

Lifestyle Diseases and Prevention

Maintaining a healthy lifestyle involves balancing food intake with physical activity.

Many diseases that lead to death are directly related to lifestyle choices e.g. poor eating or drinking habits, lack of exercise, drug use, etc.

Persons who are overweight or obese (very fat) are at higher risk or more likely to develop life style diseases.

Life style diseases such as heart disease, diabetes, hypertension (high blood pressure), cancer and AIDS are the leading causes of death in The Bahamas.

These diseases can be prevented with better life style choices:

- Practice healthy eating by making healthy food choices
- Exercise regularly
- Get enough sleep every night
- Avoid using drugs such as alcohol, tobacco, marijuana, etc.

Answer the following questions.

1. How can one maintain a healthy lifestyle?

2. Name four lifestyle choices that are directly related to death.

- i.

- ii.

- iii.

- iv.

3. What are the five leading causes of death in the Bahamas?

- i.

- ii.

- iii.

- iv.

- v.

4. List the ways in which lifestyle diseases can be prevented.

- i.

- ii.

iii. _____

iv. _____