Ignorance - Unawareness

The number one reason that makes people neglect their health is plain ignorance. Most people are unaware of the effects their unhealthy lifestyle can have on their overall health. It has been repeatedly reported that an average person doesn't know enough about their health situation and how it could actively affect their life. Most people need a wakeup call in order to change their stand towards their health care, unfortunately it might already be too late.

Bad Habits

It has been noticed that although many want to start caring about their health, their bad habits keep them from doing it. Smoking, eating junk food, lack of exercise or simply being lazy are some of the bad habits that make people unhealthy in general.
"Bad habits die hard ?" Not according to a recent scientific research that claims that it takes 66 days,on average, to break a habit.

Memory Issues

Having a bad memory has been proven to be an important factor for health negligence. Memory issue mostly appears in old ages meaning that third age people need constant reminders when it comes to taking care of their health.

Depression

Nowadays depression is a common reason for health negligence. People who feel depressed have a tendency of neglecting their health despite of the outcome. This category of people needs extra psychological support to begin taking care of their health.

References:
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