

Independent Women's Forum®

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Progress
and **Innovation**



For a growing economy and a thriving population

Health & the Culture of Alarmism

Julie Gunlock

Project Director



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@IWF

@JGUNLOCK



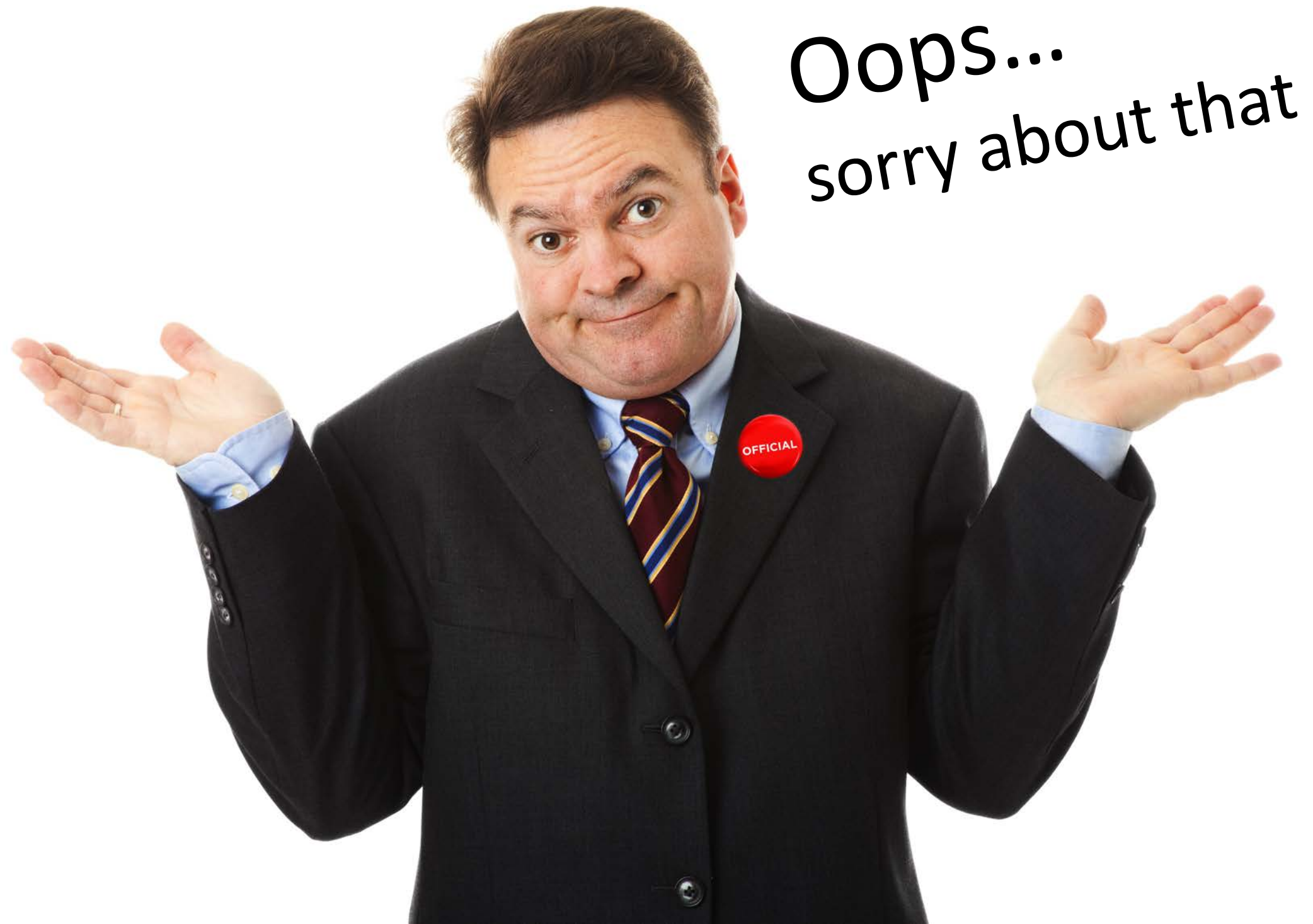
Julie.Gunlock@IWF.ORG



IWF06

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Health Recommendation Reversals



Health Science

The Washington Post
Democracy Dies in Darkness

Too much sodium is unhealthy, and some favorite foods are a problem



CENTER FOR Science IN THE Public Interest

SALT'S DEADLY TOLL

4 8 3 5 1 5

Too much salt can lead to heart attack and stroke.
Compare labels.
Choose less sodium.

MOST SALT YOU EAT COMES FROM PACKAGED FOODS, NOT TABLE SALT. TO LEARN MORE, CALL 311.



Made possible with funding from the Centers for Disease Control and Prevention. ©2013 The City of New York, Department of Health and Mental Hygiene. All Rights Reserved.

NYC Health
Michael R. Bloomberg
Thomas Farley, MD, MPH
Commissioner
3/2013



Food Babe

One of the things I hate most about eating out is the amount of salt restaurants put in my food. I just got back from my trip last night and I could definitely tell my clothes were fitting tighter...not because of actual weight gain, but because I was retaining water from all the salt!

Health

A cardiologist's 5 best ways to cut salt from your diet

Updated: MAY 22, 2018 — 5:00 AM EDT

Look before you eat!



HIGH SODIUM WARNING

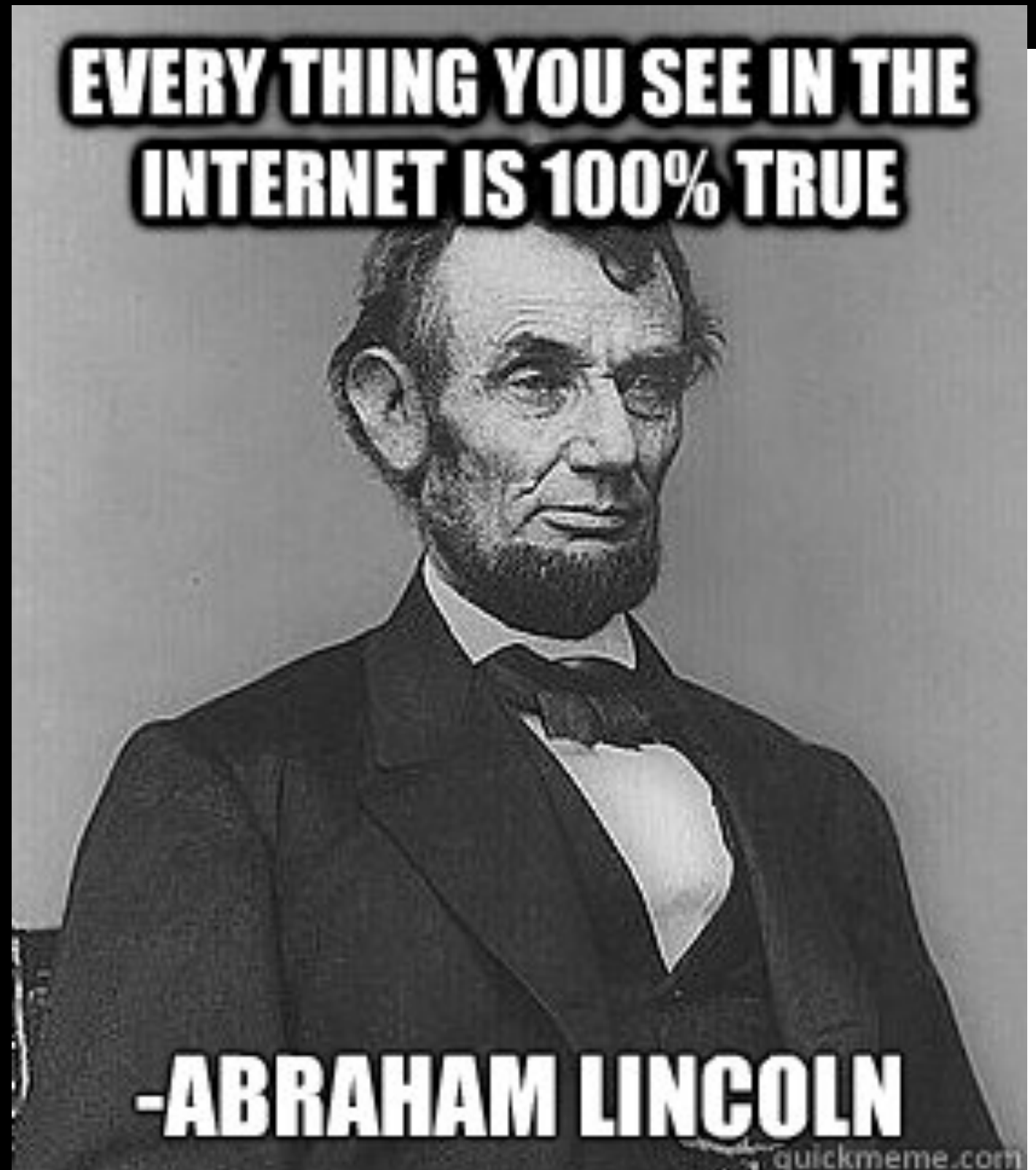
This new icon on New York City restaurant chain menus indicates that the sodium (salt) content is higher than the total daily recommended limit (2,300 mg). High sodium can increase blood pressure and risk of heart disease and stroke.

For more information
visit nyc.gov/health/SODIUM

NYC Health
Bill de Blasio
Mayor
Mary T. Bassett, MD, MPH
Commissioner



WHAT'S
TRULY
ALARMING





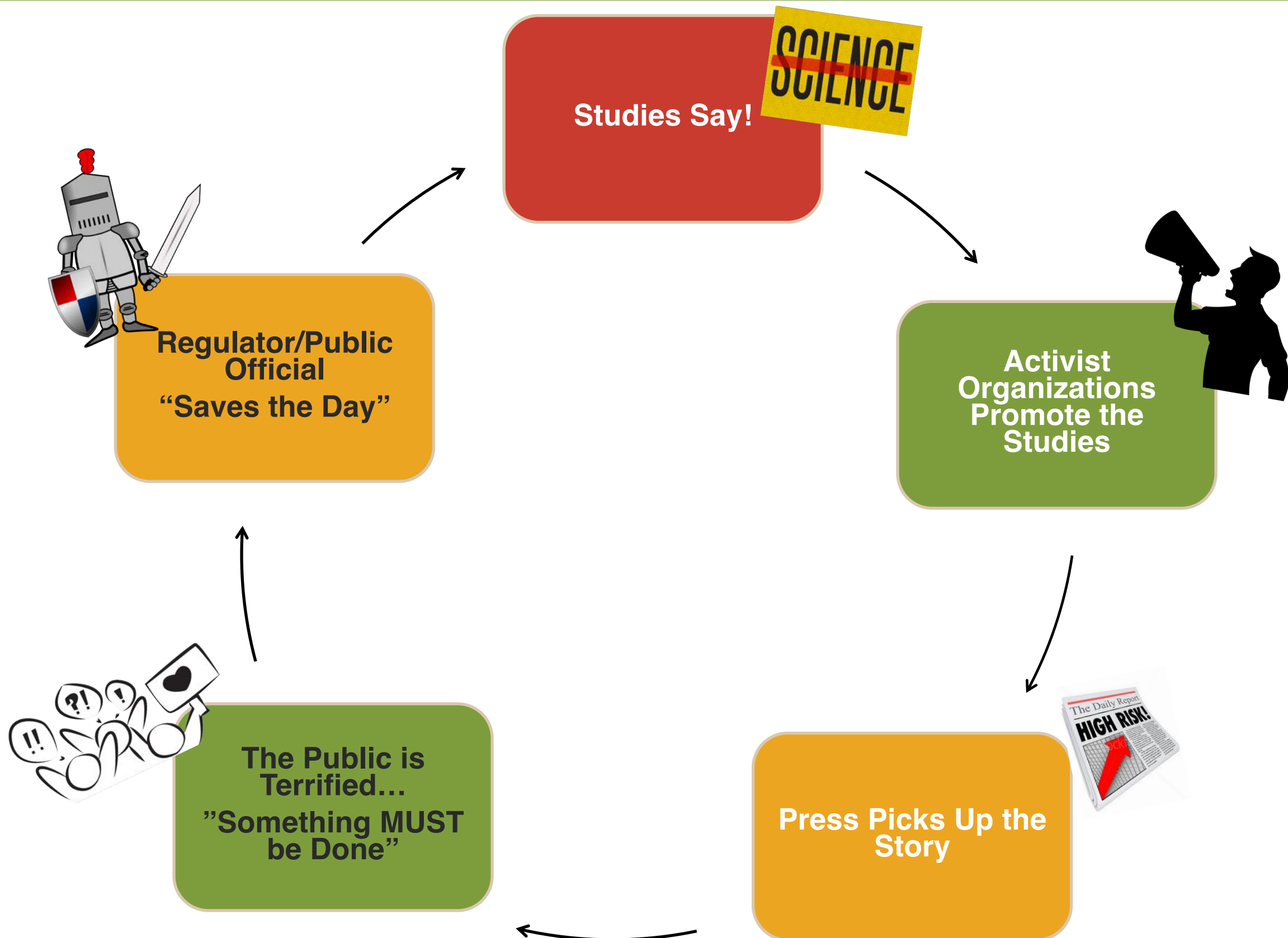
...a Google-fueled, Wikipedia-based, blog-sodden collapse of any division between professionals and lay people, students and teachers, knowers and wonderers—in other words, between those of any achievement in an area and those with none at all.

.....

Tom Nichols, The Death of Expertise

THE CYCLE

HOW ALARMISM WORKS...





IWF POLLING

68% OF WOMEN

THINK THE U.S.

IS BECOMING

A MORE

DANGEROUS

PLACE

- IWF POLL



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"SCREAM QUEEEEEEEEEEN" | X-DELTA RAY ONE | CC BY-NC-SA 2.0



IWF POLLING

66% OF WOMEN

FEEL GUILTY ABOUT

NOT DOING ENOUGH

TO EAT RIGHT AND

LIVE A HEALTHY

LIFESTYLE

- IWF POLL



OH NO! | TINY BANQUET COMMITTEE | CC BY-NC-SA 2.0

CULTURE OF
ALARMISM
A PROJECT OF THE INDEPENDENT WOMEN'S FORUM

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IWF POLLING

83% OF WOMEN HAVE
TROUBLE DISTINGUISHING
ALARMIST HEADLINES
FROM

VALID
WARNINGS ABOUT
HARMFUL FOOD OR
HOUSEHOLD PRODUCTS

- IWF POLL





IWF POLLING

**87% OF WOMEN REPORT
HAVING A TOUGH TIME FINDING
SOURCES ABOUT
HEALTH AND
SAFETY THEY
CAN TRUST**

- IWF POLL



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uses!" | X-Delta Ray One | CC BY-NC-SA 2.0



IWF POLLING



65%



OPPOSE GOVERNMENT
REGULATING THE CONSUMPTION
HABITS OF AMERICANS.

Such as limiting how much salt, sugar, or fatty
foods consumers can buy at a store or restaurant.

So what DO consumers want?

CONSUMERS WANT

better, more reliable information



INDUSTRY

MUST BE
Brave

