



5 HEALTH RISKS FOR GENERATION X

Generation X adults born between 1965 and 1980 are the largest generation in history. While 90 percent of this generation is healthy and doing well, but the late 30s and 40s are a time of transition. We've narrowed the list of the top 5 health challenges for Gen-Xers.

1

STRESSED OUT!

Generation X is the "sandwich generation" because you are **raising children** and caring for **aging parents**, all while facing **financial and employment stresses**. Chronic stress accelerates aging and susceptibility to illness.



2

ROMANTIC DRYSPELL?



In a sexual rut? That's because your **sexual hormones decline** in your 30s and 40s (women lose estrogen; men lose testosterone). It's normal but can include **loss of muscle mass, vaginal dryness** and shifts in **emotions and sexuality**.

3

SUGAR OVERLOAD!?!#

Feeling tired, thirsty or peeing more frequently? About **35 percent** of adults in Ohio have prediabetes with blood glucose levels higher than normal and **70,000+** people in Ohio will be diagnosed with **diabetes this year**.



4

MORE BUTTER PLEASE.



Fatty favorites might not be your best friend. Foods high in cholesterol increase your triglycerides, a type of fat found in the blood. Triglycerides should be **under 150**, and your HDL ("good cholesterol") at **60 or higher**.

5

#BELLYBULGE #MUFFINTOP

What happened? Your **metabolism changes** as you age, so you might begin to see changes in your waistline. **Losing 5-10 percent** of excess weight can improve your health and reduce your risk for disease.



FAMILY MEDICAL HISTORY

"**MY FAMILY HEALTH PORTRAIT**" WAS DEVELOPED BY THE U.S. SURGEON GENERAL TO MAKE IT EASIER TO COMPILE YOUR HEALTH INFORMATION IN ONE PLACE.

<https://familyhistory.hhs.gov>

GEN-XERS: WHAT YOU CAN DO

