

Dietary diseases

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Food factor: dietary diseases

Abstract

When adults grow up, they have a greater chance of developing certain diet-related diseases such as hypertension, heart disease, cancer or osteoporosis. Older adults are more likely to require diet modification to control the disease than younger adults.

For some people, improving their diet may be as simple as deciding to eat healthy foods, but for others it may be a lot more challenging, especially if they have limited or no access to healthy foods. As fresh produce in the areas where they live.

Patient diet habits and lack of physical activity play an important role in the development and progression of heart disease, type 2 diabetes, obesity, osteoporosis, and bone fractures.

Introduction

While 25 percent of blood cholesterol comes from diet, people can reduce this harm much, eating foods that do not contain cholesterol. While all animal-based foods products contain cholesterol, all plant-based foods are naturally cholesterol-free. In addition to large amounts of dietary cholesterol, "meat" and other animal products also contain high levels of fats that raise blood cholesterol.

Obesity: the imbalance between declining energy expenditure due to physical inactivity and high energy in the diet is the main determinant of the obesity epidemic. Increasing physical activity, plus reducing intakes of foods high in fat and foods and drinks high in sugars, can prevent unhealthy weight gain. Taking these simple goals to concrete action requires major social and environmental changes in order to effectively promote and support healthier choices at the individual level.

Diabetes: excess weight gain, overweight and obesity and physical inactivity account for the escalating rates of type 2 diabetes, worldwide. Diabetes leads to increased risk of heart disease, kidney disease, stroke and infections. Increased physical activity and maintaining a healthy weight play critical roles in the prevention and treatment of diabetes.

Cardiovascular diseases: cardiovascular diseases, the major killers worldwide, are to a great extent due to unbalanced diets and physical inactivity. Risk of their main forms, is reduced by eating less saturated and Trans fats, and sufficient amounts of polyunsaturated fats, fruits and vegetables and less salt, as well as by physical activity and controlling weight. Reduction of salt intake helps reduce blood pressure, a major cause of cardiovascular diseases

Cancer: tobacco is the number one cause of cancer, but dietary factors contribute significantly to some types of cancer. Maintaining a healthy weight will reduce the risk for cancers of the breast, endometrium and kidney.

Osteoporosis and bone fractures: fragility fractures are a problem of older people. Adequate intakes of calcium and of vitamin D in populations with high osteoporosis rates helps to reduce fracture risk, so does sun exposure and physical activity to strengthen bones and muscles.

Proposed project activities and solutions

These problems are seen in Kosovo as well as in other countries.

The crucial role of physical activity as part of nutrition and health was acknowledged. Physical activity is a key determinant of energy expenditure, and thus fundamental to energy balance and weight control.

Physical inactivity is already a major global health risk and is prevalent in both industrialized and developing countries.

Healthy diets and physical activity are key to good nutrition and necessary for a long and healthy life. Eating nutrient dense foods and balancing energy intake with the necessary physical activity to maintain a healthy weight is essential at all stages of life.

The solution for these problems are simple. We just need to be respected individually, so then we can respect them as a community, city, and country.

One of the solutions is eating healthier.

Vegetarian diets tend to be lower in saturated fat and cholesterol and have higher levels of dietary fiber, magnesium, vitamins C and E, etc. Plant-based diets are appropriate for people of all ages and activity levels, including pregnant and nursing mothers, infants, children, adolescents, and athletes.

To achieve best results in preventing nutrition-related chronic diseases, strategies and policies should fully recognize the essential role of both diet and physical activity in determining good nutrition and optimal health. Policies and programs must address the need for change at the individual level as well as the modifications in society and the environment to make healthier choices accessible and preferable.

Educational Interventions

Efforts to change diets, physical activity patterns, and other aspects of lifestyle have traditionally attempted to educate individuals through schools, health care providers, worksites, and general media. These efforts will continue to play an important role, but they can be strongly reinforced by policy and environmental changes.

National campaigns:

Invest in developing locally appropriate health messages related to diet, physical activity, and weight control. This effort is best done in cooperation with government agencies, nongovernmental organizations, and professional organizations so that consistent messages can be used on Social media, television and radio; at health care settings, schools, and worksites; and elsewhere.

Interventions by Health Care Providers:

Controlled intervention trials for physical activity have shown that physician counseling, especially when accompanied by supporting written material, can be efficacious in modifying behavior.

Worksite Interventions

Worksite interventions can efficiently include a wide variety of health promotion activities because workers spend a large portion of their waking hours and eat a large percentage of their food there. Interventions can include educating employees; like offering incentive programs to walk, or ride a bicycle; offering exercise programs during breaks; improving the physical environment to promote activity; and providing healthier foods in cafeterias.

School-based Programs

School-based programs include the roles of nutrition and physical activity in maintaining physical and mental health. School food services should provide healthy meals, both because they directly affect health and because they provide a special opportunity to teach by example. In many countries, school-based physical education remains a significant source of physical activity for young people.

Not all fats are the same, it pays to know the difference. People should eat less high-calorie foods, especially foods high in saturated or trans fats and sugar, be physically active, use less salt; enjoy fruits, vegetables and select foods of plant and marine origin.

As well as we need development of dietary advice and development of the food supply.

Conclusion

Good nutritional habits and a balanced diet aren't developed in one day, nor are they destroyed in one unbalanced meal. Healthful eating means a lifestyle of making choices and decisions, planning, and knowing how to make quick and wise choices when you haven't planned.

What you learn about eating in these first years on your own will help establish good dietary patterns for the rest of your life. Making the break from home cooking and becoming responsible for choosing the foods you eat is part of the challenge of becoming a mature and an independent adult.

It is a challenge that should not be taken lightly. The nutritional habits you develop now will be difficult to change in the coming years when your body stops growing and your lifestyle may become more sedentary. Learning to make sensible choices from a confusing array of options is not easy, but the rewards are great.

Eating nutritious and healthful food while maintaining your proper body weight will contribute to a better performance in the classroom, in the gym, and on the dance floor. You will feel and look your best.

In contrast, a poor diet can lead to insidious health problems that can interfere with success in academic and social performance and may eventually mean confronting a serious long-term illness, such as heart disease or diabetes, obesity, osteoporosis, and bone fractures. Knowing how much and what to eat is important knowledge.