

## **Improving Health Through Lifestyle Modification: Physical Activity Prescription and Chronic Disease Management**

The World Health Organization has stated that Non-Communicable Diseases (NCD) are the leading causes of death and disability in the world. Non-communicable diseases, including cardiovascular disease, cancer, chronic respiratory disease and diabetes are non-infective, and non-transmissible conditions that occur as a result of behavioral and/or genetic factors having a slow progression and long duration. These diseases are considered to be highly preventable with lifestyle behaviors including diet and sufficient physical activity. The role of physical therapists in primary and secondary prevention of cardiovascular disease, stroke and diabetes will be discussed. Physical therapists are well educated and positioned to work in preventative care and wellness and provide an opportunity to improve population health. Physical activity and exercise prescription are key to physical therapist practice and use of the physical activity vital sign (PAVS) and/or wearable trackers will be incorporated to ensure that dosing and intensity are sufficient to achieve the health benefits to prevent or manage chronic disease.