

# **An Ounce of Prevention**



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# Today's Presentation

- Why do we need prevention?
- What can we do about it?



***"I'll have an ounce of prevention."***

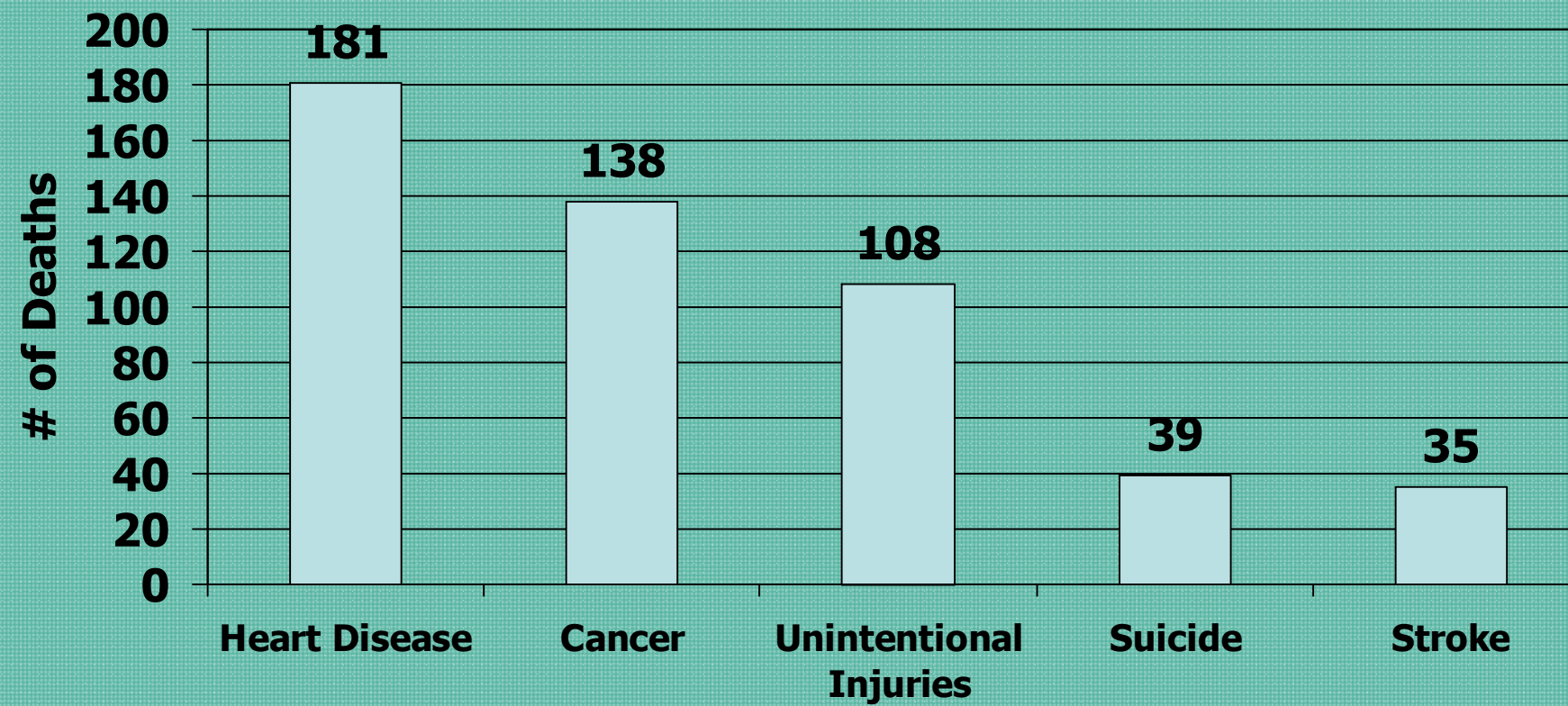
# What is Prevention?

**Prevention** is any activity which reduces the burden of illness or death from disease



# Health Status Challenges

## Southeast Alaska Native Mortality, 1989-1998



Source: Lanier A et al. Alaska Native Mortality, 2002.

# Leading Causes of Hospitalization at Mt Edgecumbe in 2005

1. Accidents and Injuries
2. Alcohol Abuse
3. Heart Disease
4. Deliveries and Childbirth
5. Disease of the Gall Bladder

# Heart Disease

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*"I think we over ordered"*

# Cancer

**WELCOME TO OUR  
TOBACCO-FREE  
CAMPUS**



**SEARHC**

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*Your Partner in Health*



**SEARHC**

SouthEast Alaska Regional Health Consortium

# Injuries

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***“True most accidents occur in the home. Rarely, however, do they involve two vehicles.”***

# Obesity and Diabetes

everything is **BIG** in alaska  
**mckinley mac**



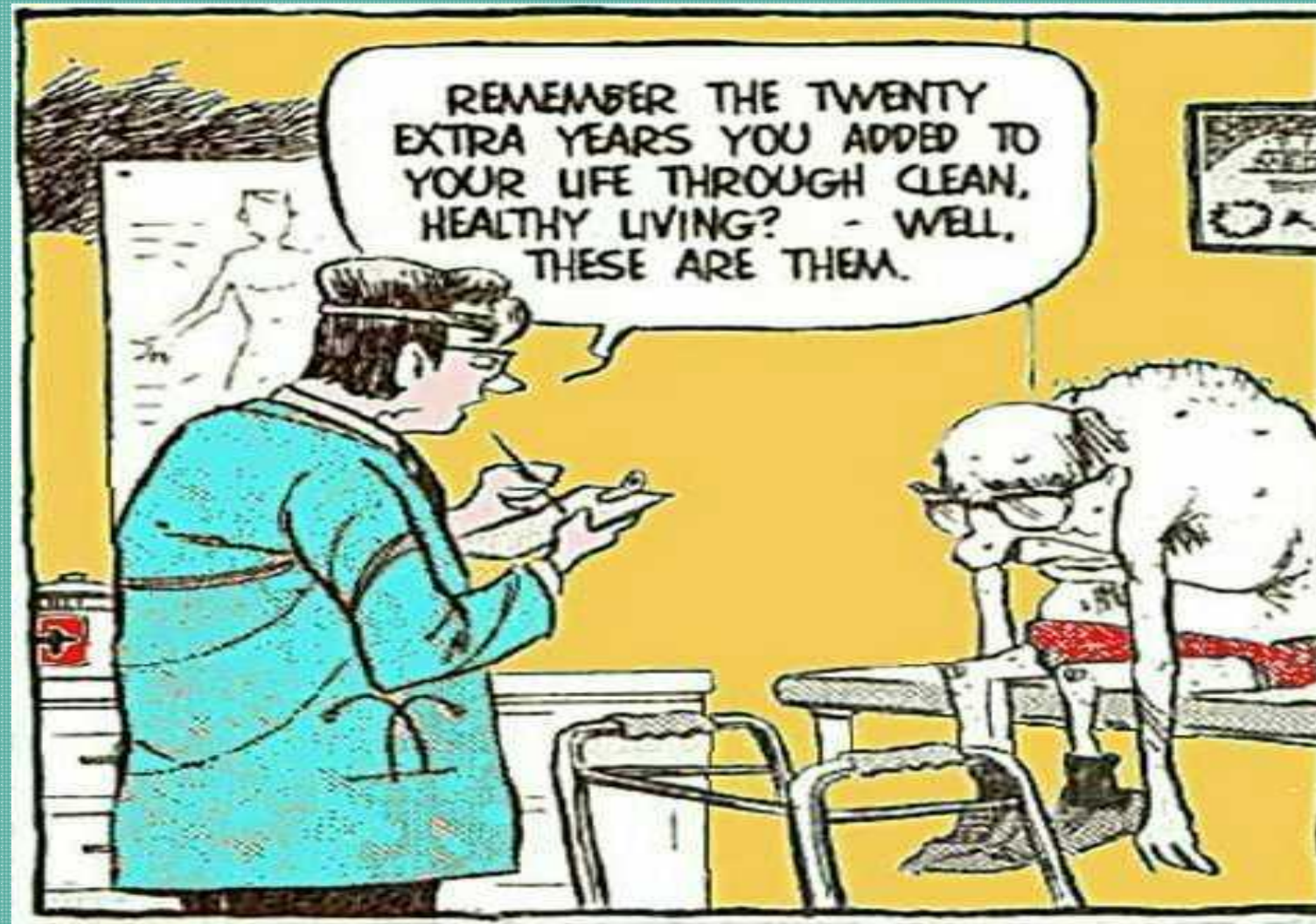
# Behavioral Health



# Oral Health



# Our Aging Population



# Six Steps You Can Take To Make a Difference

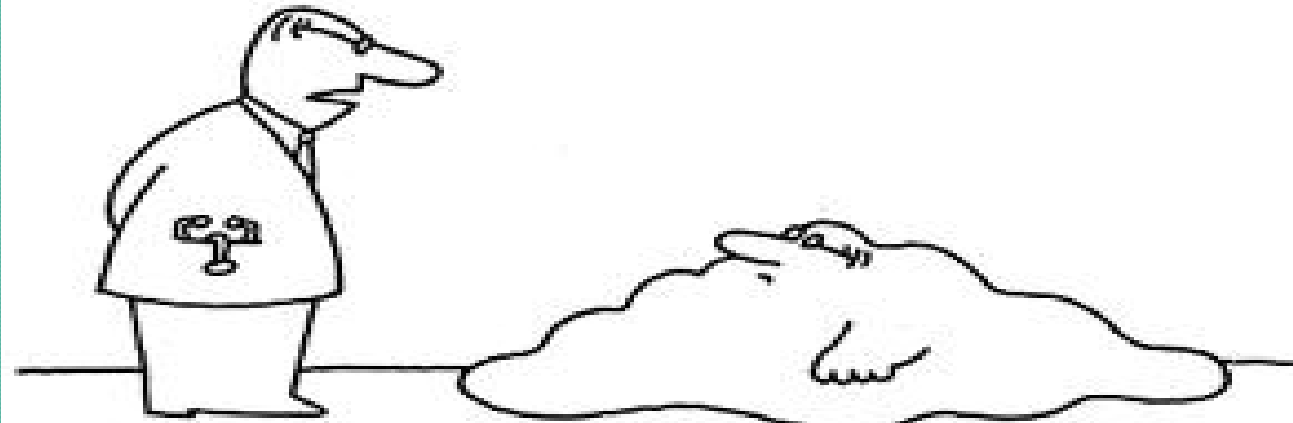


# 1. Choose Sobriety



## 2. Choose an Active Lifestyle

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***“Be honest- how much exercise are you getting?”***

### 3. Choose Healthy Foods and Don't Eat Too Much of Them



## 4. Choose Healthy Environments

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***“I’m going back inside to get some fresh air.”***

## 5. Choose Preventive Care



***“The cracks can be fixed - it’s your cholesterol that worries me.”***

## 6. Choose to be a Prevention Leader

