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Chronic Disease – A Serious Health Problem

Nearly half of all Americans suffer from one or more chronic diseases like heart disease, diabetes, obesity or asthma. Chronic disease is the term that describes health conditions that:

- Last for 1 year or longer,
- Limit what you can do, and
- Require lifelong medical care.

Chronic diseases and conditions sap your stamina, force you to make changes in your lifestyle, affect your family members and friends and compromise your performance on the job. If you are a caregiver for someone suffering from a chronic illness, you, too, may develop health problems as a result of stress and exhaustion.

Did You Know?

- Chronic diseases put you at risk for heart attack, blindness, kidney failure and stroke – the leading cause of disability.
- 7 of 10 deaths in the U.S. each year are due to chronic disease.



YOU can gain an additional
5 to 7 years of
HEALTHY LIFE
by making the lifestyle
changes that prevent chronic disease.

To reduce your risk of developing a chronic disease:

- Eat foods that are baked, broiled, grilled or steamed.
- Eat foods that are low in fat, salt and sugar.
- Eat foods high in fiber such as whole grains and colorful fruits and vegetables.
- Exercise at least 3 times a week for 30 minutes to lose weight and increase metabolism.
- Keep appointments with your health care provider.
- Take medications as prescribed.
- Stop smoking. Start by reducing the number of cigarettes or packs smoked per day.
- Reduce alcohol consumption to 1 drink per week or less.

Community
Health Charities®
Maryland
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1777 Reisterstown Road, Suite 354 • Baltimore, MD 21208 • 410-580-1591 • www.chcmd.org

Produced with a grant from the Leonard and Helen R. Stulman Charitable Foundation.