

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Mayor Sheila Dixon

B'More Healthy!

Did You Know?

- Chronic diseases affect the lives of 90 million Americans.
- In 2005, costs associated with heart disease totaled \$394 billion.
- Many chronic diseases are highly preventable.

Prevention TIPS:

Tip 1 Add one more physical activity to your day – anything from taking the stairs to playing with your children.

Tip 2 Quit smoking today to reduce your risk of cancer, heart disease and stroke.

Tip 3 Visit www.baltimorehealth.org or call 410-396-4398 to find out about all the health resources Baltimore City has to offer!

10 Steps To B'More Healthy!

1. Have a Primary Care Doctor
2. Be Tobacco Free
3. Know Your HIV Status
4. Get Help for Depression and Mental Illness
5. Be Drug Free
6. Get Immunized
7. Plan Your Family
8. Protect Your Family
9. Exercise and Eat Well
10. Look Out for Your Neighbors

Resources and References

Centers for Disease Control and Prevention, Chronic Disease Prevention

<http://www.cdc.gov/nccdphp/>

The President's Council on Physical Fitness and Sports

<http://www.fitness.gov/10tips.htm>

Take Care New York

<http://www.nyc.gov/html/doh/html/tcny/index.shtml>

American Association of Retired People

<http://www.aarp.org/health/>

Girl Power

<http://www.girlpower.gov/>