

YOU CAN REDUCE YOUR RISK



Chronic Disease Prevention and Healthy Living Standards

OUR COMMITMENT TO HEALTH



The Y is one of the nation's leading non-profits improving the nation's health. By working with individuals and families, organizations and communities, the Ys health innovation efforts support people by reducing their risk for chronic disease and reclaiming their health when they've been affected by one.

THE COST of preventable chronic disease is UNDENIABLE

Chronic disease is the number one cause of death and disability and is responsible for

81% of HOSPITAL ADMISSIONS

91% of ALL PRESCRIPTIONS with an average cost of

\$6,032/year

Individuals who exceed the recommended health standards face higher annual health costs. They could see increases of:

\$1,400+ Blood pressure

\$1,100+ High BMI

\$1,300+ Tobacco/Nicotine

\$3,614+ High Cholesterol

Manageable behaviors are at the root of **80%** of chronic disease.



Poor Sleep



Poor Diet



Physical Inactivity



Smoking



Lack of Screenings



Excessive Alcohol



Poor Stress Management

We know that change is difficult. **But we can help. Your way.**

The YMCA has a line of quality outcome-based programs that can support you and your employees in having a model workplace of healthy habits.



PROMOTE WELL-BEING • REDUCE RISK • RECLAIM HEALTH

For more information, visit ClevelandYMCA.org