



Preventive Health Behaviors

Did you know that:

Cardiovascular diseases are among the **10** most frequent causes of hospitalization of people 45 and older in Texas. ¹

46.3% of Texas residents aged 55 to 64 reported chronic joint symptoms associated with arthritis. ²

An estimated **280,000** Texas have Alzheimer's disease. ³

For these reasons and more, preventive health behaviors, such as quitting smoking, regular exercise, a healthy diet and regular trips to your doctor are integral to staying healthy.

Smoking is linked to a multitude of health risks including, heart disease, macular degeneration, thyroid disease, cancer and asthma. Nicotine, a drug in tobacco, causes addiction, and while quitting tobacco may not be easy, it is one of the best steps a person can take to protect his or her health and future.

Regular exercise can help promote a healthy immune system. You can increase your physical activity in small ways that are easy to incorporate into your day by simply parking your car farther away from your office building or taking the stairs instead of using the elevator. These small changes add up, and you will see and feel the difference.

Eating healthy is another positive lifestyle behavior and, although we know old habits are hard to break, making simple changes in your diet helps. You can try cooking with less fat and oil, limiting the amount of salt you eat and adding colorful fruits and vegetables to your diet. For an easy tip, try steaming vegetables instead of frying or boiling.

Another key preventive health behavior is regular doctor visits. When visiting your doctor, ask about having an annual physical exam. Talk to your doctor about your family history and discuss screenings for diseases you may be at risk for.

Little preventive steps go a long way in protecting your health and your future!

¹ Source: www.cdc.gov

² Source: www.dshs.state.tx.us

³ Source: www.dshs.state.tx.us