



Staying Healthy on the Campaign Trail

- ◆ According to a recent consumer survey, frequent snacking, splurging on favorite foods and lack of exercise are three of the top five reasons Americans are unsuccessful when it comes to managing their weight. These tendencies are heightened during travel, making healthy eating a challenge for the 2008 presidential candidates who spend an endless number of months campaigning on the road. (Source: Calorie Control National Consumer Survey, 2007)
- ◆ Unhealthy eating during travel can start at take off. According to *The Ultimate Workout Guide for the Road*, the average airline meal has 1,054 calories. Coupled with the sugary drinks and dessert indulgences that often await jetsetters once they land, travel can make healthy eating a challenge.
- ◆ The National Diabetes Education Program advises that the key to staying healthy while traveling – be it on the campaign trail, for business or on family vacations – is to pack smart snacks such as low fat yogurt, sliced vegetables, nuts and fresh fruit and to engage in at least 30 minutes of physical activity each day.
- ◆ The 2008 Presidential candidates are no different from voters when it comes to secret food indulgences. Hillary Clinton loves chocolate ice cream, Barack Obama craves French fries and John McCain enjoys sugar-coated doughnuts. (Source: *Time*, October 2007).
- ◆ Before announcing his presidential plans, Mike Huckabee of Arkansas was known as America's Health Governor. He lost 110 pounds after he was diagnosed with Type 2 diabetes in 2003. He has since championed nutrition initiatives in schools, including the Alliance for a Healthier Generation, which replaces soda in school vending machines with low fat milk, water and 100 percent fruit juice. (Source: *Energy Times*, February 2008)
- ◆ In an interview with *WebMD*, Senator Clinton stated the two biggest obstacles she faces in her attempt to stay healthy on the campaign trail are lack of time to exercise and hot pizza. Senator Clinton packs healthy snacks like apples, nuts and grapes and power walks when traveling to stay on track.
- ◆ During his 2004 presidential bid, Senator John Edwards was known for his unhealthy habit of drinking 10 to 12 cans of diet soda each day. According to a new study from the University of Minnesota, researchers found a correlation between drinking diet soda and increased risk for metabolic syndrome – a collection of diseases that includes obesity, high blood pressure, diabetes and heart disease. (Source: *Circulation*, January 2008)
- ◆ When it comes to which candidate would make the better president, voters may want to consider the health differences between men and women. According to a report from the Mayo Clinic, on average, American women outlive men by five years and have less tendency to develop high blood pressure. However, most men, on average, have less body fat, more muscle tissue and possess 33 percent more physical strength than women.
- ◆ Presidential contenders have weighed in on the rising cost of obesity in America. If elected, Senator McCain would undertake public health initiatives to educate parents and children on health and nutrition. Senator Obama plans to increase physical activity and remove junk food in public schools. In her proposed health

care plan, Senator Clinton recommends that doctors provide more advice on weight, nutrition and exercise to prevent chronic disease. (Source: *Slate*, October 2007)