

Health Trends

Survey: Americans Feel Lifestyle Has Little Effect On Their Health

(NAPSA)—You may think you have no control over developing cancer, diabetes, heart disease and stroke—but guess again.

The American Cancer Society, American Diabetes Association and American Heart Association want you to know that you DO have some control over your risk of developing these diseases, even though a survey conducted by the organizations revealed that most Americans believe they DON'T have any control.

The survey—designed to examine Americans' awareness, attitudes and behaviors regarding chronic disease risk—shows that while most people said that they knew about the diseases that kill the most people in this country, the majority feel that there is not much they can do about it.

Seven out of 10 Americans think they have only some or little control over their chances of developing cancer, diabetes, heart disease or stroke. They do not seem to acknowledge that the “everyday” health choices they make can have a tremendous impact on their risk for developing disease. Healthy choices are seen as “too difficult” or “too much work,” the study found.

People are twice as concerned about outside threats to their safety as they are about factors that are threats to their health—factors they can personally influence. People will take steps to protect themselves from outside risks such as burglary (by locking their doors, for instance) or car accidents (by wearing a seat belt), but they are less likely to act to improve their own health risk by getting regular exercise,



controlling portion sizes, and limiting high-fat foods.

To address this problem, the American Cancer Society, American Diabetes Association and American Heart Association are promoting “Everyday Choices For A Healthier Life™,” a joint initiative whose goal is to improve disease prevention and early detection and to increase public awareness of the importance of healthy lifestyles in reducing the risk of chronic disease. The three organizations jointly recommend four basic steps that people can take to help protect themselves from the four major diseases:

- Eat right to maintain a healthy weight;
- Be physically active;
- Don't smoke; and
- See your doctor.

For more information, visit www.everydaychoices.org or call 1-866-399-6789.