

Make a commitment to your overall health

Here are four things you can do that are within your control.

1 Build up your social support network.

People who regularly talk to friends and family are less likely to have frequent health problems compared to those who rarely do.



3 Connect with your community.

People who have attended local community events in the last six months are less likely to have frequent health problems compared to those who haven't.



2 Volunteer in your community.

People who have volunteered in the last six months are less likely to have frequent health problems compared to those who haven't.



4 Stop smoking.

People who have never smoked or have quit smoking are less likely to have frequent health problems compared to those who smoke.



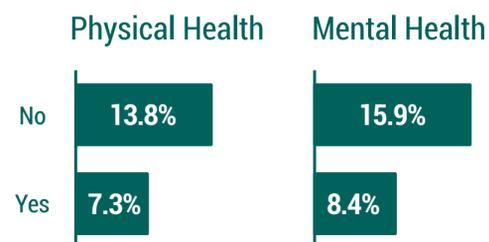
The data behind the story:

In 2014, Rhode Islanders age 18-64 who reported they experienced 14 or more days out of the past 30 during which health was not good.

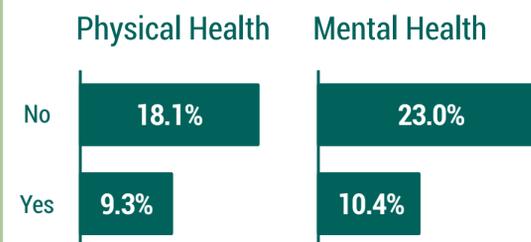
1 Not counting people you live and work with, how often do you talk to friends or family? (n=569,054)



2 Volunteered in local school, church, senior center, or other community organization in past six months (n=563,145)



3 Attended local community events in last six months (n=552,834)



4 Smoking status (n=629,658)

