

Feel Alive

25 grams of **soy protein** a day can help reduce cholesterol

Soyfoods Are a Key Part of Risk and Health Care Cost Reduction

Science continues to prove the cholesterol-lowering benefits of soyfoods. Two case studies illustrate the ability of soyfoods to lower health care costs when incorporated into daily diets. A city government in Georgia and an automotive supply company began the Health Navigators Risk Reduction Program.¹ This Program gives participating employees skills and knowledge to manage risk factors, such as elevated cholesterol, by promoting better dietary habits. Registered dietitians in the program have recommended soyfoods for over 15 years. Health Navigators reports impressive results of cholesterol levels dropping on average 18% across the board. Health care costs at an automotive supply company dropped 29% overall, while the annual rate of increase in health care costs for a Georgia municipal government

slowed from 17% to 5% since they began the Program.

City Uses Soyfoods to Lower Cholesterol

Local government officials in a Georgia city recognized rising health care costs and took action. City police, fire, parks and recreation, municipal management, and waste management employees received screening for cardiovascular health, including blood cholesterol.

Typically, 12 -17% of city employees were found to be at high risk and were enrolled in the Risk Reduction Program. Through intensive weekly group nutrition education sessions taught by registered dietitians, this program improved dietary behaviors for the long term. Participants learned healthy alternatives to commonly consumed, low nutrition

foods and how to purchase, prepare and select them in restaurants.

One of the most enlightening classes, “Beans, Peas, and Tofu – OH MY,” stresses the cholesterol-lowering benefits of soyfoods and shows participants where to locate soyfoods in grocery stores and how to prepare them at home. Discussions about soy milk versus skim milk and making meals with meat alternatives introduce nutritious alternatives to the participants’ favorite foods. Participants in the Program dropped their average cholesterol 18% from baseline levels starting at 240 mg/dl.

Auto-Part Company Sees Reduction in Risk with Soyfoods

At an automotive manufacturing plant in northern Georgia, 33 employees with high cholesterol levels enrolled in the Risk Reduction

Program to improve their dietary and exercise habits. Individuals in the group dropped total cholesterol levels by as much as 127 mg/dl, or 54% , by diet alone. In just 24 months, the Finance Director for the automotive supply company reported a 27% decrease in direct costs in health care expenditures, including insurance premiums and claims. With a majority of participants still using soyfoods after three years, this automotive manufacturing plant demonstrates a real potential for long-term dietary change. This dramatic decrease in health care costs shows the positive residual effects soyfoods have on people's diet.

Take Action

Soyfoods made the long term difference for these city and corporate workers by lowering blood cholesterol and cardiovascular risk. Improve your patient's blood cholesterol by introducing soyfoods as part of a heart-healthy diet.

Visit www.healthnavigators.com for more information on the Risk Reduction Program.

¹ This Health Navigator's program was developed and authored by Peter Townsley, Charles Taylor, MD and Byron Williams, MD