AFFECTS OF THE LIFESTYLE





Definition

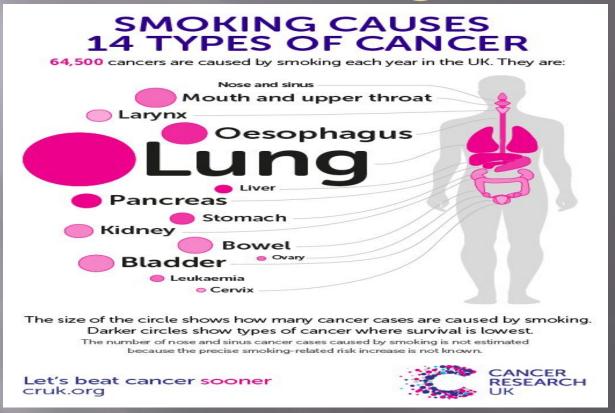
A way of living of individuals, and societies, which they manifest in coping with their physical, psychological, social, economics and environments on a day-to-day basis.

Types of lifestyle

- 1) Healthy
- Physical activity;
- Diets;
- Good Hygiene;

- 2) Unhealthy
- Smoking;
- Alcohol drinking;
- Sedentary way of life;
- Junk food;

Smoking



The fact is that half of all long term smokers eventually die from cancer, or other smoking-related illnesses. And half of those will die in middle age, between 35 and 69.

Some

Over cigarettes are smoked worldwide billion every day

teens aged 13 to 15 smokes cigarettes

Every year, fires are started by children using cigarette million lighters

Ambergris, otherwise known as whale vomit, is of hundreds of possible additives used in manufactured cigarettes

About are daily smokers

Every minute, million cigarettes are sold

of children worldwide are exposed to passive smoking at home

Fires caused by smoking (annual global estimates in 2000)

Resulted in of all fire deaths

300,000

(S\$38 billion)

IN CHINA Over 300 million men in China smoke

Entire population of US

World's worst forest fire caused by cigarettes in 1987

made homeless

million hectares of land destroyed

IN SINGAPORE

In 2007, smoking prevalence was

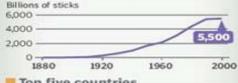
Men also smoked more cigarettes daily. The mean number of cigarettes smoked per day was:

of those who died from lung cancer

were smokers

of deaths due to diseases before the age of 65 were related to smoking

Cigarette consumption



Top five countries

3 Russia

11 Indonesia



from tobacco

Premature deaths

worldwide 2000

Total: 4.2 million

800.000

of young people who continue to smoke will die from smoking

On average, smokers die

13 to 14 years earlier than non-smokers

10)15/: 4 4 5 1

There is enough nicotine in

cigarettes to kill an average adult if ingested whole

of all long-term smokers will die a tobacco-related death

9

seconds.

a human life is lost to tobacco use somewhere in the world

Annual deaths due to tobacco

(estimated worldwide 1950 to 2030 projections)

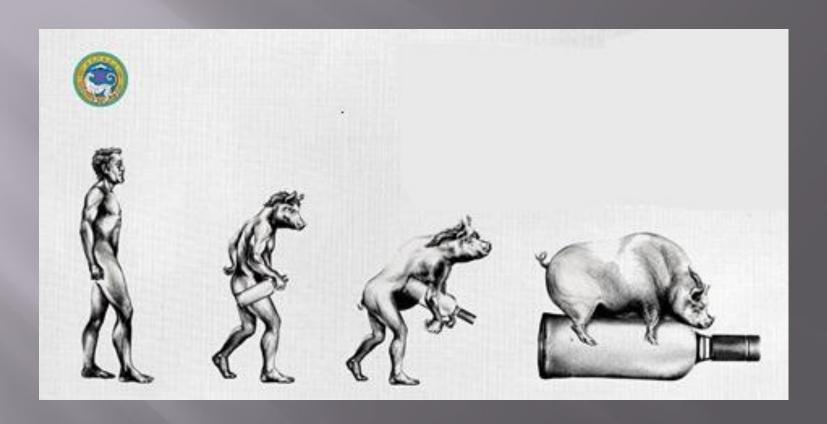
Year	Industrialised countries (million)	Developing countries (million)
1950	0.3	Negligible
1975	1.3	0.2
2000	2.1	2.1
2025- 2030	3*	7*

*Projected

SOURCES: WORLD HEALTH ORGANISATION, SINGSTAT, SINGAPORE HEALTH PR

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Alcohol drinking



Consequences of drinking alcohol

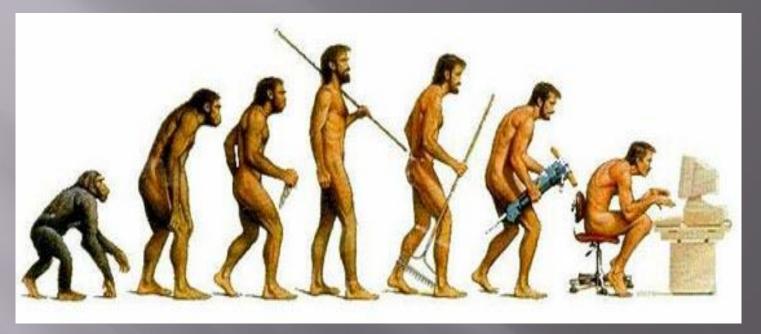
- 1) Death
- 2) Alcohol-impaired-driving fatalities
- Alcohol contributes to over 200 diseases and injury-related health conditions
- 4) Changing of genetic code

Some statistics

- In 2012, aproximately 3.3 million deaths were relate to alcohol consumption.
- Also, in 2012, about 1 million people(33.4% of all Alcohol-Atributible deaths) died of cardiovascular diseases and diabetes, that are attributed to alcohol.

* Global status report on alcohol and health 2014 by World Health Organisation(WHO)

Sedentary way of life



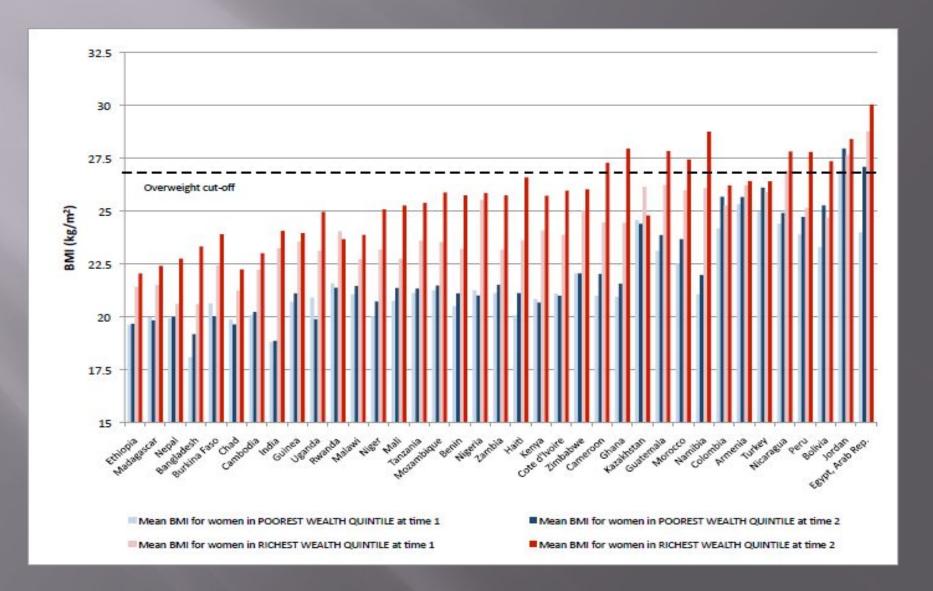
One of the main effects of sedentary lifestyles is becoming at high risk to diseases and illnesses, like ischemic heart attack. This is usually due to lack of exercise which will lead to increase in cholesterol level and blood pressure.

Junk food



- 1. It affects the brain tunction
- 2. It causes fluctuations in blood sugar levels
- 3. It increases the risk of heart disease
- 4. It leads overweight and obesity

Average BMI



Physical activity



- Weight control
- Longer life expectancy
- Staying in shape
- Building bone, muscular strength

Healthy diet

- Proteins
- Vitamins
- Amino acids
- Minerals
- Reduce disease risk

Good Hygiene

- Reduces infection risk
- Keeps hands, teeth clean



Conclusion

In the end, it is obvious that there are far more advantages in healthy lifestyle than unhealthy lifestyle. But statistics show that not everybody properly understands it, so we need to teach people how to avoid bad habits that still continue to kill us eveyday, and be more active.