

# A Healthy Lifestyle Means...



Daily exercise



Avoiding alcohol



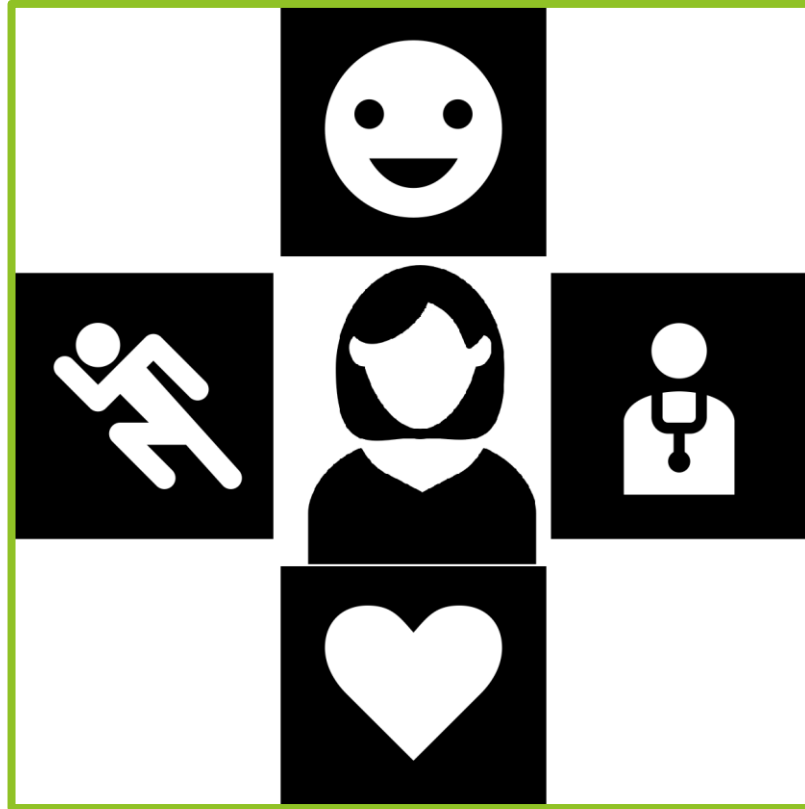
Keeping a healthy weight



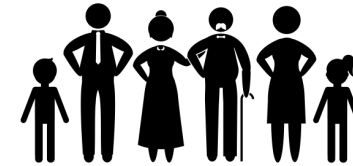
Not smoking



Choosing healthy foods















Talking about family health history




Regular health screenings and well woman visits

# Common Barriers to a Healthy Lifestyle

Talk about it: Do any of these things stop you from leading a healthy lifestyle?

<p><u>language</u></p>  <p>don't understand words used during health visits</p>	<p><u>culture barriers</u></p>  <p>feels like my culture isn't understood by doctors</p>	<p><u>childcare</u></p>  <p>kids get bored or are not welcome at health visits</p>	<p><u>safety</u></p>  <p>no safe place to walk or safe access to exercise areas</p>	<p><u>embarrassment</u></p>  <p>afraid of getting examined or diagnosed with a disease</p>	<p><u>appointment planning</u></p>  <p>too easy to forget, need reminders of health care</p>
<p><u>cost</u></p>  <p>can't afford health insurance or recommended services</p>	<p><u>healthcare system</u></p>  <p>confusion about available health services</p>	<p><u>access to healthy foods</u></p>  <p>healthy foods are expensive or take too long to prepare</p>	<p><u>health literacy</u></p>  <p>prevention of sickness doesn't seem possible, will wait until there is a problem</p>	<p><u>I am head of my household</u></p>  <p>too busy to balance it all!</p>	<p><u>transportation</u></p>  <p>too difficult to get to health care appointments</p>

other barriers? 

what else keeps you from getting healthcare and keeping healthy habits?



Thank you for being with us today!

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