



Emerald
Health and Education
Foundation

Health Awareness
Disease Prevention

According to a recent study conducted by the Institute of Public Health in Ireland (<http://www.publichealth.ie>) there is expected to be a 40 % increase in serious chronic disease conditions by the year 2020. Conditions named were High blood pressure, Coronary Heart Disease (CHD), Stroke and Diabetes, both type 1 and type 2. Take a minute and think about the number of people you know who currently suffer from one of these conditions, and then add another 4 for every ten. This is a staggering amount not only as it relates to the stress it will place on an already straining health care system, but suggests huge increases in human suffering, shortened life expectancy, decreased productivity and loss of quality in the life experience by the individuals suffering from these problems.

These disease conditions don't happen overnight, and they are generally not the product of chance. There are a number of circumstances that combine to make some people more prone than others such as: Genetics, poverty, unemployment, the environment, smoking, alcohol and drug consumption, diet, physical activity level, chronic hydration level, mental attitude, stress management and the amount of sleep one gets.

Choices can



make all the difference!

While some of the factors may be beyond our control, some of them are not—and it is these that deserve our intelligent attention. Besides reducing the risk to ourselves, we start a process that will help wire the next generation for better health.

It has been demonstrated without question that lifestyle choices do make a big difference in health outcomes. We hear people say things like 'Aunt Biddy smoked 40 cigarettes a day, drank five pints a night and ate rashers with cream seven days a week and lived to 120. The only exercise she got was jumping to conclusions and only slept when the electricity went out and the telly went off. She was never sick a day in her life. Why should I pay attention to my health?'

www.emeraldhef-ie.org
051 831100

Well, some people do have a stronger constitution, but the dismal, undisputed facts in front of us tell us that 'Aunt Biddy' is more of a myth than reality. How many people do you know on some sort of medication for one of these conditions mentioned above? We could site other lifestyle related health issues here as well, but the few we are looking at here prove the point well enough—how we live and eat does make a big difference in our quality of life.

The up side is we can impact areas of our life in ways that will prove very beneficial to our maturing health. As we begin a new year, what better time to think about those areas we can change and start doing something about it!

For more information about proactive steps you can begin to take see: www.emeraldhef-ie.org

Coming 9-13 January

Choosing Freedom, Manage Your Life Without

*Tobacco—The
5 day plan to
stop smoking
will be held at the
Cairdeas Centre,
Belmont, Ferry-
bank. For pre-
registration call
John Kiely on 087
0561234*

