

# Our pathway to living longer

(no date)

**Type:** Booklet

**Description:**

This booklet provides a detailed overview of nutrition, diabetes and cardiovascular health. It provides an explanation of technical terms in simple language with accompanying illustrations.

Topics include:

- blood pressure
- smoking
- healthy eating
- healthy bodyweight
- diabetes
- physical activity
- footcare
- angina, stroke and heart attacks

**Producer:**

Western Australian Department of Health, Kidney Health Australia, Perth, WA

**To order copies of this resource**

Not available in hardcopy. The PDF can be downloaded from:

<http://www.kidney.org.au/LinkClick.aspx?fileticket=cn1H64hff3o%3d&tabid=770&mid=1755>

**View website:**

Kidney Health Australia  
<http://www.kidney.org.au>

**When to use this resource:**

This resource is an educational tool to use with people with chronic health conditions. It can also be used to educate the wider community. It contains some sample meal plans which could be distributed to people trying to change their eating patterns.

