

# Healthy Lifestyle

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# Introduction

- During last 3 decades transition of disease pattern from communicable to non – communicable diseases.

Why?

Better living conditions – water supply, housing, education.

Improved health services – vaccination, access to health services

Change in our lifestyle – eating habits, sedentary habits etc..

# Major NCDs In Mauritius

- Diabetes Mellitus
- Hypertension
- Coronary Heart Disease
- Cancer
- Mental illness
- Substance abuse
- Road Traffic Accidents

NCDs represent about 75% of total disease burden in Mauritius.

# National Nutrition Survey 2004 (5 to 11 years)

- 7.9% boys are overweight
- 7.5% girls are overweight
- 8.5% boys are obese
- 7.8% girls are obese
- 30.7% less than 1 fruit per week

# Global Situation

- ❖ In 2005 1.6 billion adults(>15 years) overweight
- ❖ In 2005 400 million adults obese
- ❖ **In 2005 20 million children <5 years overweight**
- ❖ In 2015 2.3 billion adults overweight
- ❖ In 2015 700 million adults obese

# Causes of overweight/obesity

- ❖ Diet – high calorie food like fast food, snacks, fried food, soft drinks etc..
- ❖ Inactivity – sedentary habits, tv computer etc...
- ❖ Psychological factors – stress, boredom etc..
- ❖ Genetics
- ❖ Hormonal
- ❖ Family factors
- ❖ Socioeconomic factors

# Bad eating habits



# Sedentary habits & overweight



# Complications

- ❖ Type 2 DM
- ❖ Metabolic syndrome
- ❖ High blood pressure
- ❖ Asthma & Respiratory problems
- ❖ Sleep disorders
- ❖ Liver disease
- ❖ Early puberty and menarche
- ❖ Eating disorders
- ❖ Skin infections

# What should be done?

❖ Healthy eating

❖ Physical activity

# HEALTHY EATING

- A balanced diet is the foundation for sound health

# Importance of good nutrition

- Age period 0-1 yr – rapid growth period
- 1-6 yrs – growth slower but activity increases
- Balanced nutrition essential for children to promote growth and development

# Dietary guidelines for school children

1. Offer a variety of nutritious meals and snacks
2. Provide a balanced breakfast everyday
3. Allow enough time to eat in a relaxed atmosphere
4. Serve small servings several times a day
5. Offer a diet with plenty of fruits and vegetables
6. Offer adequate amounts of calcium rich foods such as milk, milk products and green leafy vegetables
7. Limit intake of foods high in sugar and salt
8. Encourage water as a drink
9. Offer clean and safe foods
10. Offer a variety of food.

# Eating patterns for the school child

- 7 am - cereals or bread, margarine, cheese/peanut butter  
One glass of milk  
One fruit (banana)
- 10 am - Fruit juice/yoghurt/sandwich
- Noon - Rice or bread  
Meat/chicken/fish/egg/pulse  
Vegetable and fruit
- 3pm - 1 Glass of milk  
Pudding/pancake/sandwich
- Dinner - Rice, bread or pasta  
Meat/chicken/fish/egg/pulse  
Vegetable and fruit
- Bed time - One glass of milk

# Packed lunch

- Include foods from each food groups
- Vary these foods throughout the week
- Avoid junk foods such as chips, biscuits, crisps, soft drinks, juices etc...
- Replace junk foods by healthy food choices

# Examples of packed lunch

- Macaroni with vegetables, tuna fish/chicken
- Sandwiches with different fillings
- Bread, potato, carrot and egg salad
- Bread, chicken sauté with vegetables
- Fried rice with egg, chicken and vegetables

# Healthy snacks

Healthy nutritious snacks help promote growth

Examples: fruits, cereals, sandwiches, yoghurt, puddings, cut vegetables, fresh fruit juices & nuts.

# Factors influencing food intake of a child

- Family environment
  - Role model
  - Food attitudes of parents
- Food appearance
  - Flavour, colour, presentation
- Peer influence
- Illness and diseases
  - Food allergy, metabolic diseases e.g juvenile diabetes
- Media messages

# Obesity in children

- Should an obese child be put on a weight reducing diet?

# OBEESITY IN CHILDREN

- Not to put an obese child on a weight reducing diet
- Promote healthy eating
- Discourage unhealthy snacks (junk foods)
- Encourage healthy snacks
- Encourage physical activity

# Underweight children

- As per Nutrition Survey 2004:  
24.3% underweight (5- 11 yrs)
- To investigate for any underlying medical condition e.g worm infestation or thyroid malfunction etc...
- To correct faulty eating habits  
Does the child survive on unhealthy snacks?
- Limit empty calorie foods e.g sweets, candies etc...
- Promote healthy eating
- Fortify the main meals
- Give supplements
- Encourage proper meal time (early dinner time)

# Physical Activity

- Avoid sedentary activities
  - ↓TV watching, Computer/video games
- Participate actively in recreational sports
  - Moderate intensity (cycling, swimming)
  - Vigorous activities (dancing, aerobics, jogging)
  - Strength developing activities (e.g. strength training)
- Adopt healthy practices in daily life
  - Stairs v/s elevator or escalator

*Activities need to be appropriate for the child's age, his physical status, the family social, economic, cultural status*

# Physical activities appropriate for children

- Running
- Hopping
- Kicking
- Jumping
- Climbing
- Throwing, catching or hitting a ball
- Ball games and football, volleyball etc..
- Gymnastics
- Dancing
- Walking briskly

# PHYSICAL ACTIVITIES AT SCHOOL

- Academics are important
- Time for fitness is important
- Physical education (PE) provides opportunity to move during the school day
- Physical education introduces important health habits

# Why is exercise or physical activity important for a child?

- controlling weight
- reducing blood pressure
- raising HDL ("good") cholesterol
- reducing the risk of diabetes and some kinds of cancer
- improved psychological well-being, including gaining more self-confidence and higher self-esteem

# How to promote physical activity in a child?

- Physical activity should be increased by reducing sedentary time (e.g., watching television, playing computer video games or talking on the phone).
- Physical activity should be fun for children and adolescents.
- Parents should try to be role models for active lifestyles and provide children with opportunities for increased physical activity.
- Physical activity should be part of the curriculum.

# Messages to take home

- Ensure that our children
- Live in a health-promoting environment
- Have access to nutritious healthy foods
- Have access to physical education & activities
- Have regular screening for detection of Obesity/Pre-diabetes/Diabetes
- Have access to early detection of DM and expert follow-up

# HEALTHY LIVING

**Remember that prevention is better than cure.**

**Healthy lifestyle will keep you free of so many diseases.**

# Fruits and Vegetables



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P





THANK YOU