

## **SOME DISEASES RELATED TO MEAT CONSUMPTION/PRODUCTION:**

<ul style="list-style-type: none"><li>• Swine flu</li><li>• Blue tongue disease</li><li>• E. coli</li><li>• Salmonella</li><li>• Bird flu</li></ul>	<ul style="list-style-type: none"><li>• Mad cow disease</li><li>• Pig's disease (PMWS)</li><li>• Listeriosis</li><li>• Shellfish poisoning</li><li>• Pre-eclampsia</li></ul>
<p><b>SOME OF THE COSTS OF MEAT EATING:</b></p> <p><b>HEART DISEASE</b></p> <ul style="list-style-type: none"><li>• Over 17 million lives lost globally each year</li><li>• Cost of cardiovascular disease is at least US\$1 trillion a year</li></ul> <p><b>CANCER</b></p> <ul style="list-style-type: none"><li>• Over 1 million new colon cancer patients diagnosed each year</li><li>• More than 600,000 colon cancer-related mortalities annually</li><li>• In the United States alone, colon cancer treatment costs about US\$6.5 billion.</li><li>• Millions of people are newly diagnosed with other meat-related cancers every year.</li></ul> <p><b>DIABETES</b></p> <ul style="list-style-type: none"><li>• 246 million people affected worldwide</li><li>• An estimated US\$174 billion spent each year on treatment.</li></ul> <p><b>OBESITY</b></p> <ul style="list-style-type: none"><li>• Worldwide 1.6 billion adults are overweight with 400 million more who are obese</li><li>• Costs US\$93 billion each year for medical expenses in the United States alone.</li><li>• At least 2.6 million people die annually from problems related to being overweight or obese</li></ul> <p><b>ENVIRONMENTAL</b></p> <ul style="list-style-type: none"><li>• Uses up to 70% of clean water</li><li>• Pollutes most of the water bodies</li><li>• Deforests the lungs of the Earth</li><li>• Uses up to 43% of the world's cereal</li><li>• Uses up to 85% of the world's soy</li><li>• Causes world hunger &amp; wars</li><li>• 80% cause of global warming</li></ul> <p><b>PLUS MORE...</b></p>	

## **SOME OF THE COSTS OF MILK CONSUMPTION:**

<ul style="list-style-type: none"><li>• Breast, prostate and testicular cancer from hormones present in milk</li><li>• Listeria and Crohn's disease</li><li>• Hormones and saturated fat lead to osteoporosis, obesity, diabetes and heart disease</li><li>• Linked to higher incidences of multiple sclerosis</li><li>• Classified as a major allergen</li><li>• Lactose intolerance</li></ul> <p><b>PLUS MORE...</b></p>
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## **SOME BENEFITS OF A VEGETARIAN DIET:**

- Lowers blood pressure
  - Lowers cholesterol levels
  - Reduces Type 2 diabetes
  - Prevents stroke conditions
  - Reverses atherosclerosis
  - Reduces heart disease risk by 50%
  - Reduces heart surgery risk by 80%
  - Prevents many forms of cancer
  - Stronger immune system
  - Increases life expectancy by up to 15 years
  - Higher IQ
  - Conserves up to 70% clean water
  - Saves 80% of the cleared Amazonian rainforest from animal grazing
  - A solution for world hunger:
    - Frees up 3.4 billion hectares of land
    - Frees up 760 million tons of grain every year (half the world's grain supply)
  - Consumes 1/3 fossil fuels of those used for meat production.
  - Reduces pollution from untreated animal waste
  - Maintains cleaner air
  - Saves 4.5 tons of emissions per US household per year
  - Stops 80% of global warming
- PLUS MORE...**

**SAVE YOUR LIFE: BE VEG. GO GREEN.**

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# SOME OF THE TRAGIC TOLLS OF ALCOHOL:

1.8 million alcohol-related deaths per year worldwide

<b>Cost of alcohol-related illnesses:</b> <ul style="list-style-type: none"><li>• US\$186.4 billion in the United States</li><li>• Up to US\$210 - 665 billion globally</li></ul> <b>Disease</b> <ul style="list-style-type: none"><li>• Cancer</li><li>• Liver disease</li><li>• Cardiovascular disease</li></ul> <b>Brain Damage</b> <ul style="list-style-type: none"><li>• Amnesia and dementia</li><li>• Brain shrinkage</li></ul>	<b>Organ Failure</b> <ul style="list-style-type: none"><li>• Heart</li><li>• Liver</li><li>• Kidneys</li><li>• Stomach</li><li>• Pancreas</li><li>• Eyes</li></ul> <b>Birth Defects</b> <ul style="list-style-type: none"><li>• Mental retardation</li><li>• Fetal Alcohol Syndrome:<ul style="list-style-type: none"><li>- Stunted growth</li><li>- Facial deformity</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Sudden Infant Death Syndrome</li><li>• Miscarriage</li></ul> <b>Alcohol-related Violence</b> <ul style="list-style-type: none"><li>• Child abuse: 50% of cases</li><li>• Violence toward loved ones: 30% of cases</li><li>• Violent acts: 40–80% of cases</li><li>• Suicides: 20-50% of cases</li></ul> <b>PLUS MORE...</b>
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## SOME BENEFITS OF ALCOHOL BANS:

**FINANCIAL SAVINGS** A Canadian study estimates alcohol intervention programs could save 880 lives and US\$1 billion every year.

### MORTALITY

- A 10% decline in vodka sales resulted in a significant decrease in alcohol-related deaths in Russia in one year.
- Exercising, drinking less alcohol, eating fruits and vegetables, and not smoking extends life expectancy by 14 years.
- The World Health Organization finds that alcohol policies including increased taxation, reducing the number of days alcohol is available, limiting the hours alcohol is available, and raising the drinking age are all effective tools for reducing the harm done by alcohol. Specifically:
  - o Increasing alcohol taxes 10% in the European Union would save 9,000 lives in a year.
  - o Prohibiting European Union alcohol sales 1 day a week could avoid 123,000 years of disability and loss due to early death.

**CANCER** A World Cancer Research Fund study finds reducing meat and alcohol consumption decreases cancer risk.

### OTHER ILLNESSES

- The brain's regeneration and performance are increased once alcohol consumption ceases
- Alcoholic hepatitis patients can gain complete recovery if the patient gives up alcohol and has a good diet.
- Bodybuilding.com states that bodybuilders who refrain from alcohol consumption experience benefits in terms of muscle gain, hydration, recovery, metabolism and mental focus.
- Following a community alcohol ban in Barrow, Alaska, USA, prenatal alcohol consumption decreased by over 30 percent.
- The website health.com reports that the benefits of an alcohol-free life include:
  - Better relationships with friends and family
  - Freedom to spend money and time on other things
  - Improved work situation and relations with colleagues
  - Better mental health
  - Making friends who are involved in life-affirming activities
- A group of former alcohol drinkers in an online forum shared the following observations on the benefits of an alcohol-free lifestyle:
  - Better health
  - More quality free time
  - More money
  - More fun time with the kids
  - Increased confidence and self respect
  - Greater appreciation of life

### SOCIAL IMPLICATIONS

- A New Zealand liquor ban resulted in 98% less liquor offenses as well as a reduction in other crimes.
- When the Blackfeet Native American Reservation banned alcohol sales during the annual North American Indian Days, they found the following improvements four weeks later:
  - Zero traffic accidents involving Blackfeet
  - Zero arrests for driving under the influence of alcohol
  - 64% fewer disturbances reported to police
  - 44% fewer assaults
  - 75% fewer people treated at the hospital
  - 25% fewer arraignments for disorderly conduct, public intoxication or possession of an open container of alcohol.
- Research in New Mexico, USA shows that Sunday bans on alcohol sales resulted in fewer collisions and traffic casualties.
- Alcohol-related crimes drop by 15% following an alcohol ban in Aberystwyth, UK.
- An alcohol ban becomes permanent on the jetty area of Coffs Harbour City, Australia, due to its success in reducing crime.
- An alcohol ban at Kinkaid Lake in the US resulted in zero swimming fatalities, fewer serious boating accidents and reduced crime.

### YOUTH

- Officials reported a decrease in vandalism following an alcohol ban on the US University of Oklahoma campus.
- In the US state of Florida, raising the legal drinking age from 18 to 21 significantly reduced auto accident-related fatalities.
- A voluntary ban of alcohol sales to youth under 21 in the UK's Marske village is made permanent as crime and anti-social behavior is reduced.

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## SOME OF THE TRAGIC TOLLS OF ADDICTIVE DRUG ABUSE:

- Over 200,000 deaths each year worldwide.
- Costs of US\$181 billion each year in the United States, US\$33 billion in the UK.
- Lifetime cost of current drug addiction amounts to US\$575 billion in the UK.

### HARMFUL EFFECTS

<ul style="list-style-type: none"><li>• Brain damage</li><li>• Stroke</li><li>• Heart Disease</li><li>• Liver Disease</li><li>• Tuberculosis</li></ul>	<ul style="list-style-type: none"><li>• Emphysema</li><li>• Cancer</li><li>• Depression</li><li>• Suicide</li><li>• Permanent memory loss</li></ul>	<ul style="list-style-type: none"><li>• Mental illness</li><li>• Higher infant mortality</li><li>• Increased crime and violence</li><li>• Impotence</li></ul>
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### CRIME AND VIOLENCE

- Illegal drugs are a factor in **50% of burglaries** in the United Kingdom each year.
- In the US, **60% of people arrested** each year have been taking illegal drugs.
- Six hundred fifty **heroin addicts** in the US committed **70,000 crimes in a three-month period**.

### SOCIAL COSTS

- US businesses **lose US\$100 billion per year** due to employees' drug and alcohol abuse.
- **Australians pay US\$53 billion per year** for health care, law enforcement and lost productivity of **drug users**.

### DEATH

- **52 people die each day** due to drugs in the US.
- In Canada, substance abuse is attributed to **21 percent of total deaths and 23 percent of potential life years lost** due to early mortalities.

### PLUS MORE ...

## SOME BENEFITS OF DRUG ABSTINENCE & TREATMENT:

- In the US, treatment for drug addiction has been shown to save lives, reduce crime and rebuild families, along with:
  - *69% of those treated being drug-free one year after treatment*
  - *64% reduction in arrests one year after treatment*
- A California, USA study found that for every US\$1 invested in drug treatment, US\$7 was saved through reduced crime, health and welfare costs, and increased income stability.
- Twenty years of research in the US has demonstrated that drug treatment programs are effective in reducing crime, as well as improving the health and social function of participants.
- The Washington State Institute for Public Policy Research in the US finds that treatment programs for youth drug users are effective and can save the state between US\$1,900 to US\$31,200 per child.
- Drug-free workplace programs are found to result in:
  - *Lower absenteeism*
  - *Fewer accidents*
  - *Higher productivity*
  - *Improved morale*
  - *Better employee health*
  - *Decreased use for health benefits*
  - *Decreased expenses for health benefits*
  - *Lower corporate insurance premium costs*
- The following response was rated as the best answer to a question posed on "Yahoo Ask" regarding the benefits of being drug-free:
  - *No fear of police*
  - *No fear of needle-infected site on the body*
  - *No fear of 'frying' the brain*
  - *No fear of 'impaired' driving and thus accidents*
  - *Delight in being free to observe the world (vision, touch, taste, speech or hearing) without compromised senses.*
  - *Joy of being fully functional in a crisis or emergency*
  - *Ability to tell others about the joys of a drug-free life*

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## **SOME OF THE TRAGIC TOLLS OF TOBACCO:**

- **5.4 million smoking related deaths per year worldwide**
- **Cost of smoking related illnesses: US\$96 billion in the United States alone.**

<ul style="list-style-type: none"><li>- <b>HEART DISEASE:</b> Coronary Thrombosis, Cerebral Thrombosis, Kidney Failure</li><li>- <b>CANCER:</b> Lung Cancer, Esophagus Cancer, Kidney Cancer, Bladder Cancer</li><li>- <b>CHRONIC OBSTRUCTIVE PULMONARY DISEASE:</b> Emphysema, Bronchitis</li></ul>	<ul style="list-style-type: none"><li>- <b>STROKE</b></li><li>- <b>IMPOTENCE</b></li><li>- <b>ADDITIONAL HARMS OF SECOND HAND SMOKING:</b> Sudden Infant Death Syndrome, Premature Deliveries, Cleft Lip or Palate, Childhood Asthma, Bronchitis, Ear Infection</li><li>- <b>PLUS MORE...</b></li></ul>
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## **SMOKING BANS SAVE LIVES:**

- A study by the PIRE Public Services Research Institute says that California's current strict anti-smoking laws will have saved more than 50,000 lives by 2010.
- United Kingdom's ban on smoking in public places reduces passive smoke effects, which are linked to loss of life of more than 11,000 people every year.
- Thanks to the country's smoking ban, Wales expects to avert an estimated 400 premature deaths of non-smokers annually.
- Even people aged 65 and over enjoy health benefits when they quit smoking, with overall mortality risk decreased by almost 20% and from lung cancer by 42%.
- USA's New York Mayor Michael Bloomberg announced that teen smoking rates had decreased 50% over the last six years, eventually preventing 8,000 premature deaths.

### **SMOKING BANS mean decreases in Acute Coronary Syndrome**

- A study reported by the American Heart Association showed that heart attack rates in Pueblo, Colorado, USA declined 27% after a smoking ban in public places was enacted, while the neighboring county with no ban experienced no change in heart attack rates.
- Just one year after the ban on public smoking went into effect in Ireland, the incidence of acute coronary syndrome went down 11%.
- Scientists at the University of Glasgow reported that heart attacks have dropped by 17% in Scotland since smoking was banned in public last year.
- The National Sanitary Institute in France announced a significant decrease in heart attack rates following the country's smoking ban, with benefits also noted for decrease in second-hand smoke inhalation effects.
- New York, USA experienced an 8% decline in hospital admissions for acute myocardial infarction after a comprehensive smoking ban, which translates into healthcare savings of US\$56 million in one year.
- Hospital admissions for acute heart attack in people under 60 fell by 11% in the Piedmont region of Italy after the introduction of a ban on smoking in indoor public places.

### **SMOKING BANS mean Better Health**

- Data from the National Population Health Survey shows those who smoke have higher rates of chronic conditions such as bronchitis, asthma and high blood pressure.
- In a study by the European Institute of Oncology in Milan, Italy, smokers were twice as likely to develop polyps in the colon, especially those that are more likely to progress to cancer.
- Smokers and those exposed to second hand smoke develop colon cancer about 7 years earlier than nonsmokers.
- Women who smoke and have a specific genetic makeup are at significant risk for the development of breast cancer according to a study published by the journal Cancer Epidemiology, Biomarkers and Prevention
- Non-smokers have a higher chance of keeping their teeth into old age than those who smoke.

### **SMOKING BANS mean Healthier Children**

- An authoritative study, published by Bristol University's Institute of Child Life and Health, says that the babies of women who smoke during pregnancy are 4 times as likely to suffer Sudden Infant Death Syndrome.
- Smoking and alcohol can damage sperm, passing on altered genes to babies.
- Dr. Shakira Franco Suglia of the Harvard School of Public Health reported that children living in neighborhoods with high levels of air pollution, or who were affected by parental smoking, scored lower on memory and intelligence tests than children living in places with clean air.
- Children regularly exposed to secondhand smoke have more than triple the risk of lung cancer as well as higher risks of other respiratory problems later in life.

### **SMOKING BANS means better Working Environments**

- Within only two months of the smoking ban in Scotland, bar workers reported almost 33% less respiratory and other illnesses.
- Nonsmokers exposed to secondhand smoke have a 20% higher risk of lung cancer.
- A ban on smoking in public places in Ireland saw an 83% reduction in air pollution in pubs.

### **SMOKING BANS are Good for Business**

- In the five years since it has gone non-smoking, Aeroflot airline's passenger flow increased by 15%, and in flights to the US, the increase was 25%.
- In his annual report, UK Chief Medical Officer Liam Donaldson said a public smoking ban would save an estimated £2.7 billion: £680 million saved by having a healthier and more efficient workforce; £140 million saved through fewer sick days; £430 million saved from productivity loss from smoking on the job; £100 million saved from clean up costs related to cigarette smoking.

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