

ILL HEATH IS

HEALTH EDUCATION TOPICS

MENTAL

TENSION

RELATED TO

PUBLIC HEALTH



AWERNESS

PATRIARCHY

UN HEALTHY LIFE STYLE



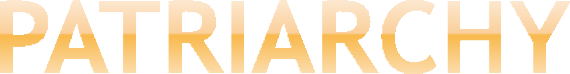
GOOD HEALTH HABITS AT HOME





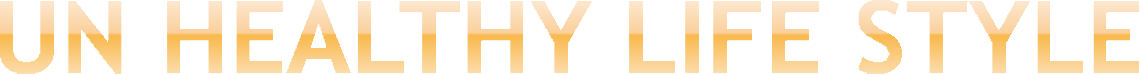
* Malnutrition
* Unsafe water and lack of sanitation
* Unhealthy living conditions
* Hard labour and difficult work conditions
* Mental tension
* Patriarchy
* Lack of access to health services
* Lack of health education





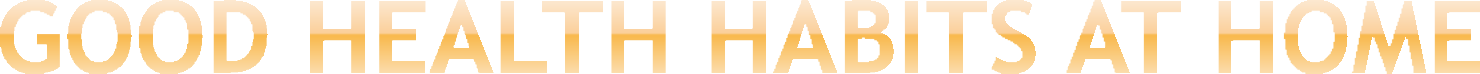
* When we compare men and women,we find that more women fall ill than men.
* The core reason for this is partiarchy.
* It means that our society is domainted by men and accords a lower status to women.
* This causes ill-health for women in the following ways:





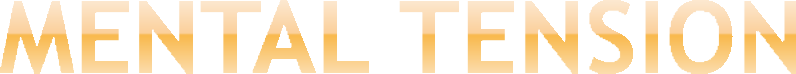
* A lifestyle where a person engages in activities that are known to be detrimental to ones health such as smoking,not exercising regularly or enough,eating un healthy foods on a regular basis,and not maintaining a healthy weight.
* An unhealthy lifestyle can vary by degress,and some any determine that being slightly unhealthy is acceptable for the sake of quality of life





* Do not let pigs come into the house or place where children play
* Do not let dogs lick children or climb up on beds
* Avoid open field defecation
* Do not spit on the floor
* When you cough or sneeze cover your mouth with your hand or cloth
* Clean the house every day
* Delouse the whole family once in week





* Many times the negative circumstances of life become too much to bear and leads to mental stress which is an contributing factor for most of non communicable diseases like cancer,stroke,cardio,vasclar diseases,diabetes
* Breakdown of societyor family,unemployment social insecurity,no relaxation,these all are causes of mental tension leading to mental illness





* Physical activity and fitness-exercisess minimum 30 min a day
* Nutrition and weight control-balanced diet
* Worker safety and health
* Blood pressure and/or choesterol education and control
* Alcohol,smoking and drugs