Poor diet as well as sedentary lifestyle is now a bigger health threat than smoking.

Poor Nutrition can be linked to conditions such as:

**high blood pressure**

**heart disease**

**type 2 diabetes**

**obesity**

**stroke**

**osteoporosis**

**certain cancers**

Create a Presentation for the class on one of the diseases above. Please include the following:

1. **Overview** – Describe the condition, signs and symptoms
2. **Incidence** – How many people in Canada/world wide have this condition? What percent of the population is that?
3. What **causes** this condition? Is it preventable?
4. What is the **Treatment**/Cure?
5. What are the **consequences**?

**Risk Factors** (something that increases chance of developing a disease) Eg smoking cigarettes increases risk of lung cancer/ mortality.

 **Other**: Eg. Bone injuries due to osteoporosis are most likely to occur in the hips, spine, and wrist. Even just a slight fracture in these areas can result in loss of independence. Twenty percent of seniors who break their hip die within just one year. Those who survive often require long-term (nursing home) care.

 Eg Heart attack or stroke can result in difficulty with everyday activities—such as walking, bathing, or getting into or out of bed—or cognitive impairment.

 Eg. Body shaming, discrimination, etc

1. **Reflection:** What did you find most interesting? What questions do you still have?

Helpful links:

<https://www.healthline.com>

<https://www.nih.gov>

<https://www.mayoclinic.org>

<https://www.webmd.com>

<https://www.cdc.gov>

<https://www.cvs.com>

**Self-Assess:**

1. What part are you proud of?
2. What part do you think you could have done better?