



CHRONIC DISEASE

WHAT CAN YOU DO TO PREVENT DISEASE AND THRIVE?

THE CANADIAN JAMAT'S QUALITY OF LIFE IS AFFECTED BY CHRONIC ILLNESSES LIKE HEART DISEASE, OBESITY, DIABETES, DEMENTIA, CANCER, ARTHRITIS, AND OTHERS

- **1 in 3 adults have at least 1 major chronic disease**
- Nearly 1 in 10 Canadians have diabetes
- 1 in 4 Canadians are obese
- 1 in 5 Canadians report life to be stressful most days in the last 12 months
- Only 3 in 20 adults exercise the required 150 minutes/week



Varin, M., Baker, M., Palladino, E., Lary, T. (2019). Canadian Chronic Disease Indicators, 2019 – Updating the data and taking into account mental health. Health Promotion and Chronic Disease Prevention in Canada. 23(10), 281-288. <https://doi.org/10.24095/hpcdp.39.10.02>

5 TO THRIVE

1. **Healthy Eating**
2. **Meaningful Movement**
3. **Staying Positive**
4. **Connecting with Community**
5. **De-Stressing**

PREVENT CHRONIC DISEASE AND IMPROVE QUALITY OF LIFE

WHAT CAN YOU DO TO PREVENT CHRONIC DISEASES?
WHAT CAN YOU DO TO IMPROVE YOUR QUALITY OF LIFE? USE THE 5 TO THRIVE!

USING THE 5 TO THRIVE

5 TO THRIVE uses evidence-based strategies to help prevent chronic disease, and can even improve the quality of life of those already affected.



ARE YOU AT RISK?

Know your numbers and keep track of your risk. Connect with your family doctor or healthcare provider to learn more about your health. Know your blood pressure, cholesterol level and fasting blood sugar level if you are an adult.

TRACK AND MONITOR PROGRESS

It is suggested that you monitor simple things at home like a waist-to-hip ratio (WHR). A WHR of 1.0 or higher is linked to the risk of heart disease, high blood pressure, high cholesterol and diabetes. You can also track how many of the **5 to Thrive** you do each day!

What's Your Score on The 5 to Thrive?

How many of the 5 to Thrive do you incorporate every day?

I incorporate all 5 of the 5 to Thrive each day.

Rarely

1

2

3

4

5

Always

Rate yourself and then check your score again after a month!

Visit the **Five to Thrive website** for more on healthy lifestyle habits!