

Capstone Introduction Statement - Tonya George

As I've matured in age and mindset it has become particularly important for me to actively take better care of my body by adapting healthy and sustainable eating habits. I am a happily married wife of 28 years, a mother to Ashley, Jordan, and Jayden; ages 28, 23, and 18, respectively. With a full-time career, part-time side hustle and most recently adding the title of part-time student to the list; like most my life is busy. Finding time for physical and social activities, as well as trying to maintain a healthy lifestyle is a bit challenging but very necessary. My family history consists of heart disease, type 2 diabetes, obesity, hypertension, and cancer; just to name a few. Each of these is considered a chronic illness which typically is caused by unhealthy behaviors. For my body to serve me well; I've come to realize that I first need to serve it well by choosing to make healthier choices. In this project I intend to explore how healthy eating can be used as preventive care to reduce the risk of chronic medical conditions.

Nutrition basics come down to eating a variety of wholesome foods that support good health. Going beyond the basics is where you will find the most benefits. (Lang, 2021) advises, that healthy eating goes beyond the nutrients. It's also about how it makes you feel. Eating should be something we enjoy. In conventional medical practice little attention is given to learning what a patient is eating and further providing dietary guidance. (Willett, 2017) We should expect physicians to be well positioned to supply lifestyle preventive interventions that are personalized to their patients. Seeking personalized dietary advice from an expert, that takes into consideration your health status, lifestyle, and food preferences is key. If you want to successfully maintain a healthier diet, you must first define what healthy eating looks like for you.

Nutrition and diet are ever evolving. This paper will discuss nutrition and healthy eating facts and benefits, as well as provide tips on how to change and maintain a healthy diet as an overall lifestyle. If food has the power to prevent many of the chronic diseases, we experience then it makes sense to change our diets and use it to our advantage. A healthy diet can be used to not only heal the body but also prevent illness. My hope is that this research helps to shape and set up a perspective that good nutrition can be integrated into preventive health care and should be the first line of defense for protection against chronic disease.