



# Disease Prevention Month

Monthly Newsletter | September 2016

## Working Toward Healthy People

### In Healthy Communities

Chronic diseases and conditions - such as heart disease, stroke, cancer, type 2 diabetes, obesity, chronic lung disease, and others - account for the most deaths in the United States and globally.

Chronic diseases and conditions are the major drivers of sickness, disability, and health care costs in the nation. In 2015, 614,348 Americans died from heart disease - the leading cause of death.

### Disease Prevention

Just as most chronic diseases are caused or made worse by many of the same risk factors, they can be prevented or lessened by many of the same interventions.

The risk factors for chronic diseases can be addressed at two levels: the individual level (including health care interventions) and the population level (including policies and environments that promote health.)

Working at **both** levels is essential.

### Health Risk Behaviors

Health risk behaviors are unhealthy behaviors that can be changed. The four behaviors listed below cause much of the illness, suffering, and early death related to chronic diseases and conditions.

1. Drinking too much alcohol
2. Lack of exercise or physical activity
3. Poor nutrition
4. Tobacco use

### Common Risk Factors

Much of the chronic disease burden is attributable to a short list of key risk factors; most US adults have more than one of these risk factors:

- Diets high in sodium and saturated fats
- Diets low in fruits and vegetables
- Excessive alcohol use
- High blood pressure
- Obesity
- Physical inactivity
- Tobacco use and exposure to second hand smoke

### Priorities for Prevention

- **Prevent** the development of chronic diseases.
- **Detect** chronic diseases early and slow their progression.
- **Mitigate** complications of chronic diseases to improve quality of life and to reduce demand on the health care system.

Source: [CDC.gov/diseaseprevention](http://CDC.gov/diseaseprevention)

## Chronic Disease Prevention Tips

Many chronic diseases are avoidable by making changes in personal behaviors. Follow these tips to join the path to a healthier life.

### Quit Smoking

One year after quitting, excess risk for heart disease is reduced by half.

### Exercise Regularly

Getting at least 150 minutes per week in physical activity can prevent or delay the onset of type 2 diabetes for high risk Americans.

### Schedule A Visit

Annual providers visits and screenings can help reduce mortality from certain kinds of cancer.

### Know Your Numbers

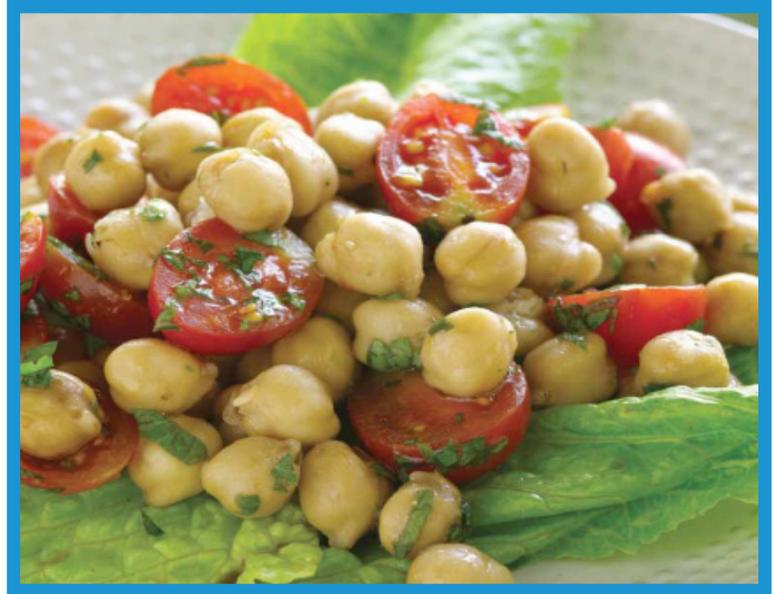
An adult with healthy blood pressure and healthy blood cholesterol levels has a greatly reduced risk for cardiovascular disease.

# Recipe of the Month

## Tuscan Beans with Tomatoes and Oregano

Dine outside on a warm Fall evening with this cool and satisfying salad.

Serve with a fresh green salad and crusty bread to soak up the delicious dressing.



### Tuscan Beans with Tomatoes and Oregano

This salad offers 265 calories and 10 grams of fat per serving. One serving is equal to 1 1/4 cup. This recipe serves 4.

#### **Ingredients:**

- 1 can low-sodium chickpeas, drained and rinsed
- 2 C cherry tomatoes, rinsed and halved
- 1 Tbsp olive oil
- 1 tsp balsamic vinegar
- 2 Tbsp fresh oregano, minced
- 1/8 tsp ground black pepper
- 1/2 tsp salt-free seasoning blend
- 4 whole inner leaves of romaine lettuce

#### **Preparation:**

In a large salad bowl, combine beans and tomatoes.

In a small bowl, combine olive oil, vinegar, oregano, pepper, and salt-free seasoning blend. Using a wire whisk, beat the ingredients until they blend into one thick sauce at the point where the oil and vinegar no longer separate. Pour the dressing over the beans and tomatoes, and mix gently to coat.

Line four salad bowls with one romaine lettuce leaf each. Top each leaf with one-fourth of the bean mixture, and serve.

Source: [Healthyeating.nhlbi.nih.gov](http://Healthyeating.nhlbi.nih.gov)