cardiovascular diseas prevent use socio-ecolog model cardiovascular diseas cvd lead caus death global n't simpli matter individu choic socio-ecolog model offer power len understand complex interplay individu behavior social factor environment influenc contribut cvd risk individu level model acknowledg import person choic behavior factor like unhealthi diet physic inact smoke excess alcohol consumpt well-establish risk factor cvd model emphas promot healthi habit educ self-monitor tool access healthi food option encourag physic activ creat safe walk path afford gym membership workplac well program nudg individu toward healthier lifestyl beyond individu choic social environ play signific role socioeconom statu strong correl cvd risk low-incom commun often limit access fresh fruit veget healthi groceri fast food outlet conveni store offer unhealthi option may readili avail socio-ecolog model emphas address dispar community-bas intervent program promot commun garden offer cook class focus healthi meal prepar budget subsid healthi food option low-incom neighborhood empow individu make healthier choic despit socioeconom constraint social support network also play crucial role strong social connect famili friend provid encourag healthi behavior offer buffer stress known cvd risk factor model highlight import foster social cohes build support network particularli vulner popul commun center offer group fit activ social event provid platform build connect promot sens belong move beyond individu social sphere model emphas influenc broader environment factor urban plan play signific role citi walkabl neighborhood well-maintain bike lane access public transport system encourag physic activ reduc relianc car convers sprawl develop car-depend lifestyl contribut sedentari popul socio-ecolog model encourag creat environ promot healthi choic design invest public transport infrastructur creat safe walk cycl path zone regul promot mixed-us develop strategi nudg entir commun toward activ lifestyl public polici also shape environ signific way tax sugari drink subsidi healthi food influenc dietari choic workplac well program incentiv healthi behavior creat posit chang within organ model emphas import advoc polici promot healthi lifestyl discourag unhealthi one conclus prevent cvd requir comprehens approach socio-ecolog model remind us individu choic influenc complex web social environment factor promot healthi habit individu level address social determin health creat environ support healthi choic significantli reduc burden cardiovascular diseas creat societi healthi heart within reach