



Video transcription

Illness Prevention

How you live your life — including your use of tobacco, alcohol, drugs, diet, and physical activity—affects your risk for several chronic health conditions like cancer, diabetes, obesity, and heart disease.

What You Eat

Poor eating habits can lead to heart disease, stroke, and diabetes. Not getting enough of the right nutrients can also make you feel unhealthy. What you eat and when you eat can affect your mood, causing feelings of anxiety or depression, and can influence how well you feel overall.

Exercise

Regular physical activity can improve your heart, brain, muscles, and mood. People who aren't active are at double the risk for heart disease and stroke, plus they face higher risks of diabetes, cancer, and dementia. You don't need an expensive gym membership; going for a walk is a great way to stay active. Exercise after meals helps move sugar from your food into your muscles, which can help control your blood sugar.

Sleep

Not getting enough sleep can raise your risk of high blood pressure, type 2 diabetes, and obesity. Adults should aim for 7 to 8 hours of sleep each night and try to keep a regular sleep schedule.

Weight

Being overweight can increase the risk of high blood pressure, high cholesterol, diabetes, and sleep apnea. Eating better, exercising more, and getting enough sleep are great ways to manage your weight. Also, managing stress and setting realistic goals can help.

Smoking

Smoking and vaping increase the risk of heart disease and stroke. Smoking can triple the risk of dying from heart disease and stroke as you get older. Quitting is one of the best ways to improve your health. Within 24 hours of quitting, your risk of heart attack or stroke starts to decrease. The longer you stay smoke-free, the more your health improves. Smoking marijuana can also harm your lungs and increase the risk of cancers like those in the head and neck.

Alcohol Use

Some of the topics covered in these videos are sensitive. If you have questions related to health, well-being, laws, duties or rights, we recommend that you consult a specialist.



Heavy drinking or binge drinking can cause high blood pressure, heart disease, and stroke. Drinking alcohol with certain medications can cause serious problems. Cutting back on alcohol can also lower your risk of colon and breast cancer.

Mental Health

Your overall wellbeing includes more than just physical health. Being social, connecting with others, and having a sense of purpose can all improve how you feel. Studies show that strong personal relationships are one of the most important factors for wellbeing.

Energy Levels and Illness

Lifestyle choices like the ones mentioned can affect your energy, your ability to recover from illness, and your body's ability to fight disease. Taking care of these habits now can improve both your lifespan and the quality of your life as you age. Even if you've developed some unhealthy habits, making small changes can have a big impact, both in the short and long term.

Start with small steps, and work with a health professional if needed. One method for making lasting changes is the 21/90 rule: Commit to a new goal for 21 days straight. After 3 weeks, it becomes more likely to turn into a habit. Once you've kept that habit for 90 days, it can become a permanent lifestyle change.