



Indiana
Department
of
Health

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Spotlight

Living a *Disease Fighting Lifestyle*

Three in five Americans live with at least one chronic disease, such as heart disease, stroke, cancer or diabetes. Chronic diseases are the leading causes of death and disability in America and are a leading driver of healthcare costs. We know that most chronic diseases can be prevented by eating well, being physically active, avoiding tobacco and excessive drinking and getting regular health screenings.¹

With summer winding down and kids going back to school, August is the perfect time to develop healthy habits. Implement a new routine like taking 20 minutes to get some steps in, step away from the computer or stretching. Making time to do something for you is important for your mental and physical health.

¹ <https://www.cdc.gov/chronicdisease/index.htm>



Resources

Cancer Screenings

Many cancers can be prevented or identified at an early stage, when treatment is more effective, when people receive routine early detection screenings.

In [Indiana during 2020](#):

- 75.7% of women ages 21 to 65 had a Pap test during the past three years (cervical cancer)
- 73.6% of women ages 50 to 74 had a mammogram during the past two years (breast cancer)
- 71.2% of people ages 50 and older had a fecal occult blood test, sigmoidoscopy or colonoscopy (colorectal cancer)

Diet

Cooking at home is an easy way to do something good for both yourself and your family. Along with knowing what is being put into your food, cooking at home is a more cost-effective and healthy way to feed your family as opposed to going out to eat. Visit the [National Foundation for Cancer Research \(NFCR\) recipe page](#) for nutritious meal ideas.

Some foods even aid in supplying essential vitamins, minerals, and [antioxidants](#) that hold cancer fighting properties.

Stress Management

Cancer patients and survivors often have fears related to their health, such as recurrence or pending treatment, on top of other everyday stressors. Learn how cancer patients and survivors can [manage their stress](#).



To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

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