



SOKA UNIVERSITY OFFICE OF ACADEMIC AFFAIRS PRESENTS

## **Disease and Disease Control in Eras of Globalization Conference**

Friday | Sept 22 | 4:45 - 7:00 PM  
Saturday | Sept 23 | 9 AM - 1 PM  
Soka University of America Athenaeum

### ***Lisa Crummett: Educating the Masses about Metabolic Disease In Order To Change Our Current Disease Trajectory***

#### Abstract

Metabolic diseases often travel with obesity and include type 2 diabetes, cardiovascular disease, hypertension, blood lipid disorders, and fatty liver disease. These “chronic diseases” cannot be prevented by vaccines nor cured by medication but they are highly preventable. Chronic diseases have replaced infectious diseases as being the biggest threats to human health worldwide. In the US, more than 75% of annual health care expenditures are for people with one or more metabolic diseases. Although there are many contributors to the steep increase in metabolic disease over the past 30 years, increased sugar intake is one of the biggest culprits, along with increased consumption of highly processed foods. Unfortunately, the sugar industry and big food companies have some of the most powerful lobbyists in the US, and they don’t want things to change. Our own federal nutrition guidelines were created by the USDA, whose primary interest is to promote the sale of US beef, dairy, and processed corn products; a primary example of the fox guarding the hen house. If we hope to reverse the current metabolic disease pandemic, we need to educate the masses, from elementary school on through high school, about how our bodies process different foods and how certain foods cause disease. When the general public is equipped with this fundamental knowledge, their nutrition choices will likely change for the better, consumer spending will shift, causing the food industry to change, and the public will demand that healthy foods be more affordable and more accessible to everyone.