

Lifestyle- related diseases

- ▶ Non communicable disease poor eating habits, smoking and inactivity contribute to persons developing these diseases
- ▶ Age, gender and inherited traits also impacts lifestyle diseases
- ▶ Examples include obesity, diabetes mellitus and cardiovascular disease (CVD)

OBESITY

- a person consumes more food than the body requires
- The excess is converted to fat and is stored under the skin and around organs
- A form of malnutrition

CAUSES

- Excess carbohydrates and fat and a lack of physical activity

The importance of diet and exercise

- ▶ Health and balanced diet ensures that excess carbohydrates and fats, which contribute to these diseases are not consumed
- ▶ Healthy diet limits weight gain, maintains a normal heart rate and blood pressure
- ▶ Diet should be low in saturated fats and high in dietary fibre
- ▶ Regular aerobic exercise also limits weight gain, promotes efficient gaseous exchange, a faster metabolic rate, a lower heart rate and an increased in muscle size and strength

Vectors and vector-borne infectious diseases

- ▶ A vector is an organism that carries pathogens in or on its body and transmits the pathogen from one host to another.

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