

WELLBEING

A Monthly Newsletter Covering Health and Wellness

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Chronic Disease Prevention | Call To Action

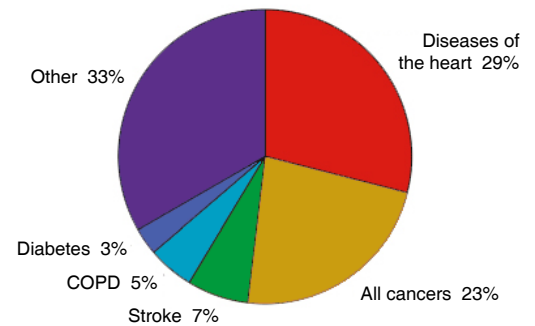
Promote health and wellness programs at schools and work sites and community-based settings

Developing chronic diseases is not an inevitable consequence of aging; in many cases, their origins are grounded in health-damaging behaviors practiced by people every day for much of their lives. Evidence indicates that with education and social support, people can and will take charge of their health. You might offer programs that focus on individual responsibility and behavior change, such as:

- ✦ School health programs that provide environments and instruction that promote healthy eating, daily physical activity, and the avoidance of tobacco, alcohol, and illicit drugs.
- ✦ Smoking cessation strategies, such as improved access to quit lines, improved insurance coverage of smoking cessation services, and greater involvement of health providers and health care systems in the routine delivery of cessation advice and services to patients who want to quit smoking.
- ✦ Physical activity strategies such as motivational signs and reminders placed near elevators and escalators encouraging the use of stairs for health benefits or weight loss.

Did you know that Chronic Diseases account for more than two-thirds of deaths

The Centers for Disease Control & Prevention's National Center for Chronic Disease Prevention & Health Promotion published a report titled "The Burden of Chronic Diseases & Their Risk Factors: National & State Perspectives 2004," in which the CDC reports that in 2001, the latest year for which complete data are available, more than two thirds of the deaths in the United States resulted from 1 of 5 chronic diseases: heart disease, cancers, stroke, chronic obstructive pulmonary diseases, and diabetes.



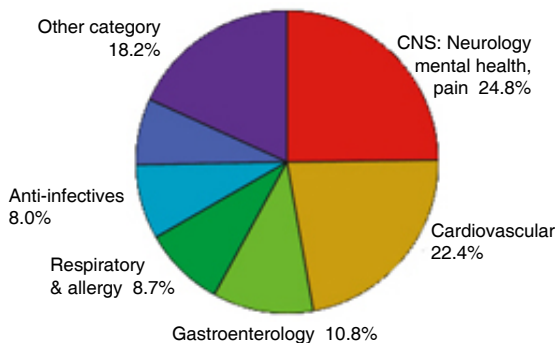
Enact policies that promote healthy environments

Policy and environmental changes can affect large segments of the population simultaneously. Adopting healthy behaviors is much easier if you establish supportive community norms and health policies. Your agenda must call for proven health promotion measures such as:

- ✦ Safe walking and cycling trails.
- ✦ Low-fat/high-fruit-and-vegetable menu selections in restaurants, schools, and employee cafeterias.
- ✦ Requirements for daily physical education classes in schools.
- ✦ Universal availability of 911 emergency services for stroke and heart attach care.

Did you know that treating Chronic Diseases contributes to high cost of health care

Note the drug-spending trends reported by the pharmacy benefit management company Medco in its annual Drug Trend Report, published May 2004 (www.drugtrend.com).



Source: www.cdc.gov