

Heart disease, diabetes, stroke, cancer, and asthma affect us all . . .

- **Friends and family are getting sick.**
Nearly one million people each year are diagnosed with a chronic disease.
- **Coworkers are missing work due to illness.**
Lost productivity costs more than \$18 billion a year.
- **Health care costs are increasing.**
Medical treatment for chronic diseases cost more than \$5 billion a year.

What can we do?

We need to focus on what causes these diseases in the first place – smoking, not exercising, exposure to environmental toxins, and not eating healthy foods. Education and awareness alone are not enough. We need to improve our environments. We need to change the policies in the places we live, learn, work, and play. We need to set up systems that encourage healthy choices and behaviors.

Help us make a difference in people's lives!

Partner with organizations that are making a difference. Many public health agencies, schools, health care, and community organizations work to prevent and manage chronic disease. They need your help.

Create healthy communities. The Department of Health offers funding, training, and professional help to local organizations and Washington's Tribes to improve the health in communities.

We want to work with you!

We are working to be better partners here at the Department of Health. We are pooling funds and resources and shifting our emphasis to risk factors instead of individual diseases. We are focusing on preventing and managing chronic disease through policy, environmental, and systems change. Ask us to partner with you.

It takes all of us to prevent and manage chronic disease.

Healthy Communities
Washington is an initiative
of the Washington State
Department of Health

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Help us build Healthy Communities Washington!

To prevent and control chronic diseases, we need:

**Healthy Foods • Early Disease Detection • Physical Activity
Smoke-Free Homes and Public Places**

Neighborhoods, cities, and counties

- Make sure that people of all income levels have healthy foods, and free and low-cost recreation.
- Support breastfeeding in public places.
- Make public places smoke-free.
- Improve access to physical activity through urban planning.
- Make more multi-unit housing smoke-free.

Workplaces

- Limit access to unhealthy foods and drinks.
- Promote physical activity at breaks for workers.
- Provide places for working mothers to breastfeed.
- Promote health screening for cancer, diabetes, and blood pressure.
- Promote access to 1-800-QUIT-NOW and www.quitline.com.

Health care

- Ask health insurance providers to cover tobacco cessation.
- Counsel and refer patients who use tobacco to programs to help them quit.
- Promote and support breastfeeding.
- Refer patients to programs that will help them eat healthier and be physically active.
- Promote early detection and management of chronic disease.

Schools

- Limit access to unhealthy foods and drinks.
- Support daily physical education programs.
- Promote walking and bicycling to school.
- Offer nutrition education at school.
- Make sure that all children have a healthy breakfast and lunch.

Individuals

- Quit smoking. If you do smoke, don't smoke indoors.
- Your body. Your life. Protect both. Get screened for cancer and diabetes.
- If you are a new mother, breastfeed your baby.
- Ask your school board to make sure our children have healthy foods and ways to be physically active at school.
- Eat more fruits and vegetables. Shop at the local farmers market.
- Turn off the TV and go for a walk. If you have children, take them with you.

