

THE STUDY

In 2017, residents of Metro Manila and Metro & Rural Cebu participated in a research study that focuses on how stress and diet contribute to health.

This infographic provides a summary of some of the preliminary findings from these 805 residents (257 men, 548 women).

WHO PARTICIPATED?



34%
MEN



66%
WOMEN



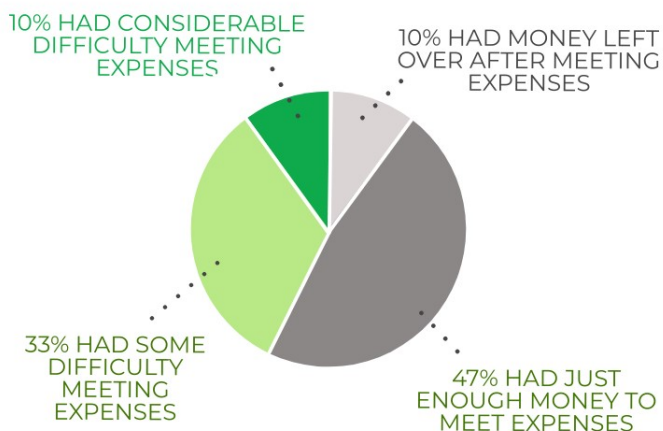
61%
CURRENTLY
EMPLOYED



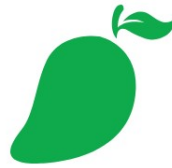
AVERAGE AGE
37 YEARS OLD

FINANCIAL STATUS

Percentage of respondents experiencing financial difficulties in meeting daily expenses



DIETARY PATTERNS



20% Consumed fresh fruits
6+ times per week



27% Consumed fresh
vegetables 6+ per week

TIP: 400 G OF FRUITS AND VEGETABLES PER DAY REDUCES THE RISK FOR HEALTH DISEASES



2% Consumed fast food
6+ times per week



17% Consumed soft drinks
and sweetened drinks
6+ per week

TIP: LIMIT FAST FOOD AND SOFT DRINKS CONSUMPTION TO REDUCE RISK OF OBESITY, DIABETES, AND POOR NUTRITION



30% Ate out at a restaurant
at least once a week

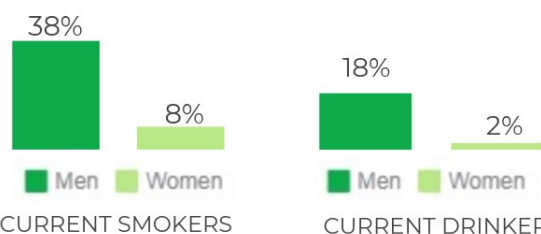


21% Ate less because there
was not enough money for
food

TIP: HOME-COOKED MEALS, WHICH ARE HEALTHIER, CAN ALSO HELP SAVE MONEY

SMOKING AND DRINKING HABITS

Men are more likely to be current smokers and drinkers than women

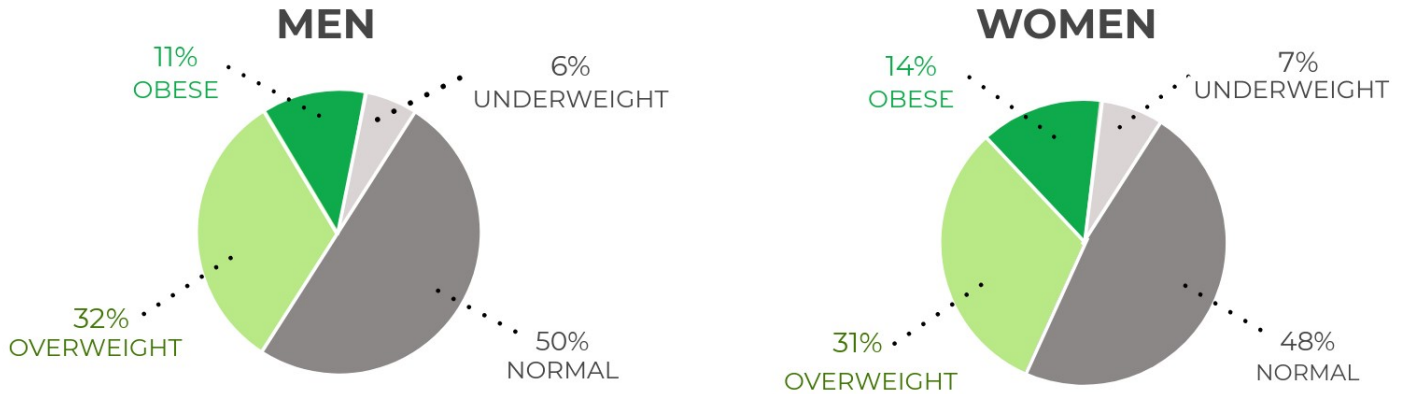


TIP: SMOKING AND DRINKING ARE ASSOCIATED WITH SERIOUS HEALTH CONSEQUENCES

SELECTED HEALTH INDICATORS

WEIGHT DISTRIBUTION

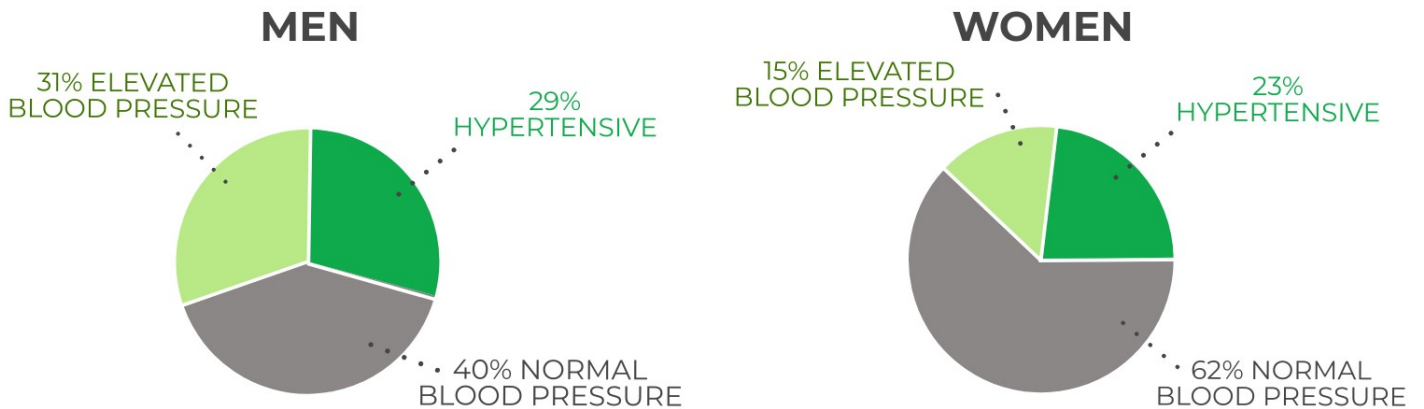
A relatively equal proportion of men and women reported being overweight or obese.



TIP: OBESITY INCREASES THE RISK FOR SERIOUS HEALTH CONDITIONS LIKE DIABETES, HIGH BLOOD PRESSURE, AND HEART DISEASES

HYPERTENSION

More men than women were found to be hypertensive.



TIP: HYPERTENSION OR HIGH BLOOD PRESSURE INCREASES THE RISK FOR STROKE AND HEART DISEASES

SELF-REPORTED SLEEPING PATTERNS

82% of respondents reported having at least

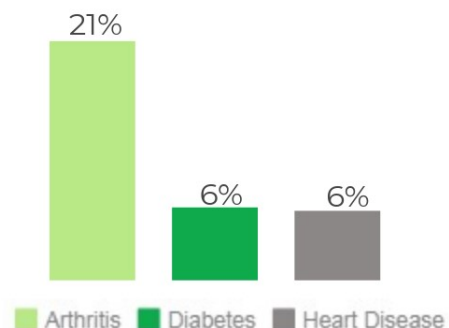
7

HOURS OF SLEEP IN A 24 HOUR PERIOD

TIP: SHORT DURATION OF SLEEP (E.G. LESS THAN 7 HOURS PER NIGHT) IS A RISK FACTOR FOR WEIGHT GAIN AND OBESITY

SELF-IDENTIFIED ILLNESSES

Percentage of respondents reported to have the following illnesses:



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Learn more about the study at <https://hopesstudy.weebly.com/>