

# THIS WEEK IN CAREGIVING



February 1, 2023



## CAREGIVING IN THE NEWS

### Caregivers Are in Crisis, and Health Coaches Can Help

Due to both the inherently stressful nature of taking care of a sick or disabled family member, as well as the tendency to consequently neglect self-care, caregivers are at a uniquely high risk of illness. According to the CDC, some 14% of caregivers report coronary heart disease or stroke (versus 7% of the general population). At the same time, according to the Family Caregiver Alliance, these individuals are more likely to eat poorly, such as consuming foods high in saturated fat or to smoke cigarettes, and half as likely to fill a prescription.

*From: Forbes | Published: January 27, 2023*

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