

VITALITY FOR

# WORLD HEALTH DAY

2016

On **7 April 2016**, World Health Day, we call on businesses, governments, and nonprofit organizations to work together to tackle diabetes by addressing obesity. Our four areas for action include:



## HEALTHY FOOD

A healthy diet and access to healthy foods are critical to prevent and beat diabetes. This means eating more fruits and vegetables, less meat, consuming fewer sugary beverages, and reducing portion sizes.

## WALKABLE CITIES

A healthy lifestyle is an active lifestyle. Cities should invest in infrastructure to encourage an active commute, safe environments for walking and biking, and green spaces.



## HEALTHY WORKPLACES

Most adults spend a majority of their time at work, turning the workplace into an opportunity to assist people in living healthier lives. Evidence-based workplace health and well-being programs should leverage behavioral economics and incentive structures for health promotion and chronic disease prevention.



## PHYSICIAN ENGAGEMENT

Doctors can be role models and lead by example. To do so, doctors need to be healthier and focus as much on prevention as on treatment. One way to achieve this is by prescribing physical activity and healthy food.

**BEAT DIABETES**

WORLD HEALTH DAY  
7 APRIL 2016 | #DIABETES

[who.int/whd/diabetes](http://who.int/whd/diabetes)  
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