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## CHRONIC DISEASE OVERVIEW

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### Examples of Chronic Diseases:

- Heart disease
- Diabetes
- Cancer
- Asthma
- Arthritis
- High blood pressure
- Chronic kidney disease

### Common Risk Factors:

- Smoking or tobacco use
- Poor diet (too much salt, sugar, or fat)
- Lack of physical activity
- Excess alcohol use
- Being overweight or obese
- Stress
- Family history of illness

### Why It Matters:

- 6 in 10 adults in the U.S. have a chronic disease
- 4 in 10 have two or more
- Chronic diseases are the leading cause of death and disability

HEALTHY COMMUNITIES START  
WITH YOU!



BECAUSE YOU MATTER!

## What Can You Do to Prevent or Manage Chronic Disease?

- Exercise regularly (30 minutes most days)
- Don't smoke and avoid secondhand smoke
- Limit alcohol
- Get regular check-ups and screenings
- Manage stress and get enough sleep
- Eat more fruits, vegetables, and whole grains
- Talk to a health provider to learn more

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DONALDSON EDGE CONSULTING, LLC.

