

Chronic diseases are diseases that are persistent and generally slow in progression which can be treated but not cured. Examples of chronic diseases include heart disease, diabetes, high blood pressure, and vascular disease.

There are many risk factors for chronic diseases, but there are three major risk factors that apply to all chronic diseases:

1. Smoking
2. Physical inactivity
3. Unhealthy eating

By making small changes to your lifestyle you can prevent chronic disease, and slow the progression of disease if you are already affected. It is never too late to make a change!

Small changes to your lifestyle can lower risk. These changes include:

1. Be a non-smoker and avoid second hand smoke
2. Be physically active every day
3. Eat healthy foods
4. Control your healthy blood pressure
5. Limit your intake of alcohol