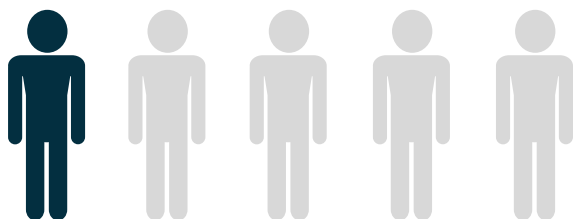


# WHAT IS RURAL HEALTH?

*Rural health is the health of people living in rural areas, who generally are located farther from health care facilities and other services than people living in urban areas. Rural residents tend to be older and are at higher risk for poor health outcomes than urban residents.*

## DID YOU KNOW?



Nearly **1 in 5** people in the United States (**46 million**) live in rural areas.



Compared to urban residents, people living in rural areas are more likely to die from heart disease, cancer, unintentional injury, chronic lower respiratory disease, and stroke.

..... **Help keep yourself healthy by:** .....



Being physically active



Eating healthy foods



Not smoking



Seeing your health care provider regularly



Wearing a seatbelt