IMPROVE YOUR HEALTH, YOU WILL HAVE A BETTER QUALITY OF LIFE

5 BIG GROUPS OF DISEASES CAUSE 80% OF DEATHS IN SPAIN

DISEASES THAT CAUSE THEM

![Chart showing disease causes]

- Cardiovascular: 31%
- Cancer: 28%
- Mental: 9%
- Chronic Respiratory: 9%
- Diabetes: 3%

MAIN CAUSES

- Bad Diet
- Inactivity
- Smoking
- Abusive Consumption of Alcohol

PREVENTIVE HEALTHY HABITS

- Maintain a balanced diet
- Do regular exercise
- Rest and care for your quality of sleep
- Avoid consuming alcohol and tobacco