

Free critical thinking about a short research on health issues

[Health & Medicine](#), [Diabetes](#)



- List five major health issues that can occur at any point in our life and explain how an individual's lifestyle impacted the onset of the health issue. If scientific research does not implicate lifestyle was a contributing factor, provide other contributing factor/s which contributed to the health issue onset.

Poor lifestyle of many individuals, if not changed, can lead to major health concerns. These health issues include diabetes, heart attack, bone loss, obesity and drug addiction. The most common diabetes these days is the type 2 diabetes. Study shows that genes and lifestyle causes a person to acquired type 2 diabetes. Among the lifestyle preferences that lead to this health issue include lack of exercise and unhealthy meal planning. Eating style that comprise of high fat foods and lacking in fibre boosts the possibility of having diabetes . On the other hand, smoking, lack of sleep, stress and drinking adds to the risk of having heart attack. According to the study of the American Heart Association, too much alcoholic drinks increase the fats in an individual's blood. Moreover, excessive cigarette smoking is the major sources of coronary heart diseases . These compounded lifestyle such as alcohol drinking, smoking and lack of sleep lead to bone loss or bone mineral loss, which eventually cause osteoporosis . Sedentary way of life composed of sedentary activities including whole day watching of TV, sleeping and video games contribute to health concern such as obesity. This lifestyle coupled with bad eating habits such as extreme consumption of food and sugar-sweetened drink causes too much increase in weight that is

beyond normal. Furthermore, an unhealthy lifestyle coupled with peer pressure and unhealthy environment is prone to drug addiction. This serious health issues rises from its current "\$20 billion to over \$29 billion by 2007 according to an article released by Nature Medicine .

- Choose 3 assessment questions and provide scientific rationale how your responses are contributing or are detrimental in your health and wellness.

Below are some of the assessment questions reaped out of my responses with regard to health and wellness.

- How do you handle stress cause by personal activities or activities that involved other people?

- What are your food preferences when eat out with friends and family?

- Beyond school activities, what other extra-curricular or physical activities do you perform?

Various studies concerning stress management proves that it impacts an individual's immune system that eventually lowers resistance and the ability for a human being to naturally fight sickness. Managing stress can include establishing a healthy attitude, good diet and healthy eating habits and physical activities . On the other hand, physical activities such as resistance and balance training, flexibility and aerobic exercises contribute to healthy lifestyle and control of aging among adults. These activities will control the risks of every individual to acquire chronic diseases and excessive weight if done regularly .

- List and describe two (2) factors contributing to health disparities among ethnic groups.

Disparities in probability for illness and injury and health status are among

the contributing factor to health gaps among ethnic group. According to statistics gathered by national and state data, Latinos and African-Americans proves to acquire higher rates of self-reported diabetes, cancer, heart attack and asthma, compared to Asian and White population . On the other hand, the disparity for risk for illness and injury reflects on the differences on the behaviour such as smoking, drinking and consumption of food rich in fats. Obesity, say for instance, vary among ethnic communities with fewer healthier restaurants, stores that offers fresh fruits and vegetables .

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