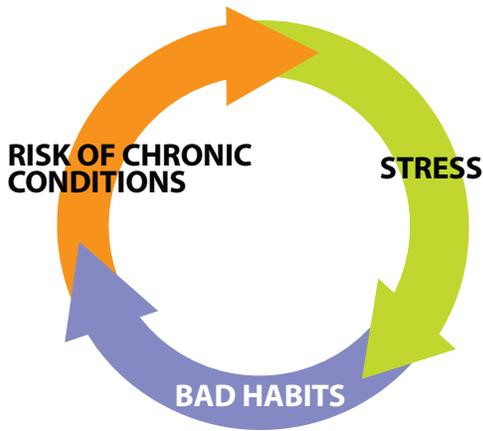


# The Science of Stress, Bad Habits, and Risk of Chronic Disease



➤ Stress is a well-known cause of chronic disease and health problems such as: cardiovascular disease, diabetes, asthma, cancer and infectious disease, obesity and metabolic syndrome, substance abuse, chronic pain, and psychiatric distress.

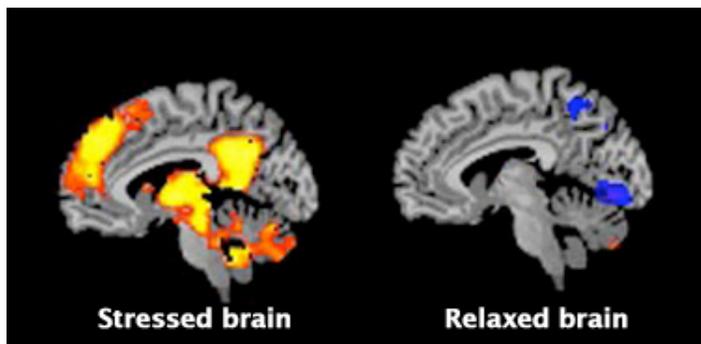
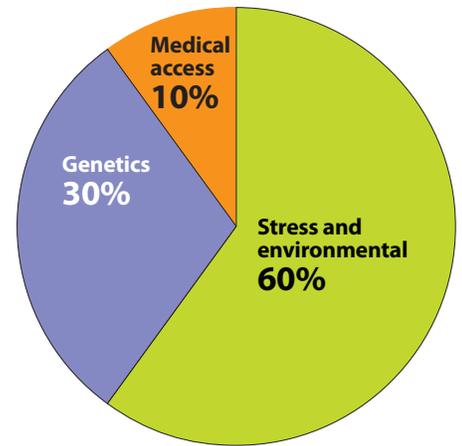
➤ Stressors include: work, financial burdens, childcare, childhood trauma, unemployment, interpersonal conflict, emotional isolation.

➤ Stress and environmental influences, genetic

vulnerability and lack of medical access are the major factors contributing to staggering health care costs

➤ Poor lifestyle choices and bad habits increase the risk of chronic disease. Examples of these bad habits include: overeating comfort food, smoking, drinking too much, and inactivity.

## Factors that contribute to healthcare costs



## The Missing Link

➤ Changing lifestyle & bad habits is an enormous challenge

➤ There is now evidence to show that stress encourages addictive behaviors, bad habits and other poor lifestyle choices by disrupting critical brain functions such as self-control, decision making and normal healthy desire.

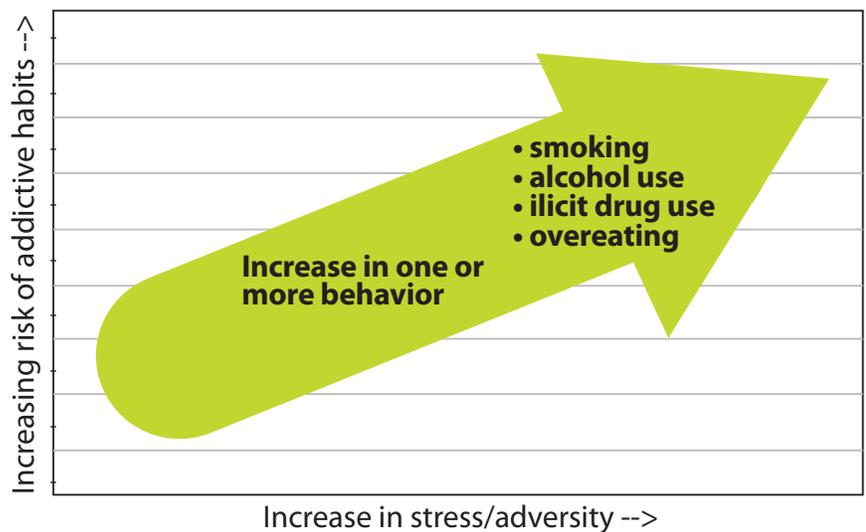
For example, everyday choices include:

- Having a cheeseburger instead of a salad
- Smoking a cigarette instead of taking a walk
- Going to a bar instead of seeking support

➤ Stress increases the risk of these choices becoming bad habits, which in turn, increases the risk of chronic disease.

➤ Breaking the link between stress & bad habits will decrease the risk of developing chronic diseases.

## Link between stress and bad habits



## Yale Stress Center Can Help Build a Healthy Lifestyle

➤ Consultation to develop prevention and treatment programs that target stress

➤ Development of strategies to decrease stress and increase healthy choices in professional, clinical and education settings

➤ Training and supervision on stress management and controlling bad habits

➤ Individual evaluation