

MAJOR HEALTH PROBLEMS & PREVENTIVE MEASURES



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Cardiovascular Disease

Preventive Measures:

- Stop smoking
- Decrease alcohol use
- Eat lots of vegetables/fruit
- Eat less fat/salt /sugar/processed foods
- Control blood pressure
- Control cholesterol
- Exercise

Cancer

Preventive Measures:

- Stop smoking
- Decrease alcohol use
- Exercise
- Eat lots of vegetables/fruit
- Eat less fat/processed foods
- Early detection and screening
- Avoid cancer causing agents

Cerebrovascular Disease

Preventive Measures:

- Stop smoking
- Decrease alcohol use
- Eat lots of vegetables/fruit
- Eat less fat/salt/processed foods
- Blood pressure control
- Cholesterol control
- Exercise

Diabetes

Preventive Measure:

- stop smoking
- decrease alcohol use
- high vegetables/fruit,
- low fat/salt/sugar/processed foods
- blood pressure/cholesterol control
- exercise/weight reduction and control
- early screening and control of blood sugar

Stress (anxiety and depression)

Preventive Measures:

- Remain active, involved, and engaged by helping others
- Practice relaxation techniques
- Seek counseling and support
- Do something that you enjoy
- Exercise often

Substance Use Disorder

Preventive Measures:

- Avoidance of tobacco, alcohol and other addictive drugs
- Counseling and treatment
- Support group/peer relationship/social network
- Stress management
- Exercise

Violence/Homicide

Preventive Measures:

- Conflict resolution /reconciliation
- Communication/problem solving skills
- Stress management
- Education & job skills
- Employment
- Prevention and treatment of substance use disorder

Infant Mortality

Preventive Measures:

- Maternal care
- Preconception counseling
- Avoidance of unintended pregnancy
- Early and adequate prenatal care
- Immunization and pediatric care

Teen Pregnancy

Preventive Measures:

- Use of contraception or abstinence
- Education
- Peer relations skills
- Counseling and support

STIs & HIV

Preventive Measures:

- Use condoms
- Have only one sex partner
- Screening/Testing
- Avoid IV drugs or needle sharing

Lack of Insurance

Preventive Measures:

- National Health Insurance Program
- Expansion of Medicaid and Medicare Programs
- Provision of health insurance as an employee benefit
- Employment

Lack of Health Care Providers

Preventive Measures:

- Train more health care providers
- Provide incentive for providers to work in health shortage areas

Disparities in Treatment

Preventive Measures:

- Train providers to be more culturally sensitive and aware
- Improve interpersonal relations and communications

Lack of Transportation or Child Care

Preventive Measure:

- Provision of transport and day care services



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