Nutrition does not stop at the neck

According to the National Institute of Mental Health, there are nearly 55 million people in the U.S. who live with mental illness. Some cases are attributable to unbalanced diets such as a lack of essential fatty acids, while other cases are due to severe and chronic conditions such as cardiovascular disease and diabetes.

Researchers like Captain Joseph R. Hibbeln, M.D., acting chief of the Section on Nutritional Neurosciences at the National Institute of Mental Health, suggest that poor nutrition is closely related to the increasing high mortality rate among people with mental illness. Dr. Hibbeln is one of the primary reasons this group lives 10 fewer years than the rest of the population.

Minorities are expected to have the largest increase in Alzheimer’s disease, related dementia by 2060

The burden of Alzheimer’s disease and related dementia (ADRD) is expected to double by 2060, with minorities having the largest projected increase. According to a new study from the Centers for Disease Control (CDC), ADRD affected 5 million people as of 2014 in the U.S., which was 1.6% of the population. By 2060, this figure is projected to grow to 13.9 million, nearly 3.3% of the population.

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