#### Western Campus Group 1 DIT Stage II

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**CAT 1**

**1. EXPLAIN 5 RISK FACTORS TO LIFESTYLE DISEASES**

* Poor diet-Consuming unhealthy foods high in saturated fats, sugars and processed ingredients can increase the risk of diseases like obesity, heart disease, and diabetes
* Lack of physical activity – Leading a sedentary lifestyle without regular exercise can contribute to weight gain, muscle weakness, and various chronic conditions.
* Stress- Chronic stress can negatively impact both physical and mental health potentially increasing the risk of conditions like hypertension, anxiety, and depression.
* Tobacco and alcohol use- Smoking and excessive alcohol consumption can lead to a range of health issues, including lung diseases, liver damage, and certain types of cancer.
* Lack of sleep- insufficient sleep or poor sleep quality can affect overall health and increase the risk of conditions such as obesity, diabetes, and cardiovascular diseases.

**2. EXPLAIN 5 CAUSES OF SEXUAL AND GENDER-BASED VIOLENCE**

* Gender inequality-When there is an imbalance of power between genders, it can lead to the justification and perpetuation of violence against individuals based on their gender. Discriminatory attitudes and norms contribute to this inequality
* Cultural beliefs and attitudes- Certain cultural beliefs and attitudes can normalize or condone violence, particularly towards women and marginalized gender identities. These harmful beliefs may include notions of control, dominance, or the idea that violence is an acceptable way to resolve conflicts.
* Lack of education and awareness-Insufficient knowledge about consent, healthy relationships, and gender rights can contribute to a culture that tolerates or overlooks acts of violence. Education and awareness programs are crucial in challenging harmful beliefs and promoting respectful behavior.
* Weak legal and justice systems-Ineadequate laws, lack of enforcement, and limited access to justice can hinder efforts to prevent and respond to sexual and gender-based violence. Strengthening legal frameworks, ensuring effective implementations, and providing support services for survivors are essential in combating these issues.
* Social and economic factors -Factors such as poverty, unemployment, and social instability can create an environment where violence is more likely to occur. Economic disparities and limited opportunities can lead tensions and contribute to a higher risk of violence