

ILLHEATHIS

HEALTHEDUCATIONTOPICS

MENTAL

TENSION

RELATEDTO

PUBLICHEALTH



AWERNESS

PATRIARCHY

UN HEALTHYLIFESTYLE



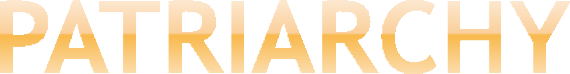
GOOD HEALTHHABITSATHOME





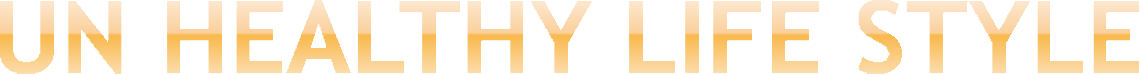
* Malnutrition
* Unsafewaterandlackofsanitation
* Unhealthylivingconditions
* Hardlabour anddifficultworkconditions
* Mentaltension
* Patriarchy
* Lackofaccesstohealthservices
* Lackofhealtheducation





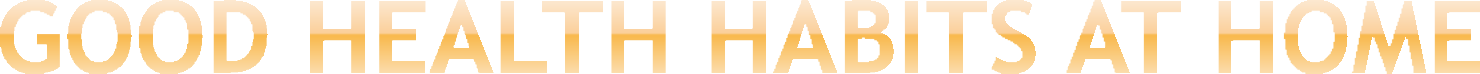
* When we compare men and women,we findthatmorewomenfallillthanmen.
* Thecorereasonforthisispartiarchy.
* It means that our society is domainted bymenandaccordsalowerstatustowomen.
* This causes ill-health for women in thefollowingways:





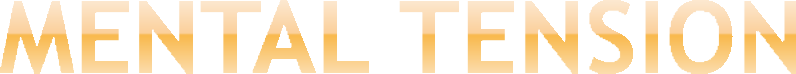
* A lifestyle where a person engages inactivitiesthatareknowntobedetrimentalto ones health such as smoking,not exercisingregularly or enough,eating un healthy foodson a regular basis,and not maintaining ahealthyweight.
* An unhealthylifestylecanvarybydegress,and some any determine that beingslightlyunhealthyisacceptableforthesakeof quality oflife





* Donotletpigscomeintothehouseorplacewherechildrenplay
* Donotletdogslickchildren orclimbup onbeds
* Avoidopenfielddefecation
* Do notspitonthefloor
* When you cough or sneeze cover your mouthwith yourhandorcloth
* Cleanthehouseevery day
* Delousethewhole familyonceinweek





* Many times the negative circumstances oflife become too much to bear and leads tomentalstresswhichisancontributingfactorfor most of non communicable diseases likecancer,stroke,cardio,vasclardiseases,diabetes
* Breakdownofsocietyorfamily,unemploymentsocial insecurity,no relaxation,these all arecauses of mental tension leading to mentalillness





* Physicalactivityandfitness-exercisessminimum30minaday
* Nutritionandweightcontrol-balanceddiet
* Workersafetyandhealth
* Blood pressure and/or choesterol educationandcontrol
* Alcohol,smokinganddrugs