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September 2021

Tackling Chronic Disease During a Pandemic

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Citation of this paper:

Anton, Amanda, "Tackling Chronic Disease During a Pandemic" (2021). *Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity*. 70.

<https://ir.lib.uwo.ca/inspiringminds/70>

Tackling Chronic Disease during a Pandemic

Chronic diseases (CD) have been plaguing our mental and physical health for far too long. The inherent premise of CD is its ability to be treated but not cured. As our population continues to reach higher life expectancies, quality of life is diminishing as CDs such as cardiovascular disease, diabetes, and cancer engulf our capacity to live healthier and fuller lives.

However, there is a caveat; most CDs are preventable, with modifiable risk factors including diet, physical activity, tobacco use, and alcohol intake. My passion for managing and preventing CD in Canada fueled my interest in searching for a practicum that aligned with my goals. Thus, as a Master of Public Health student, I am interning at Heart & Stroke, where my projects surround providing access to equitable heart failure care for populations most at-risk. My goal is to aid in decreasing its incidence and prevalence rate in the country.