



GLOBAL WELLNESS
SUMMIT 2017



Don't Forget About the Fun!

John Cohan, CEO, Margaritaville Holdings LLC, U.S.



GLOBAL WELLNESS DAY[®]

"One day, can change your whole life!"

www.globalwellnessday.org

OBESITY

IN INFANTS TO PRESCHOOLERS

1 IN 3 CHILDREN and adolescents, ages 2-19, **ARE OVERWEIGHT OR OBESE** and nearly **NONE** meet healthy diet and physical activity recommendations.

An estimated **12.6 MILLION CHILDREN**, ages 5 years or younger, spend **33 HOURS PER WEEK** in **CHILD CARE SETTINGS** where they may **CONSUME MOST OF THEIR DAILY CALORIES**.

OBESITY is linked to **MORE CHRONIC CONDITIONS THAN:**

- SMOKING
- POVERTY
- DRINKING

Increasing the **RISK** of more than **20 PREVENTABLE CONDITIONS**, including sleep apnea, asthma, heart disease, Type 2 diabetes, osteoarthritis, high blood pressure and high cholesterol stroke.

RISK FACTORS

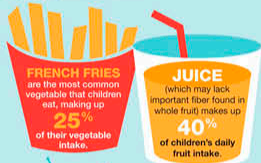
- Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55 than their slimmer peers.

OBESITY MAY BE PREVENTED BY

DEVELOPMENTALLY, BIRTH TO AGE FIVE, is an important time to **TEACH** children to **PREFER HEALTHY FOODS and DEVELOP GROSS MOTOR SKILLS**, setting positive patterns and habits.

heart.org/healthierkids

©2013, American Heart Association 7/10/2013



Between 40% and 50% OF TODDLERS ages 12- to 35-months-old, watch MORE television than is recommended.

Nearly 1/2 OF PRESCHOOL-AGED CHILDREN DON'T get enough PHYSICAL ACTIVITY.

The **COST** of obesity in the United States is staggering, totaling about **\$147 billion**.

Children who **EAT HEALTHY FOODS and GET DAILY PHYSICAL ACTIVITY** have:

- FEWER SCHOOL ABSENCES
- HIGHER ACADEMIC ACHIEVEMENT
- HIGHER SELF-ESTEEM
- FEWER BEHAVIORAL PROBLEMS



What happens to depressed adolescents?

93% Full remission of initial depressive disorder

19% Within 2 years

40% Within 4 years

Recurrence of initial depressive disorder

Melvin GA, Daskal AC, Gordon MB, et al. What happens to depressed adolescents? A follow-up study into early adulthood. J Affect Disord. 2012;151:296-305.

DEPRESSION

More than **350 million** people suffer from depression worldwide!

The average person with clinical depression experiences symptoms (sadness, irritability, loss of interest, fatigue, etc.)

94% OF THE TIME

Awareness of cognitive symptoms is low?

LOW PAIN OR SAINNESS 80%
FEELING WORSE 5%
FEELING BETTER 4%
FEELING UNCOMFORTABLE 10%

Cognitive symptoms cause significant impairment in work function and productivity*

ONE IN TEN WORKING PEOPLE HAVE TAKEN TIME OFF WORK BECAUSE OF DEPRESSION!

36 ARE AN AVERAGE DAY OF ABSENCE FROM WORK

21,000 DAYS OF LOST WORKING TIME! THIS EQUATES TO MORE THAN

The costs of depression in the EU in 2010 were estimated at **€92 BILLION**

59% of costs are indirect such as lost work productivity, due to e.g. sick leave and early retirement!

OVER HALF (56%) of people with depression do not receive the treatment they need!

15% fail to achieve full resolution of depressive symptoms after four established treatments!

43% of managers call for better policies and legislation to protect employees!



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