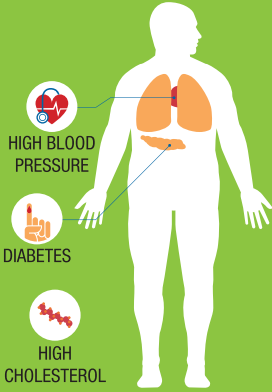


Your Guide to Healthy Living

WHAT IS CHRONIC DISEASE?



- Chronic Diseases are long-lasting illnesses that develop over time. They **can be controlled**.
- Chronic Diseases **can be prevented**.
- Some types of Chronic Disease are: **Diabetes, High Cholesterol and High Blood Pressure.**

PREVENTING CHRONIC DISEASE

YOU CAN Prevent Chronic Disease.

1. Eat healthy food.



2. Exercise daily.



3. Establish a medical home.

MANAGING CHRONIC DISEASE

YOU CAN manage Chronic Disease!



1. Get regular check-ups.



2. Take your medications as directed.



3. Check your blood pressure.



4. Check your blood sugar.



5. Eat healthy food.



6. Get regular exercise.

Do LESS!

7. Avoid tobacco.



8. Limit alcohol use.



GET SMART ABOUT CHRONIC DISEASE

- Check with your healthcare provider/doctor.
- Ask your local pharmacist.

Angelina County & Cities Health District
503 Hill St., Lufkin • (936) 633-0629

Chronic Disease Education

- Diabetes
- Hypertension
- Congestive Heart Failure
- Chronic Obstructive Pulmonary Disease

Women, Infants, and Children (WIC) Program:
(936) 637-7242



CHI St. Luke's Health Memorial

1201 W. Frank Avenue, Lufkin • (936) 639-7585
Community Education Coordinator: (936) 631-6780



Polk Education Center:

- Diabetes Education
- Cooking Classes
- Meal Planning
- Medication Counseling
- Exercise Programs
- Nutrition Counseling*

Heart Disease and Stroke Education

- Cardiac Rehabilitation

Texas A&M Agrilife Extension Office
2201 S Medford Dr., Lufkin • (936) 632-8239

Offering education about diet, exercise,
and disease prevention and management.

- Do Well, Be Well with Diabetes
- Walk Across Texas



Woodland Heights Medical Center
505 S. John Redditt Dr., Lufkin
(936) 634-8311 • (936) 637-8688



- Diabetes Education
- Nutrition Counseling*
- Cardiac Health Education (Heart Trackers)
- Cardiac Rehabilitation*
- Bladder Support Group
- Senior Circle

* With referral from your primary care provider.



ANGELINA COUNTY & CITIES
HEALTH DISTRICT

For more information on how you can manage
chronic disease, please visit activeangelina.com

This publication was made possible with funding from the National WIC Association (NWA). The content was developed and is reflective of the author and does not necessarily represent the views of NWA.