

Chronic Diseases

Get screened today!

Obesity

Obesity is when our body weight is unhealthy for our height. This can lead to diabetes, heart conditions, and other health problems.



3 out of 5 El Rio Pascua Users are Obese in 2015

Bad Cholesterol

High amounts of bad cholesterol in our bodies can lead to diabetes, heart conditions, and other health problems.



Almost 1 out of 6 Pascua Yaqui Tribal members had high levels of bad cholesterol in 2014

High Blood Pressure

Uncontrolled high blood pressure can lead to heart conditions such as heart disease, heart attack, and stroke.



1 out of 5 Pascua Yaqui Tribal members had high blood pressure in 2014

Chronic Diseases can be reversible!

Work with your doctor on reversing these health problems by:



Eating a healthy diet



Regular exercise



Taking medications

Contact your health care provider today to set up an annual physical!

Pascua Yaqui Health Service Division
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