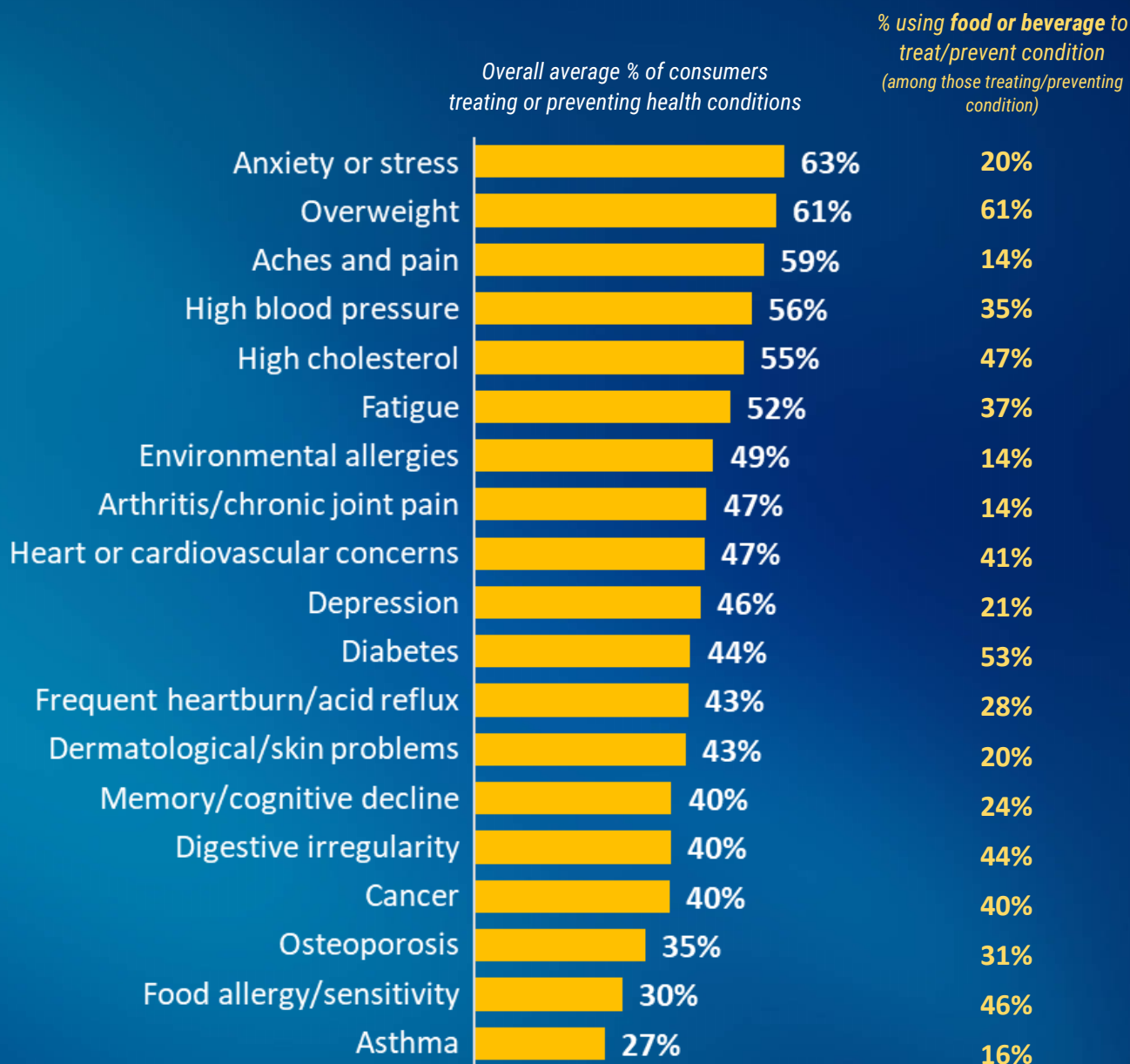


## HEALTH + WELLNESS LIFESTYLES

### FOOD OR BEVERAGE AS A REMEDY FOR HEALTH CONDITIONS



Over half of consumers are actively dealing with one or more chronic conditions in their households. The Hartman Group's *Health + Wellness 2019: From Moderation to Mindfulness* report finds that consumers are treating on average 3.5 conditions while preventing on average 6.1 conditions. Foods and beverages are key remedies for a variety of conditions, not just lifestyle conditions like weight and blood pressure.



**HARTMAN POV.** While a majority of consumers say they are proactive about their health and wellness and consider their diet to be healthy, anxiety is emblematic of our current times, reflecting a widespread sense that modern life tends to be overwhelming. Source: *Health + Wellness 2019: From Moderation to Mindfulness* report.