

New health challenges and its solution in 21st century

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Introduction

- Health is a state of complete physical, mental and social well being, not merely the absence of disease or infirmity
- Good health central to handling stress and living a longer, more active life
- We explain the meaning of good health, type of health a person needs to consider, and how to preserve good health

Health challenges

- Use of electronic devices
- Proper nutritive food
- Hygiene
- Mental health
 - Environmental quality





Challenge 1 - Electronic devices

- Electronic devices has become human's best friend
- Phone addiction and internet addiction have become common affecting even our young children
- The light emitted from the gadgets causes sleep disorders. Apart from causing dryness in the eyes, too much of screen time can cause myopia
- It also causes neck pain and back pain and if not looked on time, it might affect the posture of the child for a life
- The radiation emitted from the gadgets can cause cancer as children absorb the radiations at higher rate then adults
- Lack of physical activities

How to reduce the use of electronic devices

- Limit your non-work screen time
- Set a timer
- Choose outdoor activities over technology
- Set aside reading time
- Find alternative activities to fill your time
- Limit social media use
- Create projects for yourself



Challenge 2 – Proper nutritive food

- It is the most important factor that affects our health
- Poor nutrition can impair our daily health and wellbeing and reduce our ability to lead an enjoyable and active life
- In the short term, poor nutrition can contribute to stress, tiredness and our capacity to work, and over time it can contribute to the risk of developing some illnesses and other health problems such as:
 - Being overweight
 - > Tooth decay
 - High cholesterol
 - Some cancers
 - Depression
 - High blood pressure
 - Heart disease and stroke



Steps to good nutrition – its easier than you think

- Focus on adding healthy foods
- Switch over to healthy recipes that look and taste good
- Plan your meals ahead and shop for healthy ingredients.
- Enjoy cooking and eating healthy food with family or friends and without distraction such as the television.
- Only occasionally eat sugary, fatty or salty food, and then only in small amounts





Challenge 3 – Hygiene

- Good hygiene is crucial to good overall health and wellness because it helps lower the risks for disease ,illness, and medical condition caused by the effects of the poor hygiene
- When a person doesn't practice good hygiene, their body can accumulate bacteria that contribute to diseases such as head lice and scabies etc
- Maintaining personal hygiene and sanitation is important for several reasons such personal, social, psychological, health, etc
- If every individual on the earth on the planet maintains good hygiene for himself

and the things around him, diseases will eradicate to a great level

How to maintain hygiene

- Cleanliness is the key to have good health
- The most important way to reduce the spread of infectious is hand washing- always wash regularly with soap and water
- Having good personal hygiene
- Hanging clothes in the sun to dry
- Disinfect your home surfaces regularly
- Dispose waste as soon as can
- Never spit in public places
- Keep our surrounding clean

Challenge 4 - Mental health

- Mental illness, also called mental health disorders, refers to a wide range of mental health conditionsdisorders that affect your mood, thinking and behaviour
- It include depression, anxiety disorders, eating disorders and addictive behaviours
- Mental health has direct impact on your physical health
- Neglecting your mental health can lead to more serious health complications such as:
 - Heart disease
 - Obesity
 - Premature death
 - Asthma
 - Weakened immune system
 - Gastronomical problems
 - High blood pressure



Maintaining good mental health

- Tell yourself something positive
- Exercise it is powerful antidote to stress, anxiety and depression
- Eat a good meal
- Open up to someone
- Do something for someone else
- Focus on one thing
- Take time to laugh
- Boost brainpower by treating yourself to couple pieces of dark chocolate every few days



Challenge 5 - Environmental quality

- Our health is affected in countless ways by the environment we live in.
- Poor air quality is linked to premature death, cancer and long term damage to respiratory and cardiovascular systems.
- Poor water quality can lead to gastrointestinal illness, neurological problems and cancer.
- Also climate change isn't just bad for the planet's health it's bad for people's too.



Solutions

- Most important plant a tree and conserve water
- Choose non toxic chemicals in the home and office
- Bike more drive less.
- Reduce, reuse and recycle



