



## Healing Communities, Strengthening Futures

HAPCO Health provides preventive health education and services for residents of underserved neighborhoods. Our programs combine evidence-based traditional, lifestyle and functional medicine approaches to help people take control of their health.

We focus on long-term wellness strategies that improve how people feel and function every day, reducing chronic disease, improving nutrition and increasing overall resilience for families, especially those living in poverty.

Our programs serve all ages, supporting parents, caregivers and children. By removing health-related barriers, we help individuals improve their healthspans. Programs include:

- Health education including nutrition, physical activity, stress management, sleep, risky substance avoidance and social connection
- Nutrition and cooking classes
- Creative health interventions that “prescribe” nature, music, art and self-expression to promote healing and longevity

Our goal is simple: build healthier communities by helping people prevent illness, make informed choices and thrive — for life.



**Dr. Charlie Ware**’s practice includes functional medicine, herbal therapeutics, acupuncture and epigenetics. He is a leading holistic doctor in sickle cell disease, natural pain management and other chronic diseases. He is a Board Certified Diplomat of Oriental Medicine, a licensed Acupuncture Physician and a certified Epigenetic Coach.



**Chef Sage** provides free nutrition education and cooking classes to adults and seniors in underserved communities. Sage’s Kitchen has created incredible cuisine for NFL and NBA athletes and businesses including Disney World.

### The Power of Music

Music has a powerful effect on the brain, activating areas involved in thinking, movement, sensation and emotion. Whether listening or performing, music can support both physical and mental health. Research shows music can improve mood, reduce stress and depression, boost cognitive performance and even enhance movement, mobility and balance.

### The Power of Nature

Spending time in nature can lower stress, improve mood, and reduce the risk of depression and anxiety. It also supports physical health by lowering blood pressure, heart rate and cortisol levels. Regular exposure to natural outdoor environments has been shown to improve overall health by up to 92% — and mental health by as much as 98%.

### Life Expectancy

US adults in the top 1% of income live significantly longer than those in the bottom 1% — by 14.6 years for men and 10.1 years for women.

### Chronic Disease

Many chronic conditions are influenced by modifiable lifestyle factors including alcohol/tobacco use, physical inactivity and poor nutrition. Common chronic diseases include cardiovascular diseases, cancer, diabetes, high blood pressure, obesity, sleep apnea, arthritis and nonalcoholic fatty liver disease (NAFLD).

### Food Insecurity

In 2023, 13.5% of US households faced food insecurity. Limited access to nutritious, affordable food increases the risk of chronic disease.



# HAPCO HEALTH

## HEALTHSPAN

### Why Maximizing Health Every Day Matters

#### Chronic Disease

Chronic health conditions last over a year, require ongoing medical attention and/or limit daily activities. They often result from a combination of genetic, physiological, environmental and behavioral factors. They typically begin slowly and develop gradually over time. Some can be managed, but not cured, with medication.

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#### Chronic Inflammation

Chronic inflammation increases the risk for developing chronic diseases including cancer, heart disease, Type 2 diabetes and kidney disease.

Individuals living with both chronic inflammation and poverty had a 127% increased risk for dying from heart disease and a 196% increased risk for dying from cancer. People living with chronic inflammation or poverty, but not both factors, had about a 50% increase in mortality risk over the same period.

**HAPCOpromo.org**

## Obesity & Chronic Disease

### US Adults

**40.3%** are obese

**71.6%** are overweight or obese

**Extreme obesity contributes to chronic diseases, decreasing lifespan by an average of 14 years**

### Obese Adults

**58%** have high blood pressure

**23%** have diabetes

## Diabetes

**11.6%**

**38.4 million Americans have diabetes**

- 90-95% have type 2 diabetes
- 1.2 million new diagnoses every year

## Prediabetes

**38%**

**97.6 million US adults**

**32.7%**

**8.4 million US children, 12-17 years old**