**NUTRITION AND HEALTHY LIVING**

**PRESENTED**

**BY**

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**NUTRITION**

**Definition**

Nutrition is a process through which food is made available to living things for growth, development, maintenance and enhancement of good health.

**Classification of food**

* Protein

**Sources;** Beans, soya beans, groundnut, beef, chicken, egg, fish etc

* Carbohydrate

**Sources;** Cassava, yam, cocoyam, whole grain cereals (rice, millet, corn, guinea corn, wheat), etc

* Fat and Oil

**Sources;** Fat in beef, chicken skin, groundnut, palm oil and other vegetable oil, butter, margarine etc.

* Minerals

**Sources;** Vegetable, fruits, potatoes, nuts, tomatoes, carrots, etc

* Vitamins

**Sources;** Vegetable, fruits, potatoes, nuts tomatoes, carrots, etc

* Water

**Sources;** Water itself, fruits like water melon, oranges, cucumber, tangerine, teas etc.

* Fibre

**Sources;** Whole grain, vegetables, fruits when eaten whole, etc

**Do we really need to eat?**

* Food is one of the basic necessities of life.
* We must eat food to grow, provide energy to work and maintain god health.

**Tips for healthy Nutrition**

* It is very important that we eat balance diet with all the classes of food in different proportion.
* It is also worthy to note that our dietary requirements are different and depend on our ages. The older we are the less food we need. Eat portion sizes that are enough to satisfy your hunger.
* Eat three meals a day and make sure dinner is not your heaviest meal.
* For provision of protein, eat beans, nuts, fish, chicken and other lean meat. Eggs have a lot of cholesterol, so do not indulge so much in eating it.
* Nothing quenches thirst better than water. Minerals, malt and other drinks that have a lot of sugar and will add to your calories. Please avoid them as much as you can.
* Eat a lot of fruits, vegetables, whole grains and if possible fat free dairy products.
* Run away from consuming food high in saturated fats, cholesterol and salt. Avoid rewarding children with sugary snacks, as that may become a habit later in life.
* Do not eat one hour before going to bed.
* Meat must be cooked before eating to avoid worm infestation and other zoonotic diseases.
* Things we eat raw like fruits and vegetables must be washed properly and with generous water before consumption.

**HEALTHY LIVING**

Healthy living simply put is living the healthy ways. In other words, it means all the day to day practice we engage in to promote or enhance health.

**HEALTH LIVING TIPS**

For the sake of this presentation, the healthy living tips are grouped under the following broad headings;

* Nutrition
* Mental/social health
* Physical activities
* Avoidance of excessive alcohol intake
* Avoidance of smoking
* Avoidance of high risk behaviour especially high risk sexual behaviour
* Personal hygiene
* Stress management

**NUTRITION TIPS –** Exhaustively discussed above.

**MENTAL/SOCIAL HEALTH TIPS**

* Remember, being healthy does not only entail physical health. You must be mentally and socially sound also to be said to be healthy.
* Good sleep is essential for full recovery of the brain cells and for the cells to take up anther day’s job. Adults should be able to sleep for 7-9 hours every day. This may not be achieved only during night sleep. So we are advised to nap especially in the early afternoon.
* We need to learn ways to say “No “when we do not want to be involved or not inconsonance with what is happening.
* Develop contentment. We must learn to be contented with what we have as this will grant us a much needed peace of mind.
* Make out time to have fun, visit friends, and create leisure time for your hobbies.
* Create time to reflect on what you see or hear and do mind exercise regularly.
* Look for help and advice early if you feel depressed or consider harming or killing yourself or others.
* You must not stop your mental medications on your own no matter how well you think you are except they are stopped by the prescribed physician.

**PHYSICAL ACTIVITIES**

**Why do we need to exercise?**

* Physical activity/exercise is a very important part of healthy lifestyle.
* It maintain our muscles bulks, makes us strong, helps us to burn out excess fat, controls our weight, and improve our balance, flexibility and endurance.
* It helps chronic arthritis patients to improve their capacity to perform daily activities like climbing of stairs.
* Regular exercise helps increase self-esteem and self-confidence, decreases stress and anxiety, enhance mood and improve general mental health.
* Regular exercise can prevent coronary heart disease, stroke, diabetes, obesity, high blood pressure, and osteoporosis (especially weight bearing exercise).

**Health tips on exercise**

* **WHO** recommends that every adult should make an average of 10,000 steps per day. The greatest health benefits comes from exercising most days of the week for 30 minutes but for people who have severe time constraint, they should be able to exercise 30 minutes for 3-5 days a week.
* Exercise must stop immediately once you develop pain and it must not be re-commenced until the source of pain is identified. Also, there is need for medical attention before that exercise should be re-commenced.
* It is recommended that you stand up for five (5) minutes for every one to two hours of sitting down.

**AVOIDANCE OF TOBACCO**

* Tobacco smoking is implicated in so many cancers e.g. lungs, mouth, lip, tongue, oesophagus, kidney, bladder cancer etc.
* It is very important factor in the development of bronchitis, emphysema, pneumonia, heart attack especially in the people with elevated cholesterol, obesity, uncontrolled hypertension (HTN) and sedentary lifestyle.
* It is a leading cause of low birth weight among pregnant women.

**These are the reasons why you must quit smoking**.

**AVOIDANCE OF ALCOHOLISM**

* Alcohol is a depressant and it is not entirely harmful to the body especially when taken in small quantity and less often.
* The effect of alcohol varies from person to person depending on the following:
* Quantity and frequency of consumption
* Age
* Health status
* Family history
* When alcohol is taken in large quantity, these are the Consequences;
* Disinhibition (reduces inhibition)
* Slurred speech
* Motor impairment
* Confusion,
* Memory problem
* Loss of concentration
* Coma
* Respiratory problems or death.
* It increases the risk of car crashes and other risky behaviours.
* It is also a very important cause of liver cirrhosis.
* Do not drive under the influence of alcohol or drugs.
* Please avoid excessive alcohol intake.

**AVOIDANCE OF HIGH RISK BEHAVIOUR ESPECIALLY HIGH RISK SEXUAL BEHAVIOUR**

* High risk sexual behaviours can lead to the transmission of sexually transmitted diseases like HIV.
* It can lead to unplanned pregnancy.
* Avoid multiple sex partners, casual sex, and sex with partners with history of intravenous drugs abuse and sexually transmitted disease(s).
* If you plan to have sex and you are unsure of your partner’s health status, use a condom.
* Do not be involved in reckless driving and over speeding.
* Avoid driving when sleep-deprived and while using cell phones.
* Make sure you wear helmet when driving a motorcycle (or bicycle).
* Smoking on bed can lead to burns or loss of life and property, please avoid it.
* Avoid the possession of firearms and guns without proper training and storage to prevent accidental discharge.
* Finally avoid over exposure to sun light as this may lead to sunburns and can cause the development of skin cancer especially melanomas.

**PERSONAL HYGIENE**

**Definition**

Personal hygiene is those habits and standards we learn or are taught on how to maintain and promote good health via cleansing and grooming our bodies.

The individuals who practise these standards are said to have good personal hygiene, while the others who do not, are said to have poor personal hygiene.

At this juncture, I will like you to know that good personal hygiene does not only help you to maintain and promote good health, it also helps to boost your confidence and self-esteem.

**FACTORS THAT MAKE UP PERSONAL HYGIENE;**

* Washing
* Oral care
* Hair care
* Nail care
* Wound care
* Prevention of spread of infection
* Cleansing of personal utensils
* Good sleep

**STRESS MANAGEMENT**

**Definition**

Stress could be defined as the sum total of what we feel when we are faced with challenging situations and our bodies’ innate response to these situations.

Stress actually results when we feel that we cannot handle the pressure(s) and this in turn triggers off physiological responses which are mediated by chemicals(hormones e.g. adrenaline and noradrenalin). These chemicals which are release at times of danger make the body’s innate intelligence to automatically take charge by triggering a set of changes that bypass our rational thoughts. Priority is giving to all physical functions which provide power to face an enemy or to flee.

It is thus worthy of note that stress can be both advantageous and disadvantageous. In the language of Hans Selye, stress which is beneficial is called “**eustress”** and the other that has negative effect on us he called **“distress”**

**TYPES OF STRESS**

There are basically two types of stress namely;

* Acute stress (short term stress)
* Chronic stress (long term stress)

Most times, acute stress tries to bring out the best in us and can be considered to be beneficial hence, can be called **Eustress** while chronic stress has a lot of negative implications and may be considered as **Distress.**

**CAUSES OF CHRONIC STRESS**

* These are challenging situations which usually have negative implications on our health if not managed and are called stressors.
* Examples of common life stressors are; Death of loved ones, divorce, financial pressure, getting married, chronic illness or injury, interpersonal conflict, taking care of elderly or sick family members, natural disaster, terrorism, etc.
* Examples of work related stressors; being unhappy in your job, new employment, heavy work load, working long hours, unclear expectations from seniors, working in dangerous conditions, insecurity about advancement, risk of termination of appointment, facing of discrimination or harassment, loss of job etc.

**RISK FACTORS FOR THE DEVELOPMENT OF STRESS**

* Heredity
* Dependency on others e.g. elderly, children etc.
* Social disadvantage
* Others include feeling of helplessness, hopelessness, extreme fear, or anger, distrust.

**SYMPTOMS OF STRESS**

* These could be divided into physical and psychological symptoms.
* Examples of Physical symptoms are; irritable bowels, joint pain, palpitation, chronic headache, back ache etc.
* Example of psychological symptoms are; difficulty in making decisions, loss of interest in normal activities, loss of appetite, tension, irritability, fear, anxiety, feeling of numbness, night mares, anger, sadness , insomnia, poor concentration etc.

**MANAGEMENT OF STRESS**

**Why should stress be managed?**

* Although, research has revealed that a little stress for a short period of time is beneficial, mobilizing the body for survival as happens in acute stress. It also has negative consequences too. Stress makes us excitable, anxious, jumpy and irritable.
* These symptoms reduce our ability to work effectively. With trembling and pounding heart, we find it difficult to execute precise and controlled skills. Focusing more on survival means we make decisions based on the good of ourselves rather than the good of the group.
* We shut out information from other sources and cannot make balanced decisions.
* Also, if severe stress is allowed to go unchecked in the longer term, it results in degenerating health and ultimately causes poor performance and decline in productivity at work place.
* Stress precipitates and aggravates the following medical conditions; asthma, constipation, depression, diabetes mellitus, heart attack, high blood pressure, indigestion, migraine, menstrual difficulties, infertility, skin rashes etc.
* Hence, for us to have a balanced and healthy life style, this condition called stress needs to be managed.

The treatment of stress is based on the understanding of the many complex interactions between the body and the mind. It is established that myriads of symptoms of stress only manifest in us when we feel that the challenging situation is overwhelming and that we cannot handle it. I therefore recommend that we should imbibe the teaching of the serenity prayer that says “God give me the serenity to accept what I cannot change, the courage to change the ones I can and the wisdom to know the difference”. By practising the content of this prayer, we will reduce stress to the barest minimal.

**MODALITIES OF MANAGING STRESS**

* Enrolment in stress managing programs
* Behavioural approaches
* Massage
* Meditation and associated spiritual and religious practices
* Medication e.g. tranquilizers and antidepressants

**Behavioural Approaches**

I want to dwell a little on the behavioural approach to managing stress. This behavioural approach involves a lot of behaviours which tends to distract the individual from the stressor;

* **Psychotherapy**

This can come in form of self-help whereby the individual psyches him or herself up and tells himself he can actually face the challenge or by visiting a qualified psychotherapist or a counsellor. Remember the saying that problem shared is half solved.

* **Exercise**

This can be in form of physical exercise like strolling, brisk walking, jogging or even running.

Some experts say that competitive exercise is even better.

Relaxing exercise like dancing, yoga etc. is also recommended.

A lot more people have done well with breathing exercise.

* Other things like; listening to music, watching television, singing, water therapy, laughing and having a good sleep are all beneficial.

Do you know that if you are highly stressed, you are 20% more likely to suffer heart attack and 50% more likely to die from stroke.

Therefore, distinguished participants you will agree with me that managing stress is not just a good thing to do, your life could depend on it.

**CONCLUSION**

Knowledge is power. Wisdom is described as knowledge that is put into use. My friend who is a nutritionist likened knowledge to knowing that Banana is a fruit. He then defined wisdom as remembering to put banana when one is preparing a fruit salad.

Distinguished participants, I therefore want to share with you that being knowledgeable on healthy lifestyle is not enough. Please remember to apply the knowledge gained via this presentation in your day to day activities as this will impact positively on your health.

**I wish you a healthy lifestyle.**

**Thank you.**