

# Top Ten Actions

## *to Help Prevent and Control Chronic Diseases*

### *1. Eat Smart.*

Eat a variety of foods including whole grains, and remember, more matters with fruits and veggies! Include fat-free or low-fat milk or milk products. Avoid trans fats and limit saturated fats in favor of those from fish, nuts and vegetable oils.

Cut down your portion sizes and skip seconds. Reduce sugars and sodium in your diet, along with high calorie drinks. Go for water.

### *2. Move More.*

Be active 30-60 minutes most days of the week. Include regular stretching and do activities to build strength 2-3 times per week. Increase daily activity by walking stairs, doing yard work and playing with family and friends. Get moving.

### *3. Maintain a Healthy Weight.*

Balance calories you eat with calories you use during activities. Eat smart, but a little less, and move more to prevent gradual weight gain over time.

### *4. Be Tobacco Free.*

Avoid secondhand smoke. If you use tobacco products, try to quit. You can set a quit date, tell others about your plans, anticipate challenges and talk to your doctor about medicines to curb withdrawal symptoms.

### *5. Avoid Risky Behaviors.*

If you use tobacco, take steps to quit. If you choose to drink alcohol, do so sensibly and in moderation —one drink per day for women; up to two drinks per day for men. Protect your skin from too much sun exposure.

### *6. Get recommended health screenings.*

For early detection of disease, have your health care provider test for blood pressure, cholesterol, colorectal cancer, breast cancer (mammogram and self-exam), diabetes (blood sugar), cervical cancer (Pap smear) and depression.

### *7. Take prescribed medications, and ask your doctor about others.*

Ask your doctor about taking aspirin to prevent heart disease. Keep up to date with immunizations, including flu shots every year and a one-time pneumonia shot after 65.

### *8. If you have chronic disease, you can make a difference.*

Follow your health care provider's advise and take necessary medications. Routine tests allow you to track your status. Seek help to understand your health care needs and get essential services.

### *9. Stay connected with family and friends.*

### *10. Enjoy your life!*



Live Like Your Life Depends On It.

#### **Sources**

U.S. Department of Health and Human Services reports, [www.ahrq.gov/clinic/ppipix.htm](http://www.ahrq.gov/clinic/ppipix.htm) and [www.smokefree.gov](http://www.smokefree.gov)

U.S. Dietary Guidelines, [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

Missouri Department of Health and Senior Services at <http://health.mo.gov/living/wellness/lifedependsonit/index.php>

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