

Live Healthy. Live Green.

# Reduce environmental risk factors for chronic diseases

Chronic diseases include arthritis, asthma, cancer, diabetes, heart disease, emphysema, multiple sclerosis, Parkinson's disease, and stroke. An unhealthy diet, inactivity and overweight, and tobacco use are common risk factors for many chronic diseases.

- Live a healthy lifestyle. Be active. Walk. Rake leaves.
- Limit exposure to air pollution to reduce the risk for problems with asthma, heart disease, stroke, emphysema and other respiratory diseases.
- Choose organic foods. Pick apples at an apple orchard. Enjoy the fruits of your labor.

- Reduce exposure to pesticides. Chronic, low-dose exposure to pesticides has been linked to Parkinson's disease (PD), brain tumors, lymphomas, asthma, and birth defects. Pesticides are in lawn and garden sprays, insect repellants, flea collars, and non-organic foods. Find out about earth-friendly fertilizers from a fertilizer specialist at your local Extension Office. Ask your vet how to keep your pet from getting fleas without the use of pesticides.
- Use a digital or ear thermometer. Find out what to do about mercury spills, disposal, and cleanup from [epa.gov/mercury/spills/index.htm](http://epa.gov/mercury/spills/index.htm).

