

National Prevention Strategy

Partners in Prevention

INDIVIDUALS *and* FAMILIES



The National Prevention Strategy aims to guide our Nation in the most effective and achievable means for improving health and well-being. Aligning and coordinating prevention efforts across a wide range of partners is central to the success of the National Prevention Strategy. Engaging partners across disciplines, sectors, and institutions can change the way communities conceptualize and solve problems, enhance implementation of innovative strategies, and improve individual and community well-being.

WHY PARTNER WITH THE NATIONAL PREVENTION STRATEGY?

Partners play a variety of roles and are trusted members of the communities and populations they serve. Opportunities for prevention increase when those working in housing, transportation, education, and other sectors incorporate health and wellness into their decision making. Individuals purchase various goods and services, such as food, vehicles, health insurance, and supplies. They can use their purchasing power to promote health and wellness.

RECOMMENDATIONS: NATIONAL PREVENTION STRATEGY STRATEGIC DIRECTIONS

Healthy and Safe Community Environments

- ▶ Use alternative transportation (e.g., biking, walking, public transportation, car and vanpooling).
- ▶ Conduct home assessments and modifications (e.g., installing smoke and carbon monoxide detectors, testing for lead, checking for mold and radon).
- ▶ Purchase energy-efficient products, support local vendors, and recycle.

Clinical and Community Preventive Services

- ▶ Visit a health care provider to receive clinical preventive services.
- ▶ Use various tools and methods to better manage health (e.g., personal health records, text reminder services, smart phone applications).

Empowered People

- ▶ Actively participate in personal and community prevention efforts.
- ▶ Participate in developing health information and provide feedback regarding the types of health information that are most useful and effective.
- ▶ Provide clinicians with relevant information (e.g., health history, symptoms, medications, allergies), ask questions and take notes during appointments, learn more about diagnoses and conditions, and follow up with recommended appointments.

Elimination of Health Disparities

- ▶ Participate in community-led prevention efforts.
- ▶ Use community resources (e.g., libraries, literacy programs) to improve the ability to read, understand, and use health information.



RECOMMENDATIONS: NATIONAL PREVENTION STRATEGY PRIORITIES

Tobacco Free Living

- ▶ Quit using tobacco products and ask a health care provider or call 1-800-QUIT-NOW for cessation support.
- ▶ Teach children about the health risks of smoking.
- ▶ Make homes smoke free to protect against secondhand smoke.
- ▶ Refrain from supplying underage youth with tobacco products.

Preventing Drug Abuse and Excessive Alcohol Use

- ▶ Avoid binge drinking, use of illicit drugs, or the misuse of prescription medications and, as needed, seek help from a clinician for substance abuse disorders.
- ▶ Safely store and dispose of prescription medications and not share prescription drugs with others.
- ▶ Avoid driving if drinking alcohol or after taking any drug (illicit, prescription, or over-the-counter) that can alter the ability to operate a motor vehicle.
- ▶ Refrain from supplying underage youth with alcohol and ensure that youth cannot access alcohol in the home.

Healthy Eating

- ▶ Eat less by avoiding oversized portions, fill half of the plate with fruits and vegetables, make at least half of the grains whole grains, switch to fat-free or low-fat (1%) milk, choose foods with less sodium, and drink water instead of sugary drinks.
- ▶ Balance intake and expenditure of calories to manage body weight.
- ▶ Breastfeed babies exclusively for the first 6 months after birth when able.
- ▶ Prevent foodborne illness by following key safety practices—clean (wash hands and surfaces often), separate (do not cross-contaminate), cook (cook food to proper temperatures), and chill (refrigerate promptly).

Active Living

- ▶ Engage in at least 150 minutes of moderate-intensity activity each week (adults) or at least one hour of activity each day (children).
- ▶ Supplement aerobic activities with muscle-strengthening activities that involve all major muscle groups on 2 or more days a week.
- ▶ Consider following the American Academy of Pediatrics recommendations for limiting TV time among children.

Injury and Violence Free Living

- ▶ Refrain from driving while under the influence of alcohol or drugs or while drowsy or distracted (e.g., texting).
- ▶ Use seat belts, bicycle helmets, motorcycle helmets, and protective sports gear.
- ▶ Establish clear expectations and consequences with teenagers about safe driving, including speeding, seat belt use, alcohol- or drug-impaired driving, and distracted driving.
- ▶ Engage in regular physical activity to increase strength and balance to help prevent falls.

Reproductive and Sexual Health

- ▶ Eat healthfully, take a daily supplement of folic acid, stay active, stop tobacco use and drinking alcohol, and see a doctor before and during pregnancy.
- ▶ Discuss sexual health history, getting tested for HIV and other STIs, and birth control options with potential partners.
- ▶ Notify partner(s) about HIV infection or another sexually transmitted infection (STI).
- ▶ Discuss sexual health concerns with a health care provider.
- ▶ Use recommended and effective prevention methods to prevent HIV and other STIs and reduce risk for unintended pregnancy.
- ▶ Communicate with children about their knowledge, values, and attitudes related to sexual activity, sexuality, and healthy relationships.
- ▶ Make efforts to know where children are and what they are doing and make sure they are supervised by adults in the after-school hours.

Find more information at:

Website:

www.surgeongeneral.gov/nationalpreventionstrategy

Email:

prevention.council@hhs.gov

Twitter:

[#NPSAction](https://twitter.com/NPSAction)

Mental and Emotional Well-Being

- ▶ Build strong, positive relationships with family and friends.
- ▶ Become more involved in the community (e.g., mentor or tutor youth, join a faith or spiritual community).
- ▶ Encourage children and adolescents to participate in extracurricular and out-of-school activities.
- ▶ Work to make sure children feel comfortable talking about problems, such as bullying, and seek appropriate assistance as needed.

