**Health Awareness and Healthy Living for Judicial Officers of lower Court**

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**Introduction**

Good health is essential for every human being.

Health awareness is essential for maintaining good health, preventing diseases as well as making sound health decisions.

People can only be able to access, utilize, and benefit from healthcare services if they have proper information about these services. It is here that health awareness literacy comes into play.

The information related to every aspect of health is easily available today, but the main problem here lies in finding, selecting, and using relevant health information and preventing misinformation.

This aim of this paper is to identifying the gaps in the provision of health information/awareness amongst our highly esteemed judicial officers and ensure we fill up this gaps together.

**What is Health?**

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

**What is Health Awareness:-**

Health awareness is the promotion of knowledge and understanding related to health issues through campaigns, seminars, community engagements etc with the aim of ensuring good healthy living amongst individuals, preventing diseases as well as making sound health decisions.

The main objective of Health Awareness is to provide health related knowledge to the people for preventing and curing disease.

Health awareness also ensures increasing disease awareness to improve access to healthcare.

Awareness is essential for prevention, early detection, targeted therapy and is key to ensuring effective treatment.

Being aware of a disease and its symptoms means people are more likely to take preventative action, and go for screenings, tests and check-ups.

A lack of awareness of diseases or knowledge of options for screening and treatment is a serious barrier to good health.

It can often mean the difference between life and death, particularly with a disease like cancer.

##### **Causes for lack of awareness**

Lack of awareness can be for a number of reasons:-

1. The absence, inaccessibility or inaccuracy of information;
2. Cultural taboos
3. Myths
4. Fear, which can stop people from taking preventative action or seeing healthcare workers.

For example, one out of four people in Africa believes that cancer has no cure. As a result, people often come to healthcare facilities when their disease has worsened or reached a more advanced stage, potentially resulting in lower chance of effective treatment.

Lack of awareness is a global challenge: Most people are not diagnosed of curable clinical conditions until the disease is in the late stage, when treatment options are very limited.

**What is Healthy Living?**

A healthy lifestyle encompasses behaviors that promote well-being, reduce disease prevalence, and increases [life expectancy](https://study.com/academy/lesson/life-expectancy-definition-calculations-quiz.html).

Healthy behaviors are purposeful choices made by individuals that promote good health. They may include [stress management](https://study.com/learn/lesson/stress-management-overview-benefits.html), exercise, or adequate nutrition.

**NOTE: -** A healthy life looks different for everyone.

**Lifestyle that Have Positive influence on health.**

1. Adequate Sleep:-

For adults (18 and older), experts recommend a minimum of 7 hours of sleep per night.

Less than 7 hours of sleep per night is linked to high blood pressure, type 2 diabetes, and obesity.

 To improve sleep, avoid eating and drinking near bedtime.

 Keep the room dark and quiet, and avoid artificial light within a few hours before bedtime.

#### Stress Management

Constant stress can be impactful on health.

Exposure to stress over long periods can lead to high blood pressure, obesity, diabetes, and heart disease.

To reduce stress, find time for activities that encourage relaxation; this could be spending time with friends or family, utilizing relaxation techniques, or participating in hobbies such as reading.

1. Limit unhealthy food and eat healthy meals:-

#### Tips for everyday healthy eating:

* Avoid sodas and sugar-enhanced drinks because of the excessive calories in the sodas and sugar drinks; diet drinks may not be a good choice as they make some people hungrier and increase food consumption.
* Avoid eating a large meal before sleeping to decrease gastro esophageal reflux and weight gain.
* If a person is angry or depressed, eating will not solve these situations and may make the underlying problems worse.
* A vegetarian lifestyle has been promoted for a healthy lifestyle and [weight loss](https://www.medicinenet.com/weight_loss/article.htm); vegetarians should check with their physicians to be sure they are getting enough [vitamins](https://www.medicinenet.com/vitamins_and_calcium_supplements/article.htm), [minerals](https://www.medicinenet.com/vitamins_minerals_and_nutritional_supplements/article.htm), and iron in their diet.
* Cooking foods (above 165 F) destroys most harmful bacteria and other pathogens; if you choose to eat uncooked foods like fruits or vegetables, they should be thoroughly washed with [running](https://www.medicinenet.com/running/article.htm) treated (safe to drink) tap water right before eating.
* Avoid eating raw or undercooked meats of any type.
1. Drink water and stay hydrated

1. **Exercise:-**

For treating general health problems, the exercise is included in life style. The continuous exercise along with a healthy diet increases the health. Some studies stress on the relation of active life style with happiness

1. Reduce Sitting and Screen Time: -

Exercise can’t immunize you from your sedentary time. Even people who exercise regularly could be at increased risk for diabetes and heart disease and stroke if they spend lots of time sitting behind computers. Practically speaking, you could consider taking breaks from sedentary time, such as walking around the office/room a couple of times in a day.

1. **Sexual behavior: -**

Normal sex relation is necessary in healthy life. Dysfunction of sex relation is the problem of most of societies and it has a significant effect on mental and physical health. It can be said that dysfunctional sex relation may result in various family problems or sex related illnesses like; AIDS

1. **Substance abuse: -** Addiction is considered as an unhealthy life style. Smoking and using other substance may result in various problems; cardiovascular disease, asthma, cancer, brain injury.
2. **Medication abuse: -**
3. Find Ways to Manage Your Mental health:-

Social relationships with friends, family, and loved ones you care about are important not only for your mental well-being but also your physical health. Studies show that people who have close friends and family are healthier and [live much longer](https://www.healthline.com/nutrition/blue-zones) than those who do not.

## **What is the benefit of being Health Conscious and Living a Healthy Lifestyle?**

Making changes to improve our health can lead to benefits for your body, your mind, your wallet, and even the environment.

Some benefits of a healthy lifestyle include disease prevention, cost savings, an increase in life expectancy, and a positive environmental impact since people's lifestyle choices directly impact illness and disease, social connections, emotional health, and cognitive functions.

### **1.** Prevents disease:-

Healthy habits can reduce the risk of various diseases, including those that may run in your family.

For example, in a recent [study](https://www.acpjournals.org/doi/full/10.7326/M20-0336), adults who followed a standard American diet (rich in fruits and vegetables) for 8 weeks had a reduced risk of [cardiovascular disease](https://www.healthline.com/health/heart-disease).

Swapping out some refined grains for whole grains also reduces the risk of disease. In an observational [study Trusted Source](https://www.bmj.com/content/370/bmj.m2206) of almost 200,000 adults, those who ate the most whole grains had a 29 percent lower rate of type 2 diabetes than those who ate the least.

And a [review Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4908315/) of 45 studies concluded that eating 90 grams (or three 30-gram servings) of whole grains daily reduced the risk of cardiovascular disease by 22 percent, coronary heart disease by 19 percent, and cancer by 15 percent.

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In another [2020 study Trusted Source](https://www.bmj.com/content/370/bmj.m2194), researchers found that every 66-gram increase in daily fruit and vegetable intake was associated with a 25 percent lower risk of developing [type 2 diabetes](https://www.healthline.com/health/type-2-diabetes).

In terms of exercise, as little as 11 minutes a day may add years to your life. In a [2020 study](https://bjsm.bmj.com/content/54/24/1499), researchers tracked more than 44,000 adults. Those who got 11 minutes of moderate-to-vigorous physical activity each day had a lower risk of death compared to those who only exercised at that intensity for 2 minutes. This comparison held true even if people sat for 8.5 hours every day.

### 2. Saves Money:-

It’s always smart to see your primary care physician for an annual physical exam. This is especially true seeing how some health conditions, such as high blood pressure, are “silent.” This means they don’t have any symptoms, so unless you are checked, you usually don’t know you have the condition.

However, the healthier you are, the less likely you will have to see a doctor.

This could save money by reducing co-pays, the need for prescriptions, and other treatments.

### **3.** Lengthens lifespan:-

Basic healthy habits are connected with living a longer life. If, at age 50, you’ve never smoked, maintain a healthy weight, are regularly active, follow a healthy diet, and keep alcohol to a moderate consumption, you could live [up to 14 years Trusted Source](https://www.ahajournals.org/doi/full/10.1161/CIRCULATIONAHA.117.032047) longer. Making even a few of these changes could lengthen your lifespan.

**Conclusion:-**

A healthy lifestyle can not only help you feel better, but it can also reduce the risk of some diseases, lengthen your lifespan, save you money, and benefit the environment.

Choices directly impact disease prevention, management, and reversal. They affect mental, physical, and emotional health.

Healthy living can increase longevity and quality of life.

Engaging in healthy behaviors may be challenging initially, but as changes are made and new habits develop, it becomes much easier to implement these changes.

Still, if you’re trying to live a healthier life, do not just focus on the foods you eat.

Exercise, sleep, and social relationships are also important.

With the evidence-based tips above, it’s easy to introduce small changes that can have a big impact on your overall health.

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