## HEALTH

# POLICY





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#### Non-communicable disease

السب الحشى

They are the leading cause of death and disability globally.

Multiple causes or risk factors.

نفام هیاه اسباب و عوامل فعی میرهیی خشیدة خشده عله النته ا

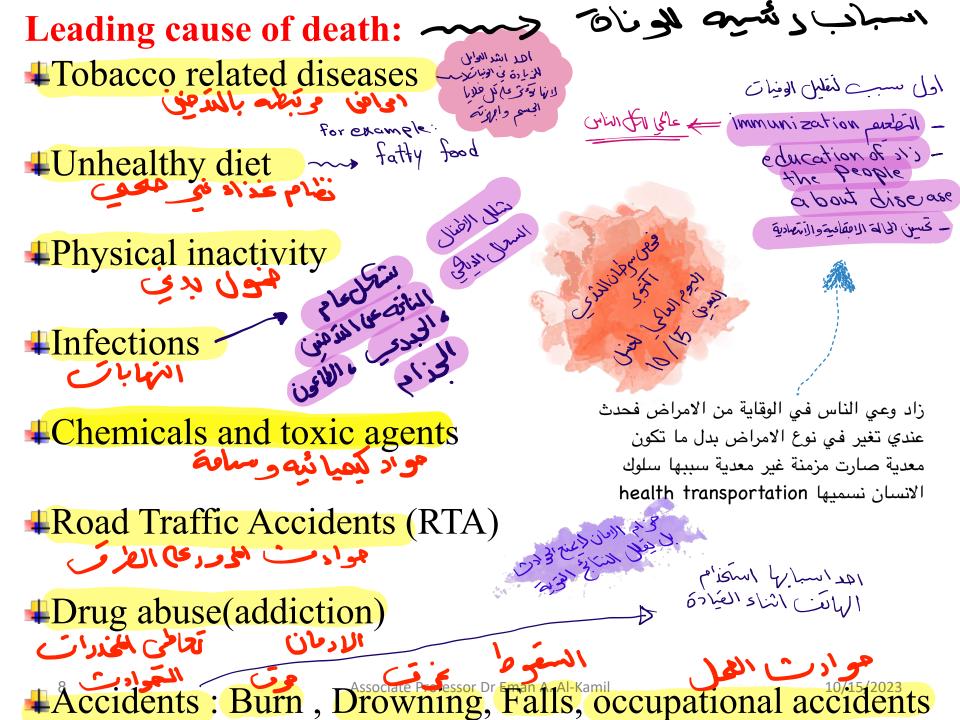
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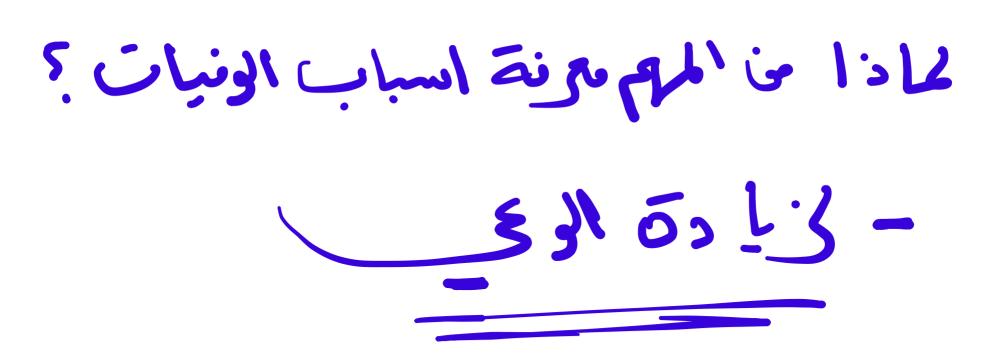
\*Possibility of secondary prevention.

المقالمة الوقاية المثانويم

او سرطان العولون عند الح حال (مدیکون متوارث) colon Canser

اعراف المرقى مبل فهرور عدم المرقان المرافع الموعدة (عدم المرافع المرا

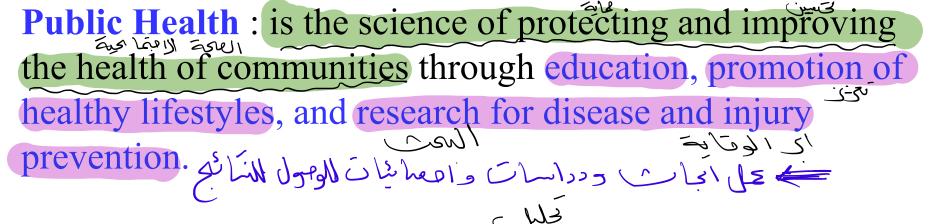




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prevention of diseases

protection the health



- Public health professionals analyze the effect on health of genetics, personal behaviors and the environment in order to develop programs that protect the health of your family and community.

  and community.

  and community.

  and community.

  are expansed as a superior of the profession and the environment in order to develop programs that protect the health of your family and community.
- Overall, public health is concerned with protecting the health of entire populations.
- These populations can be as small as a local neighborhood, or as big as an entire country.

health policy ister is the circles or X

مجموعة من الناس يمتلكون نفس الخصائص والظروف: Populations

 Population: A group of individuals or items that share one or more characteristics from which data can be gathered and analyzed.

• Population, in human biology, the whole number of inhabitants ---occupying an area (such as a country or the world) and continually being

modified by:

\* المحامل المبِّي تحدد عدد السكان:

increases (births and immigrations) and

losses (deaths and emigrations).





#### Lifestyle factors:

The way in which a person lives, way of living i.e.; the habits, attitudes.

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

if you are sis will be so as a se healthy or not

اسلون عباه

رغبان المياهات مزيج من الروافع Lifestyle is a combined of motivations, needs, and wants and is

influenced by factors such as culture, family, and social class.

Life tyle factors shape the health of people:

- healthy lifestyle
- unhealthy lifestyle

#### **Healthy Lifestyle Factors:**

They are factors which affect health in a positive way; i.e. healthy diet, physical activity and exercise, adequate sleep, work.



نمط الحياة الصحي ليس فقط يفيد في زيادة متوسط

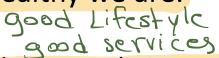
العمر المتوقع بل يفيد في العيش دون المعاناه من

الامواض المزمنة

#### WHY IS IT IMPORTANT?

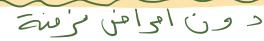
A healthy lifestyle is important for:

- reducing the incidence and impact of health problems,
- تسريع // تعسين العلاج >> Enhance recovery
- coping with life stressors,
- improving quality of life.
- play a part in how healthy we are.



All will affect our health, not only in terms of life expectancy, but how

long we can expect to live without experiencing chronic disease.



#### **Unhealthy Lifestyle Factors:**

These are many factors contributing to the damaging of health or affect health negatively.

- ☐ Lack of Exercise
- sedentary life –
- Stress
- Unhealthy diet
- Smoking
- Drinking alcohol
- poor sleep
- poor hygiene and lack of cleanness





### Unhealthy lifestyle factors contribute to the occurrence of

many chronic diseases (non-communicable diseases) i.e. ام این محصم

- ارتناع منفط الم م منط المم المحالية ال
- امراهي العلب لتأميح Coronary heart diseases
- Obesity \_> aiawi
- Cancer -> نالهما

Most of these diseases are preventable by modifying or changing the lifestyle factors or behaviors, with the result of increasing life expectancy.

