

EDUCATION ON HEALTHY LIFESTYLE TO PREVENT CHRONIC DISEASE

Programs collaborate to reach professionals and the public with cross-cutting health messages

Public Health Problem

- Almost two-thirds of Guam adults are overweight or obese.
- Few Guam adults or children eat amounts of fruits and vegetables recommended for good health.
- Almost a third of Guam adults are smokers.
- Getting people to eat a healthy diet, be more physically active and stop using tobacco is essential to prevent and control many chronic diseases.
- Integrating these risk-reduction messages across all chronic disease programs is an effective way to communicate these important messages and an efficient use of scarce resources.

Program

- The Guam Department of Public Health and Social Services and a group of public, private, and non-profit partners coordinated a conference on two major chronic disease risk factors - nutrition & physical activity - directed to an audience of public health workers in programs such as tobacco, diabetes, and cancer.
- Funding support was provided by the Tobacco Prevention and Control program. The American Cancer Society was a strong supporter, garnering additional funding support from a local non-profit organization, Strides for a Cure.
- The Conference goal was to provide participants with a better understanding of the Lieutenant Governor's Healthy Guam Initiative, Guam's disease surveillance system and the significant benefits of modifying three major risk factors for chronic disease - nutrition, physical activity and tobacco use.

Impact

- This collaborative effort strengthened the partnership between government, non-profit and private organizations in Guam which is necessary for cost-effective dissemination of healthy lifestyle messages.
- Over two hundred community members received first-hand knowledge about Guam health initiatives and learned the steps to a healthy lifestyle.
- Over a hundred participants learned techniques for cooking healthy, nutritious meals.
- Interactive physical activities provided examples people can apply in their daily life to improve health.
- Nurses and other health professionals earned continuing education credit hours necessary for maintaining professional credentials while learning important information they can share with clients about cancer, diabetes, healthy lifestyle and medical ethics.

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