

Have questions about what you can do for **your community?**



Call your community health worker to learn how you can begin a prevention plan towards better health for your community.

Conditions such as diabetes, asthma, heart disease, obesity, cancer, kidney disease and pregnancy are all tied very closely to community environments, cultures and behaviors.

Rural communities are seeing higher rates of suicide, respiratory diseases, strokes, cancer and type 2 diabetes. Growing up in a household where one or both parents expose the community with habits that are unhealthy might seem normal. You might be following a path because you are not aware of other choices or maybe you simply have not been made aware how your choice create unnecessary spending needs in the future. When your future livelihood depends on spending less, you might not know how you can begin the process now to avoid healthcare and medication spending in the future.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5328595/>

Unhealthy choices are not hard to overcome. Your community health worker is available to help you find your way toward better health that will ultimately improve the health of those around you in your community. Healthy choices you make now will change the habits of those around you that will result in a healthier community.

That is why we are committed to being an accountable community team member who will take action (I-ACT) to ensure our communities have what is needed for disease prevention by removing barriers, always, and no matter when someone reaches out for help. There are social causes of health and social factors shaping unhealthy rural communities and **we choose to be accountable by helping from the inside out. We are part of the community and we care about our future.**

(your logo here)



Get involved, get in contact with your community health worker by visiting www.iact4u.org.