Lifestyle Diseases

Factors that Affect our Health

Lifestyle Diseases

- Definition: Any disease (illness or disorder) that is a result of daily choices.

How to prevent Lifestyle Diseases

- 1) Educate yourself
- 2) Make better health decisions
- 3) Take advantage of programs
  - Exercise classes
  - Stress management classes
  - Physicals / flu shots
  - Smoking cessation classes

Factors Affecting Your Health

1) <u>Lifestyle Choices</u>-

- Heart Disease, Diabetes – Exercise, Nutrition

- Lung Disease – Smoking

- Liver Disease – Alcohol Abuse

- Accidents – Drunk Driving, Distractions

- *Can be prevented

Factors (cont.)

2) <u>Heredity</u>

- Some tend to develop certain diseases while others don't.

      -High Cholesterol

      -Dementia

*Really can't control but can slow down process etc..

Factors (cont.)

3. Environment

1) Infections, Diseases (HIV)

2) Passes from one person to another

3)Air

4) Water

5) Food

*Some can be preventable