



Overall Quality of Health Improvements under Chiropractic Care

“Destroying Disease through Healthy Habits”

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Objective:

To describe the reduction in relative risk of developing major chronic diseases such as cardiovascular disease, diabetes, and cancer associated with 4 healthy lifestyle factors among German adults.

Method:

Data from 23,153 German participants aged 35 to 65 years

The 4 factors were never smoking, having a body mass index lower than 30 (calculated as weight in kilograms divided by height in meters squared), performing 3.5 h/wk or more of physical activity, and adhering to healthy dietary principles (high intake of fruits, vegetables, and whole-grain bread and low meat consumption).

Results & Conclusions:

- The hazard ratio for developing chronic disease decreased progressively as the number of healthy factors increased.
- Participants with all 4 factors at baseline had a 78% lower risk of developing a chronic disease (diabetes, 93%; myocardial infarction, 81%; stroke, 50%; and cancer, 36%) than participants without a healthy factor.
- Adhering to 4 simple healthy lifestyle factors can have a strong impact on the prevention of chronic disease.
- Healthy habits strengthen host against disease.