

3 Behaviours



Good nutrition



Physical activity



Not smoking

Can prevent **4 Chronic conditions**

Cancer

Eg: Breast cancer, Colon cancer, Lung cancer



Type 2 Diabetes

Including complications such as Kidney disease, Diabetic Neuropathies, Diabetic Retinopathy



Respiratory disease

Chronic Obstructive Pulmonary Disease (Emphysema and Chronic Bronchitis)



Cardiovascular disease

Eg: Atherosclerosis, Hypertension, Heart Disease, Stroke.



Which are responsible for

50% of deaths worldwide

