

CHRONIC ILLNESSES

You can take steps to control chronic illnesses:

- Test often.
- Maintain a healthy weight.
- Be tobacco free.
- Eat a healthy diet.
- Keep alcohol use low.
- Take oral medications or insulin as prescribed.

Controlling high blood pressure means:

- Exercise at least 30 minutes every day.
- Maintain a healthy weight.
- Be tobacco free.
- Eat a healthy diet.
- Keep alcohol use low.
- Take your blood pressure medicines as prescribed.

Contact your community health center, hospital or health department to help you find a doctor.

Make your health a priority.



ADDITIONAL RESOURCES

BadgerCare Plus
(800) 362-3002 or
www.dhfs.state.wi.us/badgercare/index.htm

Planned Parenthood of Wisconsin
1-800-230-PLAN or www.ppwi.org

SHARE Food Program
(800) 548-2124
www.share.org

Wisconsin Family Planning Waiver
(800) 362-3002

Wisconsin Maternal and Child Health Hotline
(800) 722-2295

Wisconsin Primary Health Care Association
(608) 277-7477
www.wphca.org

United States of Department of Agriculture
www.mypyramid.gov

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(414) 266-2743 . Fax (414) 266-3338 . www.idcw.org

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Take CONTROL of your health



OBESITY

Sixty-six percent of adults in the U.S. are overweight or obese. Obesity is having too much body fat. Being obese increases your risk of diabetes, heart disease, stroke, arthritis and some types of cancer. If you are obese, losing even 5 to 10 percent of your weight can delay or prevent some of these diseases.



To reduce and control your weight:

- Choose low-fat, low calorie foods.
- Eat smaller portions.
- Drink water instead of sugary drinks.
- Be physically active.

EXERCISE

Schedule your exercise. Thirty minutes of moderate exercise most days of the week is suggested.

Exercise does not take a lot of time or money. It is your pledge to a healthier you.

Being more active can:

- Reduce the risk of heart disease.
- Increase energy.
- Control weight.
- Reduce the risk of strokes.
- Lower cholesterol.
- Reduce stress, anxiety and depression.
- Strengthen bones, muscles and joints.
- Improve your immune system.
- Prevent or delay many controllable chronic conditions such as high blood pressure and diabetes.

Start slowly – schedule your exercise

- Walk.
- Take the stairs.
- Park in the farthest space in the parking lot.
- Bike.
- Garden.
- Dance.
- Play with your children.

NUTRITION

Take control with a diet full of foods rich in vitamins, minerals and other important nutrients.

Eating well will:

- Reduce your risk of many diseases. Reduce your cancer risk by up to 35 percent.
- Improve your energy.

Make healthy choices in the foods you eat

- Make sure your diet includes low-fat dairy products, fruits, vegetables, beans, whole grains, lean meats, poultry and fish.
- Keep alcohol content low.
- Drink six to eight glasses of water daily.
- Limit your calorie intake – especially high-calorie desserts.
- Eat less fat – especially high-fat snacks.
- Eat less salt.
- Eat more fiber.
- Limit portion sizes.

Variety, balance and moderation are key to healthy eating.

