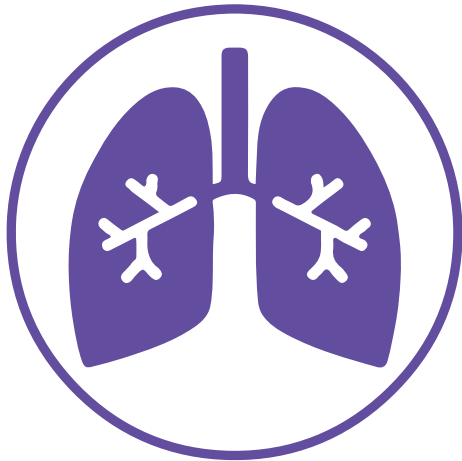


Chronic Disease Pathway Overview



WE'RE SOCIAL!

Follow us on your favorite social media sites

@WatchUsThrive



www.watchusthrive.org



PREVENT. PROMOTE. PROTECT.



BURDEN OF CHRONIC DISEASE

Chronic disease – such as heart disease, stroke, cancer and diabetes – are among the most common, costly and preventable of all health problems. Leading a healthy lifestyle (avoiding tobacco use, being physically active, and eating well) greatly reduces a person’s risk for developing chronic disease. Access to high-quality and affordable prevention measures are essential steps in saving lives, reducing disability and lowering costs for medical care (CDC, 2008).

CHRONIC DISEASE PATHWAY GOAL

To make the healthy choice the easy choice through implementation of policy, systems, and environmental change strategies to support improved nutrition, increased activity, decreased exposure to secondhand tobacco smoke and decreased burden of chronic disease.

STRATEGIES TO REDUCE CHRONIC DISEASE

- Community or School Gardens
- Farmer’s Markets
- Healthy Vending and Retail
- Shared Use Agreements
- Complete Streets
- Safe Routes to School
- Playground and Park Enhancements
- Sidewalks and Walking Paths
- Tobacco-free policies to include outdoor venues