

## CONCLUSION

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“Healthy living” is a contemporary way to describe the prevention of disease and injury, as well as the promotion of quality of life. Creating better conditions for healthy living and adopting healthy behaviors is a responsibility shared by governments, industry, communities and individuals.

It is hoped that Manitobans will use the information in this report in a variety of ways to become healthier and reduce health inequalities within our population. In the simplest analysis, these data can be used as indicators of prevention, disease rates and the quality of health care provided to Manitobans. Data, such as those in this report, are a useful reference for this ongoing work by indicating our current status and what more can be achieved. In most cases, the information presented should stimulate further discussion and research. The main goal of this report will be achieved if the indicators presented can be interpreted to show us where action is needed now, and in the future, to improve the overall health of Manitobans, while reducing disparities of health among Manitobans.