

Chapter 25 Parent Letter and Activities

Dear Parent or Guardian,

For Americans of all ages, heart disease and cancer remain the leading causes of death, accounting for over 50 percent of all deaths. In addition, diabetes has become a major concern—type 2 diabetes accounts for over 90 percent of all cases of this disease. The nearly epidemic proportion of type 2 diabetes is due partly to the prevalence of obesity and inactive lifestyle. In this chapter, we will examine noncommunicable diseases in order to learn how to lower health risk factors associated with these diseases.

The following topics will be discussed in this chapter:

- Cardiovascular Disease.
- Cancer.
- Allergies, Asthma, Diabetes, and Arthritis.
- Physical and Mental Challenges.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Discuss your family’s medical history with your teen. Look for patterns of non-communicable diseases. Emphasize that many non-communicable diseases can be prevented or treated effectively; an increased awareness of your family’s medical history can help shape behaviors that may reduce the risk of these diseases. Discuss any controllable factors, such as nutrition, exercise, and abstaining from drugs and tobacco that will help your teen lower his or her risk for cancer and heart disease. Brainstorm strategies for developing and maintaining healthful behaviors. Ask your teen to explain how allergies, asthma, and certain types of diabetes are caused by immune system responses. Find the Air Quality Index in the weather section of your local newspaper, and help your teen understand the meaning of the index and how poor air quality affects people with asthma or other breathing conditions. Talk with your teen about the types of challenges faced by people with physical or mental impairments. Help your teen research any changes your state or local government has made to comply with the Americans with Disabilities Act of 1990.

I hope that the knowledge your teen gains during our examination of non-communicable diseases will help him or her make healthful decisions. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen’s health education.

Sincerely,

Health Teacher

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