

A Story of Health

An eBook on how to promote health and prevent disease.

A Story of Health

brings you into the lives of fictional people with some of the chronic illnesses and conditions that are a serious problem for the health of our nation.

The stories highlight

how our health is affected by where we live, eat, work, play, pray, volunteer and socialize. They also illustrate how we can prevent disease and promote health.



A resource that clearly explains the multiple factors that influence our health across the lifespan – the natural, built, chemical, food, economic, and social environments – and how they interact with genetics and each other.

A Story of Health is written by health experts, with content relevant to a wide audience, from clinicians, to health advocates, to policy makers.

Five chapters are now available:

Asthma

**Cancer
(Childhood
Leukemia)**

**Learning/
Developmental
Disabilities**

Infertility

New!

**Cognitive
Decline**

A Story of Health is a collaboration among the Agency for Toxic Substances and Disease Registry (ATSDR), Commonwealth, the Office of Environmental Health Hazard Assessment, California Environmental

Protection Agency (OEHHA), the Science and Environmental Health Network (SEHN), and the Western States Pediatric Environmental Health Specialty Unit (WSPEHSU).



key concept



watch a video



additional resources, tools



technical details for health professionals



skip this section



definition



Free Continuing Education credits offered through the Centers for Disease Control and Prevention/ATSDR.

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Stephen's Story
(Cancer/Childhood Leukemia)

Common Themes

Although the fictional narratives in *A Story of Health* describe the lives of children and adults with different conditions and diseases, common themes resonate:

- Most diseases as well as good health are the result of complex interactions among multiple social and environmental influences and genetics.
- Early-life experiences can have profound beneficial or detrimental lifelong effects.
- Health promoting public policies are necessary to make healthy living available to all people.



Brett's Story
(Asthma)



Amelia's Story
(Developmental Disabilities)



New Chapter:
Sam's Story
(Cognitive Decline)

Science updated regularly



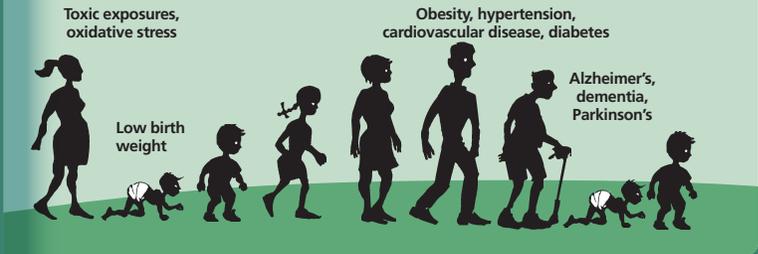
Reiko & Toshio's Story
(Infertility)

A *Story of Health* is superb and fun to use. This is a fantastic resource. It is compelling, educational and engaging, and will absolutely make a difference. I will recommend it to friends, colleagues, medical students and residents."

– Brian Linde MD, *Pediatric Hospitalist, Kaiser Permanente, Oakland, CA*

Aging begins at conception.

Early life experiences can influence later-life health, disease.



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