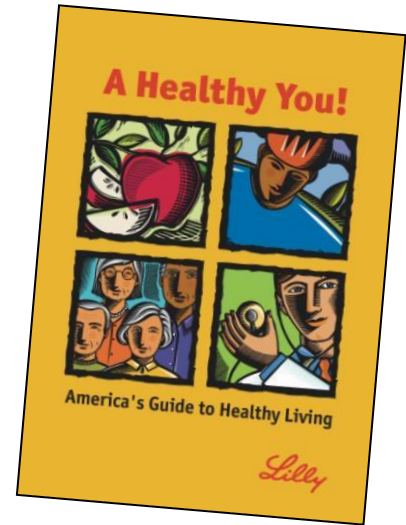


A Healthy You! – America’s Guide to Healthy Living **Fact Sheet**

- **Description:** Paperback, pocket-sized health resource book published by Eli Lilly and Company (February 2008)
- **Cost:** Free
- **Purpose:** Provide Americans with the information and resources they need to lead healthy lives
- **Size, Length:** 4.25 inches by 6 inches, 148 pages
- **Contents:** General health information and resources divided into the following sections:
 - Exercise and nutrition
 - Children’s health
 - Women’s health
 - Men’s health
 - Older adults
 - Mental health
 - Diabetes
 - Living heart healthy
 - Cancer screening
 - Substance abuse
 - Tobacco cessation
 - Veterans health
 - Patient assistance programs
- **State resource section:** More than 1,000 state-by-state health resources enabling Americans to access local programs and agencies in their area
- **National resources:** More than 70 national health resources listed in corresponding sections of the book in easy-to-see “Find Out More” boxes
- **English and Spanish versions:** *A Healthy You! – America’s Guide to Healthy Living* is also available in Spanish. *Buena Salud, Buena Vida – Su Guía de Recursos de Salud* was released in July 2008.
- **Web site-supported:** Visit www.lillyforbetterhealth.com to access the book online and find links to health resources near you



	Find Out More American Academy of Pediatrics www.aap.org
	KidsHealth www.kidshealth.org
	National Association for Sport and Physical Education www.aahperd.org/naspe