

Health concerns in kuwait

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



In Kuwait, some determinants of health include factors such as policy making, biology and genetics, social, environmental, health services and individual behavior. For example, in Kuwait there are very little policies against smoking. This in turn lead to many adults and kids in Kuwait to undertake smoking as a habit. On the other hand, in places like Europe, smoking is prohibited indoors, this prevents people from undertaking smoking as a habit because they always have to leave indoor places to go smoke. The second factor that determines health is biology and genetics, many people in Kuwait marry their cousins, this leads to accumulated diseases in the genes, which leads to health issues such as diabetes, high blood pressure and more serious diseases. The third factor that determines health in Kuwait is the social factor. For examples, in Kuwaiti culture, feeding children so much is seen as good and that it is health while it leads to child obesity. Another factor includes the environment, in Kuwait there is a lack of neighborhood recreational space that leads to lower levels of neighborhood satisfaction and higher levels of obesity; therefore, lower overall well being. Also the positive psychological benefits of natural space in urban neighborhoods should be taken into account in public policy and land use. One of the most important determines of health is individual behavior. In Kuwait, individual lifestyles include an unhealthy diet and lack of physical activity. This is the lifestyle that most people in Kuwait follow which leads to obesity, diabetes, and high cholesterol.