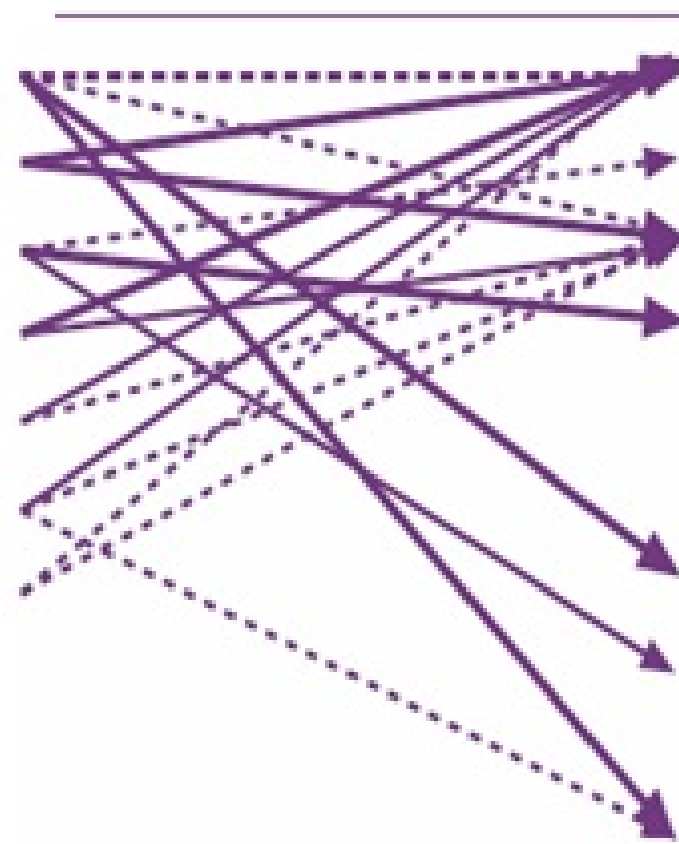


DISEASE TREND – DEVELOPED WORLD

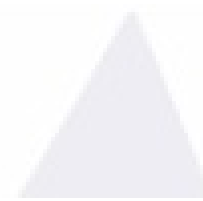
RISK FACTORS

- Tobacco
- Blood pressure
- Alcohol
- Cholesterol
- Overweight
- Low fruit and vegetable intake
- Physical inactivity
- Illicit drugs
- Unsafe sex^a
- Iron deficiency^b



DISEASE OR INJURY

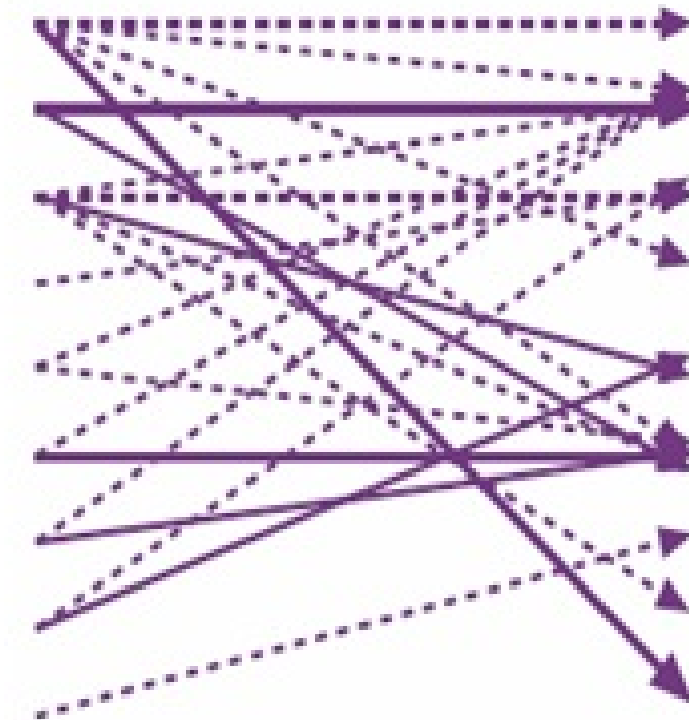
- Ischaemic heart disease
- Unipolar depressive disorders
- Cerebrovascular disease
- Alcohol use disorders
- Dementia and other central nervous system disorders
- Deafness
- Chronic obstructive pulmonary disease
- Road traffic injury
- Osteoarthritis
- Trachea/bronchus/lung cancers



DISEASE TREND – DEVELOPING WORLD

Risk factor

- Alcohol
- Blood pressure
- Tobacco
- Underweight
- Overweight
- Cholesterol
- Low fruit and vegetable intake
- Indoor smoke from solid fuels
- Iron deficiency
- Unsafe water, sanitation and hygiene^a



Disease or injury

- Unipolar depressive disorders
- Cerebrovascular disease
- Lower respiratory infections
- Road traffic injury
- Chronic obstructive pulmonary disease
- Ischaemic heart disease
- Birth asphyxia/trauma
- Tuberculosis
- Alcohol use disorders
- Deafness

THE URBAN INDIA HEALTH & LIFESTYLE SURVEY (1995)



FACTORS	(%)
- PHYSICALLY UNFIT	55.98
- OVERWEIGHT	64.67
- MULTI DIMENSIONAL STRESS	41.24
- PSYCHOSOMATIC STRESS	84.79
- SMOKING	20.02
- FAMILY HISTORY	42.37
- HIGH CARDIAC RISK	67.08
- MULTIFACTOR CANCER RISK	29.78

3rd February, LIFEMED 2007

INTERNATIONAL HEALTH

Component	AUSTRALIA	USA
	%	%
In active	43	40
Over weight	62	59
Stress	13	55
Chronic Ailments	77	-
Diabetes	14	-
Cardiac Problems	73	69
Smoking	23	28
Alcohol	13	9

3rd February, LIFEMED 2007

WEALTH & WELLNESS



<u>PARAMETERS</u>	<u>CEO</u>	<u>EXEC</u>	<u>SUPERVISORS</u>	<u>WORKERS</u>
OBESITY	82	54	28	18
UNFIT	69	57	54	56
STRESS	100	34	53	--
High B.P.	35	20	11	2
DIABETES	12	17	5	4
CHOLESTEROL	23	8	3	--
CARDIAC	58	48	34	18
ALCOHOL	15	3	4	5
SMOKING	15	18	15	14
PAAN	2	11	17	42
CANCER	30	29	41	33
GOOD HEALTH INDEX	40	55	57	68

3rd February, LIFEMED 2007

URBAN INDIA ADULT / CHILDHEALTH & LIFESTYLE SURVEY



Parameters	Adult *	Children **
Stress	41	54
Psychosoma	84	11
Sedentary	55	72
Obese	64	52
Dependency Risk	29	52
Safety Risk	--	60
Wellness Status	15	--

3rd February, LIFE MED 2007

THE URBAN INDIA HEALTH & LIFESTYLE SURVEY

HEALTHY WITH
APPROPRIATE
LIFESTYLE

15.00%

3rd February, LIFEMED 2007

Nurture your Health

6 Rules of Good Health

- ❖ Check Your Health
- ❖ Healthy Diet
- ❖ Exercise & Fitness
- ❖ Manage Your Mind
- ❖ Quit Smoking, Limit Alcohol
- ❖ Safety

Check Your Health

- Medical Check

Blood Pressure
Blood Picture
X Ray, ECG,
Consultation



- Health Check

Genetics, Risk Factors
Diet, Exercise
Mental Health
Lifestyle Consultation

Annual Medical & Health Check



Healthy Diet

- Food Groups
- Macro / Micro Nutrients
- Digestive Process
- Diets / Calories
- Rules of Nutrition



- In/Out
- Fat/Fibre
- Natural/Processed

Exercise And Fitness

- Benefits of Exercise

- Components

Stamina, Strength, Stretching

- FITT

Frequency, Intensity, Time, Type

- Program



Manage Your Mind

- PSYCHOSOMA
- CAUSES
 - Personality
 - Home /Work
 - Routine
 - Crisis
- MANAGEMENT
 - Physical
 - Mental
 - Social
 - Spiritual



Sleep

- Brain Waves
- Endorphins
- Types of Sleep (REM, NREM)
- Factors Affecting Sleep
- Effect of Reduced Sleep
- Sleep Hygiene

Quit Smoking - Limit Alcohol

- Smoking

Cause

Effect

How to Quit

- Alcohol

Types

Quantum Effect

How to Limit

- Paan, Narcotics



Safety

- Automobiles
- Occupation
- Recreation
- Home
- Sexual



Nurture your Health

6 Rules of Good Health

- ❖ Check Your Health
- ❖ Healthy Diet
- ❖ Exercise & Fitness
- ❖ Manage Your Mind
- ❖ Quit Smoking, Limit Alcohol
- ❖ Safety



Thank You

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