

ALABAMA PUBLIC HEALTH ASSOCIATION, INC.
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FOR IMMEDIATE RELEASE

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One hundred years ago, American women were most likely to die from infectious diseases and complications of pregnancy and childbirth. Today, the chronic conditions of heart disease, cancer and stroke account for 63 percent of American women's deaths and are the leading causes of death for both women and men.

Women have a longer life expectancy than men, but they do not necessarily live those extra years in good physical and mental health. On average, women experience 3.1 years of disability at the end of life.

The Alabama Public Health Association, an association of individuals and organizations interested in public health in Alabama, encourages women to be empowered to make better health care decisions and reminds women that health risk factors can be drastically reduced by adopting healthy lifestyle habits such as the following:

1. Stop smoking.
2. Eat a balanced diet rich in whole grains and at least five servings of fruits and vegetables daily.
3. Exercise regularly.
4. Control high blood pressure.
5. Avoid being overweight.
6. Use preventive services such as mammograms; pap smears; and colorectal cancer, diabetes, and high blood pressure screenings.
7. Get immunizations.
8. Wear seatbelts.
9. Do not indulge in drugs or other substances which could harm you.
10. Practice abstinence or safe sex.

The mission of the Alabama Public Health Association is as follows:

- Link individuals and organizations in addressing public health issues.
- Advocate public health policy.
- Support the education of its members and the public on public health issues.
- Enhance the ability of its members to promote and protect personal, environmental and community health.

More information about the organization is available at www.alphassoc.org.

