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Definition essay partial draft

We often think food, shelter and, clothes are necessities for humans. How we forget the vital element without which things are meaningless. For me the vital element of our life is health. A good health is valuable assets for individual, family and society. Good health is not possible mainly through sufficient health facilities, but it depends on individual meals habits, exercise, environment and society. A Nation needs healthy human resources to build the sound nation. Health in my view is to be physically fit, mentally alert and socially active. Individual, family and society health depends upon the resources available for health services and each other.

Enough sleep, balanced diet and exercise make individuals healthy. Eating too much or too little is an unhealthy habit. Consumption of high fat and sugary foods results in weight gain. Due to overweight more people will die rather than starvation (*Fed Up).* The reason is clear, overweight cause heart diseases, diabetics, kidney problem, and high blood pressure. Exercise is needed to burn calories and to be active. Watching TV and playing video games hinders the exercise on our body resulting poor immune to diseases. Average sleep time varies with individual daily lifestyles, but a good night sleep in beneficial for good health.

Family food trends and education plays important factor in familiar health. I grew up in the family where rice is the main dish. I don’t know whether it is the best choice I have or not. I eat rice because my parents feed me with it. Now, I know white rice contain sugar which is not good for my health. My parents did not realize that due to illiteracy. Fat people are not born to be fat and skinny people are not born to be slim. To change our body, we need to change our mind during the time we take something to our mouth. Family intervention on children eating behavior helps to control overweight. Education in the family plays an important role regarding vaccination and other health hazards of children. To create a sound mind in individual family member healthy food choice need to be practiced in a family.

Society is considered healthy if they have enough resources necessary for care and cure. Societal decision on health depends on where people are born, grow, live, work and age, including health system (*Questia 2*). Love, affection, and respect in various parts of community strengthen mental health in our society. Society ruin by the epidemic of drug, starvation, malnutrition and other diseases spend time -fighting for cure and are back warded. Lack of hospital and doctors increase the mortality rate. Community nurses’ plays significant role in educating patients about prevention of bacterial infection, promoting vaccinations to minimize their exposure to infection, and hygiene (*Ebscohost* 4). If society is unhealthy, able manpower cannot be produced to develop a nation. In order to develop healthy human resources for the wealthy nation and to raise the living standard of civil, society need to be healthy.

Health is single most prerequisite or essential feature of mankind to build wealthy individual, family, and society. Family and society is healthy if individual is healthy. Without good health, an individual is inactive, mentally distracted and passive.

Works Cited

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