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Definition essay final draft

“No action today means no cure tomorrow” (*Ebscohost* 344-347). Now we need to act wisely in maintaining healthy lifestyles. We often think food, shelter and, clothes are necessities for humans. I think good health is vital element without which things are meaningless. A good healthy lifestyle 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. Further, individual, family and society health depends upon the resources available for health services.

Enough sleep is required to be healthy. Our body get tired performing various activities throughout the day. To maintain proper functioning of different organs and parts of body, rest is required. Average sleep time varies on individual lifestyles, but good sleep is beneficial for good health. People sleeping during night live longer than people sleeping during day. Parents having kids get less sleep than others. Lack of sleeping makes driving dangerous due to distraction, and causes accident. To increase longevity and to be healthy enough sleep is necessary.

Balanced diet is important to be 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. Everyone need to make smart choice while selecting food items. Healthy food selection doesn’t need more effort, it can be achieve by buying more fresh fruits and vegetables. Food containing high protein and fiber in diet are important for digestion. Cooking food at home is healthier than eating high calories foods in fast food restaurants. Eating together with family strengthen mutual relationship which is required to maintain healthy mind.

Exercise play vital role in our health. Without exercise our body become inactive. More kids spend time watching TV and playing video games which hinders their physical exercise. Lack of physical exercise cause children obese and other mental health issues. Encouraging kids to play outdoor helps then to be active and to be sociable. Exercising increases the coordination between body and mind, burns calories and maintain proper health.

Family food trends and education plays the important factor in familiar health. I grew up

in the family where rice is the main dish. I don’t have idea whether it is the best selection 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. My family usually cook at home and prepare meals for everyone in family. My family loves to eat spicy food and we at heavy two heavy meal a day. There is no problem with obesity in our family, but due to eating heavy meal cause heartburn. We eat spicy food consisting of spinach, beans, pickle and rice. 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 in children. Also, education on nutrition facts and healthy food drives towards healthy eating in family.

Mother health determine health of children. Healthy mother can give birth to healthy infant. If mother stay away from smoking and alcohol during pregnancy, she is likely to give birth to healthy baby. Eating right, which consists of more vegetables and iron rich foods can support both mother and child. Breastfeeding have more benefit over formula. Breastfeed children are healthier than one on formula. Children living in childcare have grater socio-emotional and behavioral problem than children living home with mother (*EBSCOhost 51-59*).

Society is considered healthy if they have enough resources necessary for care and cure for everyone health. The Societal decision on health depends on where people were born, grown, lived, worked and age, including health system (*Questia 2*). The quality of life is determined by socioeconomic and political context. Clean drinking water, fresh air and affordable healthcare system in community in required for healthy society. 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 the 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 needs to be healthy.

Health is single most prerequisite or essential feature of mankind to build wealthy individual, family, and society. Setting up goal to eat healthy food, exercising, sleeping and controlling stress leads to good health. Everyone should use available health resources wisely and effectively. Family and society are healthy if an individual is healthy. Without good health, an individual is inactive, mentally distracted and passive.

Works Cited

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