

**Behavioral medicine** is an interdisciplinary field that examines how behavior and lived experience shape physical health. It applies evidence-based strategies to prevent disease, improve treatment outcomes, and strengthen quality of life.

By supporting healthier choices at home, in healthcare, and in communities, **behavioral medicine makes a difference before, during, and after illness.**

### Why does behavioral medicine matter?

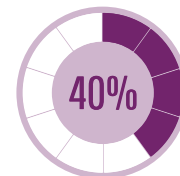
Many of today's leading chronic diseases are linked to behaviors we can change.



**6 in 10** U.S. adults have at least one chronic disease



**4 in 10** have two or more chronic conditions



of deaths can be prevented by changing key behaviors

#### Primary Prevention

**Goal:** prevent costly disease before it happens

#### Secondary Prevention

**Goal:** detect disease early and prevent disease progression

#### Tertiary Prevention

**Goal:** reduce the impact of disease to strengthen quality of life

### Primary: Healthy Actions that Prevent Disease

- **Stay up to date on recommended vaccines** to help your body prevent infections before they occur.
- **Establish consistent, healthy sleep routines** to support physical and mental well-being before problems like fatigue, mood issues, or weakened immunity arise.
- **Adopt balanced eating habits early** to support lifelong health and reduce risk for obesity and nutrition-related diseases.
- **Maintain healthy habits** when climate threats like extreme heat get in the way.

### Secondary: Strategies for Early Identification

- **Schedule age-appropriate cancer screenings** to catch signs of disease early, when treatment is most effective.
- **Ask about lung health screening and available cessation support** if you smoke or vape to reduce future disease risk through early intervention.
- **Identify risk factors** such as family history, excess weight, poor diet, and low physical activity, and **pursue early screening and lifestyle changes** to reduce or delay diabetes, heart disease, and certain cancers.

### Tertiary: Ways to Support Recovery and Long-Term Health

- **Change daily behaviors** after a diagnosis of cancer, heart disease, or kidney disease by participating in rehabilitation, physical activity, nutrition, and self-management programs to restore strength, protect function, and improve long-term quality of life.
- **Use behavior-based pain and stress management strategies** to reduce symptoms, improve coping, and maintain quality of life during chronic illness.