

CHRONIC DISEASE

Chronic diseases are caused by a range of factors. They are long-term but often preventable and manageable.

Risk factors:

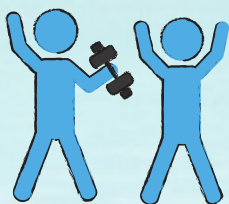
- Tobacco smoking
- Physical inactivity
- Poor diet
- Obesity
- Alcohol consumption.

Common chronic diseases:

- Type 2 diabetes
- Lung cancer
- Asthma
- Coronary heart disease
- Depression
- Chronic kidney disease.

By the numbers:

- More Aboriginal and Torres Strait Islander peoples have a chronic disease than non-Indigenous people.
- 65% of Aboriginal and Torres Strait Islander peoples have at least one long-term chronic disease.
- People with cancer or diabetes have approximately an 80% chance of having two or more other chronic diseases.



What can you do?

- Have regular health checks at your local Aboriginal Medical Service.
- Find help to quit smoking.
- Increase your physical activity.
- Increase the amount of fruit and vegetables in your diet.
- Become informed about chronic disease and living a healthy lifestyle.

Useful resources:

- Your local Aboriginal Medical Service (visit www.iuih.org.au to find yours)
- Department of Health's Physical Activity Guidelines (visit www.health.qld.gov.au)
- Australian Dietary Guidelines (visit www.eatforhealth.gov.au)

If you have been thinking about giving up the smokes, now is a great time to get support from your local Aboriginal Medical Service.

Find yours at www.deadlychoices.com.au