

# ***Physical Health***

## ***Brief***

For superior physical health, one must have to nurture good physical fitness as well as a good physique. Physical fitness is achieved when an individual is free from illness as well as injury. Physical health is not just about good fitness and physique, it is co-related with many things which will be discussed further.

## ***Detailed***

Physical health is defined as the normal functioning of the body and within your body are free from illness and injury. A person with good physical health is likely to perform best at his work. This is not due to the absence of disease, injury or illness. It is the result of daily exercise, healthy eating habits, quality sleep.

***“It is health that is the real wealth and not pieces of gold and silver.”***

***– Mahatma Gandhi***

Two major types of well-being are

- **Physical well-being:** It is the ability to improve the body physically through a nutritional diet and daily exercise habits.
- **Social well-being:** It is the ability of a human to communicate, develop a good sense of meaningful relationship with others and create one's emotional support network.

Major factors work on building good physical health

- **Physical activity:** It includes daily exercise, strength, flexibility along yoga.
- **Nutrition and diet:** It is about eating nutritional and healthy food. It includes nutrition intake and fluid intake.
- **Rest and sleep:** Taking periodic and relaxing rest, along with quality sleep
- **Meditation:** Meditation is a long term process, it improves concentration power and keeps away distraction.

Physical health also involves the risk-reducing health care

- Avoid the use of tobacco, alcohol and using drugs.
- Keep your environment safe and clean.
- Take all precautions before sex.
- Vaccinate your body with all required vaccinations.

## ***Why focus on physical health?***

Before we go further it is really important for you to ask these questions and then decide whether you need to focus on your physical health or it is fine.

Q1. Do you healthy eat foods that you enjoy and get enough nutrition for the whole day, stay hydrated through the day, and listen to your hunger cues?

Q2. Do you able to keep a consistent sleep schedule and get 7 hours of sleep/night?

Q3. Do you work out daily?

Q4. Are you practising safer sex with condoms and contraception?

Q5. Are you making alcohol, nicotine, other drugs choices that align with your values?

Q6. Do you have a habit of regularly washing your hands to prevent colds and flu?

If you are practising all these habits on daily basis then you are almost physically healthy, but there are many more factors which you need to give attention to and if you are not practising any of these, then you need to read and follow these habits for good physical health. Physical health and mental health are co-related with each other. We often think of our mind and body as different, but they are connected, such as sleep and diet.

Nearly one-third of people with a long term physical health condition also have a mental health problem.

Q. How does my mental health affect my physical health?

Research shows that people with a mental health problem are more likely to have a preventable physical health condition such as a heart condition.

## ***How can I become physically healthy?***

Good Physical health depends on a wide range of factors as follows

1. ***Genetic factors:*** A person is born with various genes which came from their parents. Sometimes genes inherited from their parents can lead you to diseases because the diseases which your parents have will come to your body through genes and increase the risk for certain health conditions.
  
2. ***Healthy Eating:*** Eating healthy food is not just good for your health, it will keep you active, energetic physically as well as mentally, A balanced diet includes a good amount of protein, essential fats, complex carbohydrates, vitamins, minerals and water. A balanced diet can give you the nutrients your body requires daily to keep you healthy. Fluid, ideally in the form of clean water (basic necessity), should be consumed at a regular time interval. Meals and snacks should be consumed throughout the day, after some time interval.

These are some main nutrients that are necessary for a healthy diet.

- Carbohydrates give you quick energy.
- Protein helps grow and repair the body.
- Fats give long term energy.
- Vitamin B-12: It is mainly present in animal products. It protects the nerves and red blood cells.
- Iron: Iron is important for blood health. Beans and dark leafy greens are good sources.
- Calcium: Calcium is crucial for bone health.

Do you know?

World Health Organisation [WHO] has listed processed meat as Group 1 carcinogenic because the IARC has found sufficient evidence that the consumption of processed meat can cause cancer.

**3. Sleep:** Sleep plays a very important role in the life of a student, it helps to retain what they have studied the whole day. Getting enough sleep is important. It is necessary to take 6-8 hours sleep for retaining students they studied as well as for health. Getting consistent and adequate sleep helps your body and mind to get rest.

Keep these points in mind before going to sleep

- Set a schedule for sleep as well as wake up.
- The human body is not designed to sleep and digest at the same time. Make sure you eat a few hours ago before you go to sleep or stick to lighter food if you will be eating later.

- Keep your electronic gadgets away a good hour or two before sleep.
- Avoid caffeine in the night-time and consuming caffeine as a student is not good for health as well.
- Create a sleep space that is pleasant, quiet, dark and only meant for sleep.
- Creating a bedtime ritual is necessary for your body and mind, it gives your body and mind a signal that it's sleeping time.
- A regular sleep schedule is important but stick to them very tightly to your plan or stress out if you're not sleeping on time.

**4. *Stress Handling:*** Stress is a day to day part of human beings and it can sometimes help to motivate us to get out of our comfort zone and get work done. Stress can cause many health and relationship issues.

There are many things you can learn to manage your stress.

1. Keep a positive attitude.
2. Make hobbies and deviate yourself toward your interest.
3. Hang out with friends.
4. Talk about your stress to someone who understands your problem.
5. Manage your time properly.
6. Don't rely on bad habits for reducing your stress, in the end, you are just wasting your precious time.
7. Seek a good psychologist and continue your treatment.

Q. How will you control your stress?

1. *Exercise*: Exercise will refresh your mind.
2. *Diet*: Eating healthy food can lessen the effect of stress, build up your immune system, level your mood and lower your blood pressure whereas sugar and fat can have the opposite effect.
3. *Sleep*: Most common side effect of stress is that you might struggle in sleep. Lack of sleep can also add to your stress level and cause a cycle of stress and sleep.
4. *Relaxation Techniques*
  1. *Yoga*
  2. *Meditation*
  3. Deep Breathing

**5. *Exercise***: Exercise can be of any type but there must be body movement regularly. Being physically active helps to maintain healthy bones, muscles and joints. It also decreases the risk of heart disease, strokes, diabetes and high blood pressure.

Exercise benefits every part of the body, including the mind. It helps in reducing anxiety, depression, stress and promotes mental well-being and quality sleep. Exercise helps in losing weight.

Aerobic Exercise

- Aerobic exercise is any type of exercise that gets the heart pumping and gets you to breathe harder. When you do this kind of workout daily, your heart and lungs get stronger and each body part will get better oxygen (in form of oxygen-carrying blood cells).
- This exercise includes outdoor activities like running, cycling, swimming and many more.

Strength training will strengthen your bones, joints and help in weight lifting. Strong Muscles also use more energy than fat does, so building your muscles will help you burn more calories and maintain a healthy weight.

Being flexible may help in improving a person's sports performance. Some activities like dancing and martial arts require great flexibility and increased flexibility will also increase performance in other sports.

**6. Yoga & Concentration:** Yoga is a perfect blend of meditation and Deep breathing. Yoga consists of various exercises/asanas, here are a few of them:

- *Sukhasana or Easy pose*
- *Naukasana or Boat pose*
- *Dhanurasana or Bow pose*
- *Vakrasana or Twisted pose*
- *Kakasana or Crow pose*
- *Bhujangasana or Cobra pose*
- *Halasana or Plough Pose*

Meditation takes a lot of time to work upon building your concentration as well as lessening distraction. Here are some advantages of meditation:

1. Meditation knowledge retention during lectures.
2. Helps in exam nervousness.
3. Cope better with stress.
4. Improves sleep quality.
5. Relieves anxiety.
6. Helps alleviate depression.

How should you need to practice meditation:

1. Find a separate place to sit that is calm, quiet and comfortable for you.
2. If you are a beginner, start with just 5-10 minutes every day.
3. Follow the sensation of the breath as it goes in and out
4. Inevitably, your attention will leave the breath and wander to other places like your thoughts, emotions. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.
5. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.
6. Close with kindness: When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.



While practising yoga you can also practise deep breathing as well as meditation.

**7. Sexual Education:** Parents do not often talk about sexual health, but as a student/ children/ teen, it is important to know about our body, our health and how to maintain it.

Here are some tips for starting or having conversations about sexual health:

1. Ask your parents or anyone whom you trust and felt comfortable with him.
2. Ask him/ her all your doubts you have and

The World Health Organization describes sexual health as “a state of physical, mental and social wellbeing about sexuality.

Sexually Transmitted Diseases (STD/STIs) are common in college students, sometimes in teens. One in two sexually active people will get an STD by the age of 25, and most won't know it. Many STDs are asymptomatic which means they don't show any symptoms that's why a regular check-up is necessary and getting annual STD testing is important to maintaining your health well.

Relationships in college are vital to maintaining personal wellness. During college, you will experience relationships with your roommates, professors, classmates, parents, yourself and of course with romantic partners. Keep your relationships healthy and long-lasting by devoting time and effort to them.

## **8. Flu Prevention**

- Avoid close contact with people who are sick as much as possible.
- Keep you and your environment clean and germ-free.

- When you are sick, take precautions and stay away from others to protect them from getting sick.
- Stay home when you are sick. You should not go to classes, work or participate in any social activity.
- Cover your mouth and nose with a tissue when coughing or sneezing or coughing into your elbow or shoulder.
- Wash your hands often with handwash to protect against germs/viruses. You can get germs from anywhere easily.
- Don't share towels, eating utensils, toothbrushes, drinking glasses or other items that may spread germs.

## **9. *Illness Prevention.***

- Go to recommended check-ups (physical, eye and dental).
- Be a partner in your health with your health care provider - share information on symptoms and health, ask questions, make sure you understand, and participate in decision-making about care recommendations.
- Do monthly breast and/or testicular exams.
- Listen to your body and respond appropriately and learn to recognize early signs of illness.
- Stop your use of tobacco products and protect yourself against second-hand smoke.
- Use any prescription or non-prescription medications only as recommended and don't share with others.
- Watch your exposure to the sun. Wear sunscreen. Avoid tanning booths.
- Use seat belts and helmets, and encourage others to do so.
- Keep informed about health issues and how to prevent illness and injury.

## ***Other essential information and policies***

**1. Oral Health:** Your oral health is more important than you realize because whatever you eat, you drink will go through your mouth into your digestive system. Your oral health offers clues about your overall body health.

Q1. What is the connection between oral health and overall health?

As we know our mouth is the only entry point that is connected with our digestive system and the respiratory tract and mouth have a huge opening so there are high chances of getting bacteria through our mouth. Other areas of our body have tiny openings so there is no chance of getting bacteria through these areas.

Q2. What are the health conditions linked to oral health?

- **Endocarditis:** This infection of the inner lining of your heart chambers or valves (endocardium) typically occurs when bacteria or other germs from another part of your body, such as your mouth, spread through your bloodstream and attach to certain areas in your heart.
- **Cardiovascular disease:** Although the connection is not fully understood, some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.
- **Pregnancy and birth complications:** Periodontitis has been linked to premature birth and low birth weight.

- **Pneumonia:** Certain bacteria in your mouth can be pulled into your lungs, causing pneumonia and other respiratory diseases.

Certain conditions also might affect your oral health, including:

- **Diabetes:** By reducing the body's resistance to infection, diabetes puts your gums at risk. Gum disease appears to be more frequent and severe among people who have diabetes.
- Research shows that people who have gum disease have a harder time controlling their blood sugar levels. Regular periodontal care can improve diabetes control.
- **HIV/AIDS:** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.
- **Osteoporosis:** This bone-weakening disease is linked with periodontal bone loss and tooth loss.
- Certain drugs used to treat osteoporosis carry a small risk of damage to the bones of the jaw.
- **Alzheimer's disease:** Worsening oral health is seen as Alzheimer's disease progresses.

**2. School-Based Health Service & centre:** SBHC is a primary care facility located in or on the grounds of schools. It is licensed by DPH (Doctor of Public Health) as an outpatient or hospital satellite clinic. SBHCs assure that students, particularly those that are uninsured and underinsured, have access to comprehensive health and preventative services needed to be healthy, in school,

and ready to learn. SBHCs help schools do their job of educating by improving the health and well-being of students and addressing the health issues that interfere with learning.

What does SBHC serve?

- SBHC may serve students, Pre K-12, and are located in elementary, middle, and high schools as well as in combination schools where two schools are located in one facility (elementary and middle school or middle and high school).
- Eligible students are those that attend the schools in which the SBHC is located. SBHC services are aimed at but are not limited to, students who do not have access to a family doctor, or whose families have little or no health insurance.
- Services are available to all students regardless of insurance status or ability to pay, written consent signed by the parent/guardian is required to receive care.

What services are available?

Primary care, mental health, health promotion activities, and dental services are provided at school-based health centers. A team of licensed medical experts and mental/behavioural health professionals with expertise in child and adolescent health provide primary care, mental/behavioural health services and health education/promotion activities designed to meet the physical and psycho-social needs of children and youth within the context of family, culture, and environment. In some instances, dental care is also offered.

## **School-Based Health Center Advisory Committee**

Public Act 13-287 establishes a school-based health center advisory committee for the purpose of advising the Commissioner of Public Health on matters relating to

1. Statutory and regulatory changes to improve health care through access to school-based health centers
2. Minimum standards for the provision of services in school-based health centers to ensure that high-quality health care services are provided in school-based health care centers.
3. The act requires the DPH commissioner to report to the Public Health and Education Committees annually on or before February 1, 2014, and annually thereafter regarding the status of behavioural health services in school-based health centers, and on committee activities.

### **3. Comprehensive Sexual Education:**

Did you know that only 34% of the young people around the world have sufficient knowledge about HIV prevention and transmission.

Two third girls in some countries have no idea of what was happening when they have first time menstruation.

These are some reason why there is an immediate need for quality Comprehensive Sexually Education (CSE).

UNESCO published a fully researched and updated International Technical Guidance on Sexuality Education, which advocates for quality CSE to promote health and well-being, respect for human rights and gender equality and empowers children and young people to lead healthy, safe and productive lives.

#### **What is comprehensive sexuality education?**

Comprehensive Sexuality education is a school curriculum-based process of teaching and learning about the cognitive, emotional, physical and social aspects of sexuality. It aims to equip children and young people with knowledge, skills, attitude and values that empower them to realize their health, well-being and dignity.

#### **Why do young people need comprehensive sexuality education?**

- Too many young people receive confusing and conflicting information about relationships and sex, as they make the transition from childhood to adulthood. This has led to an increasing demand from

young people for reliable information, which prepares them for a safe, productive and fulfilling life.

- CSE responds to this demand, empowering young people to make informed decisions about relationships and sexuality and navigate a world where gender-based violence, gender inequality, early and unintended pregnancies, HIV and other sexually transmitted infections (STIs) still pose serious risks to their health and well-being.
- Equally, a lack of high-quality, age- and developmentally-appropriate sexuality and relationship education may leave children and young people vulnerable to harmful sexual behaviours and sexual exploitation.
- CSE plays a crucial role in addressing the health and well-being of children and young people. Applying a learner-centered approach,
- CSE not only provides children and young people with age-appropriate and phased education on human rights, gender equality, relationships, reproduction, sexual behaviours risks and prevention of ill health, but also provides an opportunity to present sexuality with a positive approach, emphasizing values such as respect, inclusion, non-discrimination, equality, empathy, responsibility and reciprocity.

### **What does the evidence say about CSE?**

There is significant evidence on the impact of sexuality education. It emphasizes that:

- Sexuality education has positive effects, including increasing young people's knowledge and improving their attitudes related to sexual and reproductive health and behaviors.

- Programmes that promote abstinence as the only option have been found to be ineffective in delaying sexual initiation, reducing the frequency of sex or reducing the number of sexual partners.
- Programmes that combine a focus on delaying sexual activity with other content are effective.
- 'Gender-focused' programmes are substantially more effective than 'gender-blind' programmes at achieving health outcomes such as reducing rates of unintended pregnancy or STIs..
- Sexuality education has the most impact when school-based programmes are complemented with the involvement of parents and teachers, training institutes and youth-friendly services.

### **Why have technical Guidance on sexuality education?**

Countries are increasingly acknowledging the importance of equipping young people with knowledge and skills to make responsible choices for their lives. CSE supports young people's empowerment by improving their analytical, communication and other life skills for health and well-being in relation to sexuality, human rights, values, healthy and respectful relationships, cultural and social norms, gender equality, non-discrimination, sexual behaviour, violence and gender-based violence, consent, sexual abuse and harmful practices.

### ***Scientific Researches.***



The health benefits of regular physical activity and exercise are undisputed in the literature. Particularly large health benefits have been reported among individuals who have experienced significant losses in their psychological and physical functions as a result of chronic diseases such as cardiovascular disease, diabetes, cancer, hypertension, obesity, depression, and osteoporosis (for an overview, see Taylor et al., 1985; Paluska and Schwenk, 2000; Penedo and Dahn, 2005; Haskell et al., 2007; Knapen et al., 2015; Ruegsegger and Booth, 2018). Among such patient groups whose symptom severity requires secondary and tertiary prevention, significant improvements in cardiovascular fitness and self-reported mood, anxiety, and depressive symptoms can be achieved by regularly engaging in physical activity. Regular physical activity and exercise have also been found to result in lower vulnerability to psychological stressors during periods of increased workload and cognitive performance under pressure among these patient groups (Norris et al., 1992; Stults-Kolehmainen and Sinha, 2014).

Past studies have demonstrated significant effects of aerobic exercise (e.g., endurance exercises such as walking, swimming, treadmill running, and cycling) on mental and physical health indicators using quasi-experimental between-subjects (i.e., comparisons of physically active and sedentary control groups) and within-subjects designs (i.e., comparisons of the same groups before and after exercise interventions). However, the exercise intensity and duration at which the health-related effects of exercise reach statistical significance have been found to vary substantially across studies, samples (i.e., patients vs. healthy participants), and people of different ages and gender (for an overview, see Gerber and Pühse, 2009; Stoll and Ziemainz, 2012). The observed effects may also depend on the methods used to measure exercise-related health gains (e.g., self-report, behavioural, neurophysiological).

According to the international recommendations of the World Health Organization (WHO) and American College of Sports Medicine (ACSM), healthy adults should engage in (a) moderate-intensity aerobic exercise ( $\sim 75\%$  of the maximal oxygen consumption ( $VO_2 \text{ max}$ ) = 3–6 metabolic equivalents (METs)) for 30 min a day, 5 days a week, or (b) vigorous-intensity aerobic exercise ( $>75\%$  of the  $VO_2 \text{ max}$   $> 6$  METs) for 20 min a day, 3 days a week to maintain their physical health. Further, additional bouts of exercise have been recommended to reduce the lifetime risk for chronic diseases or unhealthy weight gain and improve cardiovascular fitness (Haskell et al., 2007; World Health Organization [WHO], 2010; American College of Sports Medicine, 2013).

The aforementioned recommendations of the WHO and ACSM are based on global epidemiologic health indicators (e.g., morbidity rates, mortality risk) or lifetime risk for certain somatic diseases including cancer and cardiovascular diseases. The question of whether the same exercise recommendations are valid for the prevention of mental health and well-being continues to be debated