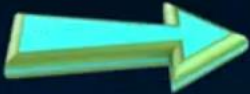


## **UNIT-4 : Avoiding risks and harmful habits**

**Characteristics of health compromising behaviors,  
addictions-recognizing and avoiding, addictive  
behaviors,**

# *Health Related Behaviour*

 *Definition – “Any behaviour that affects the health of an individual either positively or negatively is considered to be his/ her health related behaviour.*

 *It includes physical activities, balanced diet, proper intake of water, smoking, alcohol consumption, sleep, meditation, health care precautions, yoga, exercise,etc.*

# *Health Related Behaviour*

*Health Related  
Behaviour*

*Health  
Promoting  
Behaviour*

*Health  
Compromising  
Behaviour*



# *Health Related Behaviour*



*There are number of factors that affects or determine the health related behaviour. For eg :*



**1. Changing demographics**



**2. Social and cultural disparities**



**3. Psychosocial and environmental determinants**



**4. Individual differences**



**5. Cognitive factors**

# *Health Related Behaviour*





# *Health Promoting Behaviour*



*There are number of health related behaviour that are considered to be positive and have a positive effect on our body. Such behaviour are promoted and advised to put in use for the betterment of our health. These type of behavior are known as health promoting behaviour.*

# *Health Promoting Behaviour*

1. Regular  
Physical activities

3. No drug or  
alcohol consumption

2. Balanced diet  
& a low fat diet

4. Meditation, etc.



# *Health Promoting Behaviour*

- ★ It lower the death rate, lower the risk of death rate due to coronary diseases, promotes healthy habits and lifestyle of living and lower the blood pressure problems.



# *Health Compromising Behaviour*

- ★ There are certain types of health related behaviour that deteriorates our health and pose a negative impact on the health.
- ★ Such type of health behaviours come under the category of health compromising behaviour.
- ★ In order to live long and healthy, the individual should avoid engaging in such type of activities.

# Health Compromising Behaviour

1. Alcohol  
and drug use.

3. Unhealthy  
eating habits

5. No exercise or  
physical activities, etc.

2. Smoking

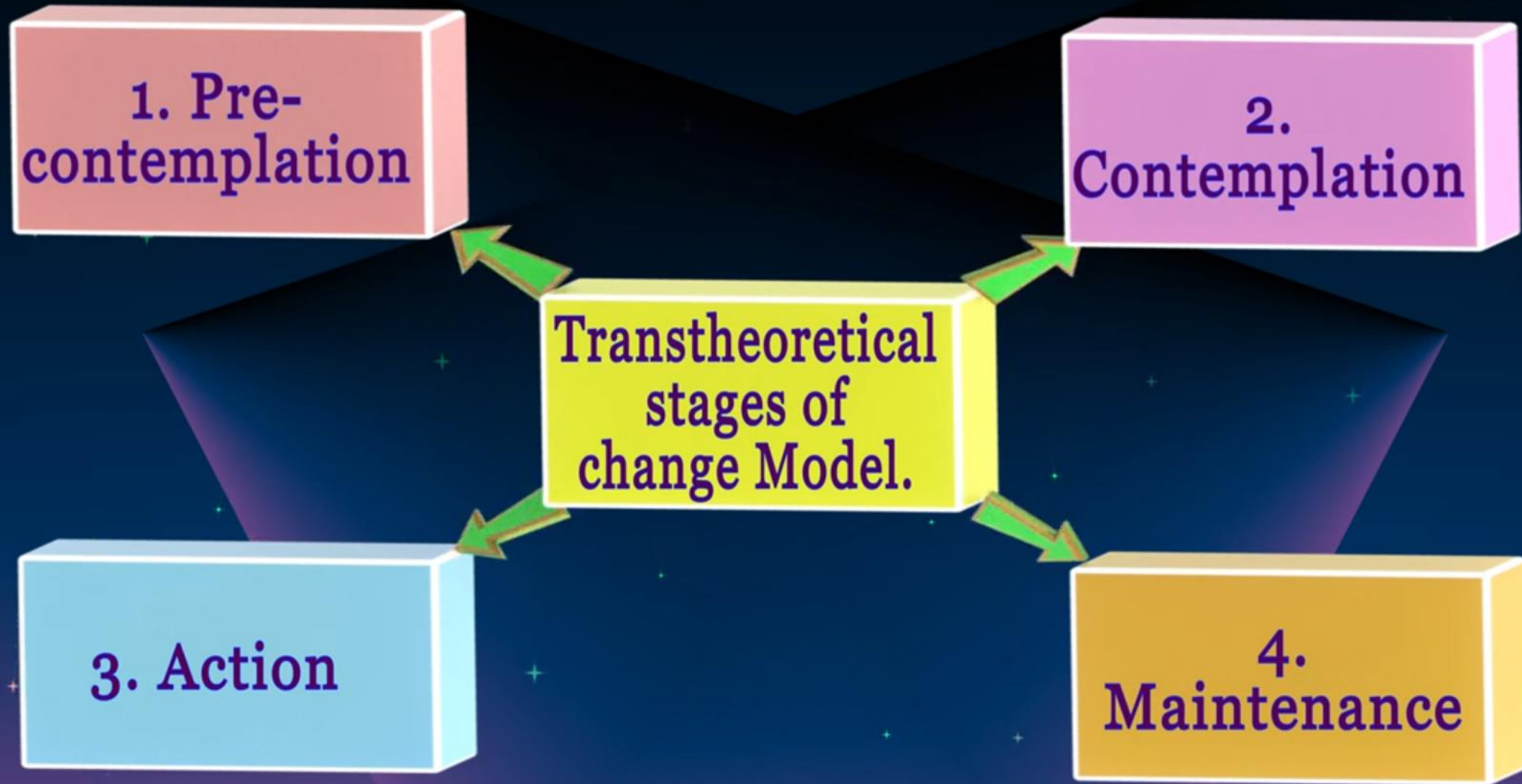
4. Stress  
inducing activities



# *Health Compromising Behaviour*

- ★ Such type of behavior increases the risk of coronary heart diseases, blood pressure issues, breathing problems, indigestion, increased death rate and lower quality of life.

# *Models of Health Related Behaviour*





# *Models of Health Related Behaviour*

**Behavioural  
Economics  
Theory**

**Cognitive  
Social Learning  
Theory**

**Health  
Belief Model**

**Theory of  
Planned of  
Behaviour**

# Conclusion

★ The health related behaviour vary in intensity, duration, frequency and manner in its effect on individual health.

★ The health practitioners and experts are integrating all sorts of theories and trying to figure out methods to promote healthy behaviour and induce health protective behaviour in individual.



# Conclusion



Success have been found in smoking cessation, adherence to physical activities and medication, reduced risks of CAD diseases.

# Recognizing and avoiding of addictions

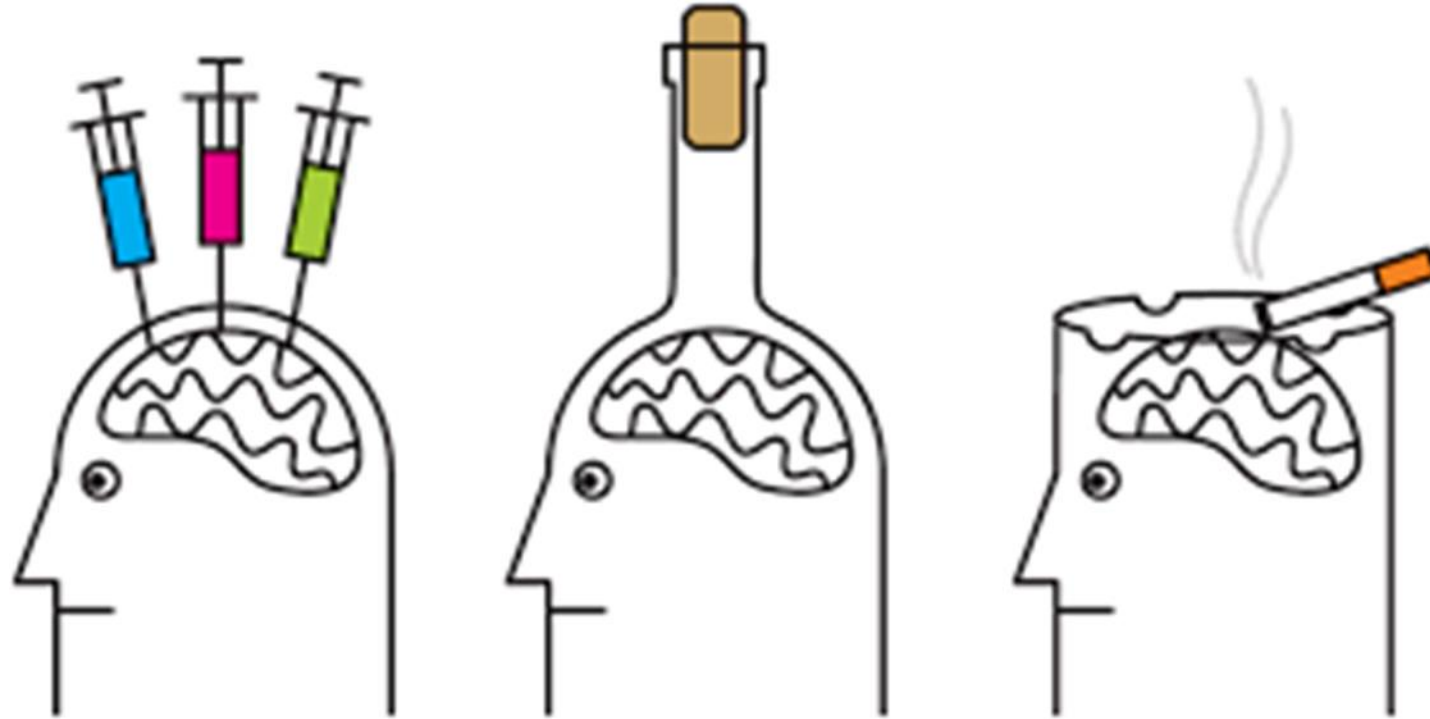
- Someone with an addiction will crave a substance or other behavioral habits. They'll often ignore other areas of life to fulfill or support their desires.
- Lack of control, or inability to stay away from a substance or behavior
- Decreased socialization, like abandoning commitments or ignoring relationships
- Ignoring risk factors, like sharing needles despite potential consequences





- Physical effects, like withdrawal symptoms or needing higher dosage for effect
- Problems at school or work — frequently missing school or work, a sudden disinterest in school activities or work, or a drop in grades or work performance.
- Physical health issues — lack of energy and motivation, weight loss or gain, or red eyes, neglected appearance, lack of interest in clothing, grooming or looks.
- Changes in behavior — exaggerated efforts to bar family members from entering his or her room or being secretive about where he or she goes with friends; or drastic changes in behavior and in relationships with family and friends.

- Money issues — sudden requests for money without a reasonable explanation; or your discovery that money is missing or has been stolen or that items have disappeared from your home, indicating maybe they're being sold to support drug use.





# Recovering from addictions

- Admit There Is A Problem. The hardest part to recovery is admitting you have an addiction.
- Reflect On Your Addiction.
- Seek Professional Support.
- Appreciate The Benefits of Sobriety.
- Evidence-Based Care.
- Identify Your Triggers.
- Change Your Environment.
- Exercise.

## How addiction develops and addictive behaviors

- Substance Use Disorder (SUD) is a complex condition in which there is uncontrolled use of a substance, despite harmful consequences.
- People with SUD have an intense focus on using a certain substance(s) such as alcohol, tobacco, or illicit drugs, to the point where the person's ability to function in day to day life becomes impaired.
- People keep using the substance even when they know it is causing or will cause problems.
- The most severe SUDs are sometimes called addictions