



America's Call To Action: 2008 Health Report Card

According to the latest edition (2008) of America's Health Rankings™, our nation's health report card is troublesome: We "continue to fall short of our potential" and "fare poorly in comparison to many other nations." Perhaps the worst news from the report is that over the last four years, health improvement has stagnated.

In response to the report, Georges C. Benjamin, MD, American Public Health Association's Executive Director, is calling for healthcare reform and encouraging Americans to engage in healthier lifestyles so we can "build the healthiest nation in one generation."

Benjamin also said that "statistics indicate that what we are doing as a nation is not working . . . We know improvement is possible because other nations have achieved far better health outcomes at less cost, indicating that we, too, can do the same. The solution is to build a foundation for health by creating a culture of wellness and prevention."

According to the report, one reason for this situation is that "our healthcare system is heavily tilted toward sick care at the expense of well care or keeping people healthy. About 95 cents of every dollar spent in the U.S. on health goes to diagnose or treat disease after it occurs, leaving less than 5 cents on the dollar to prevent disease."

The health rankings. The longest report of its kind, the *America's Health Rankings: A Call to Action for Individuals and Their Communities* is a barometer of our national health on a state-by-state basis, released annually over the last 19 years. The analysis is funded by the United Health Foundation and is a joint effort between the American Public Health Association and Partnership for Prevention.

According to the report, our life expectancy (69 years old) is trailing several countries, including Japan (75), Italy (73), Canada (72), France (72), Israel (71), United Kingdom (71) as well as 21 other nations. And that's in spite of America spending more on healthcare than any other country in the world: The Commonwealth Fund reported that the U.S. spends twice as much on a per-capita basis than Australia, Canada, Germany, New Zealand and the United Kingdom.

Even with significant sums of money thrown at the current healthcare problem, the U.S. has serious shortcomings in disease treatment—ranked 19th and falling among industrialized nations for mortality rates from treatable diseases.

Four factors. Researchers reviewed four components and assigned determinants within each.

- **Personal Lifestyle Behaviors:**

The habits, practices and everyday activities we do that affect us and our community, such as binge drinking (10%), obesity (5%) and smoking (5%).

- Binge drinking was defined as having at least 5 drinks (males) or 4 drinks (females) on one occasion.
- Obesity was defined as someone with a body mass index of 30.0 or higher.
- Smoking factors were based on information from the Behavioral Risk Factor Surveillance System, which included people over 18 who smoke on a regular basis and smoked at least 100 cigarettes.

Your Health, Your Action

Regardless of the current state of health in your area, your health is in your hands, beginning with the choices you make.

- Eat healthier
- Get the proper exercise
- Quit smoking
- Learn about your health
- Identify your personal health risk factors
- Adopt healthier lifestyle interventions

You can start living a healthier life today—and, as a result, do your part to help improve your community's health rankings.

Learn more about the report at www.americashealthrankings.org/2008/overview.html.



- **Clinical Care:** Per the study, “most people involved in health reform would likely agree that our clinical care system is struggling.” Factored in the scoring were the cost, quality and appropriateness of local hospitals, clinics and physician’s offices, such as adequacy of prenatal care (5%), primary care physicians (5%) and preventable hospitalizations (5%). With millions of people lacking access to good clinical care, the report calls for leaders to “find a strategy” for creating a quality, affordable clinical health system that’s highly accessible.
- **Community & Environment:** The daily conditions surrounding us, such as high school graduation (5%), violent crime (5%), air pollution (5%), infectious disease (5%), children in poverty (5%) and occupational facilities (2.5%).
- **Public & Health Policies:** The resources available to encourage/maintain health and how deeply they penetrate the community, such as lack of health insurance (5%), public health funding (2.5%) and immunization coverage (5%).

Additional health factors were considered, including poor mental health days (2.5%), poor physical health days (2.5%), geographic disparity (5%), infant mortality (5%), cardiovascular deaths (2.5%), cancer deaths (2.5%) and premature deaths (5%).

By combining measurements of these items, states were given a health score reflective of those residing in the area.

Over the past 18 years, there’s been some improvement in the U.S. The five states demonstrating the greatest upswing were Alaska, Idaho, Oregon, Vermont and Washington. Yet, many states failed to improve much at all, such as North Dakota, Missouri, Ohio, Oklahoma and Wisconsin.

Similar to 2007 stats, Vermont remained the “healthiest” state. Louisiana, despite strong per capita public health funding, was the worst (ranked 49th in 2007) due to a high rate of preventable hospitalizations among other factors.

Heeding the call. If other countries have improved their healthcare system, why haven’t we? Perhaps the reason is our American lifestyle. Clearly, the prevalence of binge drinking, smoking and obesity is wreaking havoc on our health and our healthcare system.

Obesity is a huge problem in our country and, not surprisingly, we’re outpacing the world. Since 1990, there’s been a 127% increase in the prevalence of obesity. Currently, more than one in four people in the U.S. are considered obese. According to the report, the frightening rate of increased obesity “shows no evidence of slowing or abating.”

The report recommends these straightforward steps.

- Learn about your own health
- Identify risk factors
- Change your behaviors – quit smoking, start exercising and eat healthfully
- Contact state/county health departments to learn about health challenges in your community

The CeneGenics response: education, prevention, superior clinical care. You can see by America’s ongoing health ranking report that change is long past due. But where do you begin?

Right here. Since 1997, CeneGenics has delivered a smarter, healthier approach to medicine. Our proactive intervention based on solid science and comprehensive evaluation sidesteps the traditional, ineffective, diagnose-and-treat philosophies.

At CeneGenics, you’re not treated generically. Programs are tailored to your unique medical issues, delivering short-term benefits with the best opportunity for long-term health and vigor. An intensive evaluation process—far beyond an annual checkup at a primary care physician’s office—reveals your weakest health links and health strengths.

Our expert physicians use the science of age management medicine to identify and meet criteria, placing you in the lowest possible risk category for diseases and thereby extending your health span. The result? More energy (physical and sexual), increased lean muscle mass, reduced body fat, sharper thinking, improved cholesterol scores, stronger immune system and a higher-quality life with healthy aging and vitality.

Take control of your health and future. Learn more about personalized CeneGenics programs and the science behind age management medicine.

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Discussions are always confidential and without any obligation.**