

CHRONIC DISEASE CARDS - PREVENTIVE CARE

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Chronic Disease: Heart Disease
Health Risks: being overweight, eating
fatty foods
Healthy Habits: exercising, eating a
vegetarian diet

4.1 (INTERMEDIATE)

CHRONIC DISEASE CARDS - PREVENTIVE CARE

Chronic Disease: Hypertension
Health Risks: eating too much salt, smoking
Healthy Habits: limiting alcohol intake,
maintaining a healthy weight

4.1 (INTERMEDIATE)

CHRONIC DISEASE CARDS - PREVENTIVE CARE

Chronic Disease: Obesity
Health Risks: consuming high calorie food,
overeating
Healthy Habits: exercising regularly, eating
a healthy diet

4.1 (INTERMEDIATE)

CHRONIC DISEASE CARDS - PREVENTIVE CARE

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Chronic Disease: Diabetes
Health Risks: being overweight, eating a
high fat diet
Healthy Habits: exercising regularly,
limiting alcohol intake

4.1 (INTERMEDIATE)

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