Weighing the Impact of COVID-19: Nutrition, Overweight, Obesity and NCDs
ST. LUCIA – SIMPLY BEAUTIFUL......

AND THEN
THERE WAS......
“The Caribbean has the highest rate of mortality in the Americas from non-communicable diseases (NCDs) with more than 40 per cent of NCD deaths occurring prematurely in people under 70 years old.”

In 2014, the leading causes of death from chronic noncommunicable diseases included heart disease, stroke, diabetes mellitus, and hypertension.

How has COVID-19 affected this?
Major contributors to Disease:

- Inflammation
- Stress
- Insulin Resistance (Metabolic Syndrome)
Effects of Chronic Stress on the Body

- Increased insulin secretion (DM)
- Increased deposition of fat in the body (Belly Fat)
- Altered immune function
- Muscle wasting
- Thyroid dysfunction
- Bone loss
- Degeneration of brain cells / Neuroinflammation
- Memory loss
- Alteration in sex hormones
- Anxiety / Emotional Instability / Depression
- Increase in cardiovascular disease
- Receptor Site activation on Tumor cells
What then?

• Maintain normal weight and avoid overweight or obesity. Waist circumference should be less than one half of height in inches.

• Perform physical activity for at least 30 minutes or more daily, of at least moderate intensity. Great for mental health too.

• For those with no history of substance abuse, consuming 1 alcoholic beverage before or with an evening meal may be considered?? (Latest studies say NO ALCOHOL!! – esp. in women)

EAT CLEAN!

White Sugar
White Flour
Processed Foods
Chemically-Enhanced Foods
Artificial Ingredients
Typical Caribbean Meals
Working from Home
SURVIVING AND THRIVING BEYOND COVID-19
The Socio-Economic Impact on the Caribbean

- Stress
- Health & Healthcare
- Employment
- Education
- Agriculture
- Travel & Tourism
- Environment
- Culture
- Social Relations
Project Ice Storm

*Project Ice Storm* - Following Ice Storm in Quebec in January 1998 – no electricity for 40 days.

It was designed to study the effects of in utero exposure to varying levels of prenatal maternal stress (PNMS), resulting from an independent stressor on the children's development from birth through childhood. Prenatal stress is known to epigenetically program the physiology and behavior of offspring and may become a risk factor for adult complex diseases.

**Chronic, sustained stress WILL affect future generations.**

What is the impact of COVID-19 related stress? On NCD’S, Brain / Mental health, and ... the next generation.
THANK YOU.

Interested in connecting with me?

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