



Theme 8: Promotion of Healthy Lifestyle

Introduction

The objectives of the module:

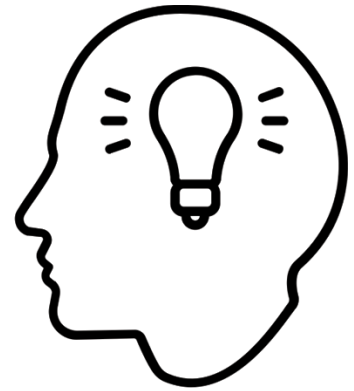
- Helps create awareness in the learner on how lifestyle choices contribute towards long term health and well-being
- Demonstrates how physical activities are important for healthy lifestyle and how the learner can seek support and services to keep healthy
- Learner is made aware of healthy lifestyle choices and practicing them in their daily routine
- Learner demonstrates effective ways to cope with stress and other mental health concerns.



Activity 1: Healthy life choices within our reach

Learning Outcomes

- Explains how lifestyle choices contribute towards long term health and well being



Case studies

Case Study 1

Rita gets home cooked food but leaves her tiffin uneaten most of the time. She either skips meals or buys samosas, pakoras, kachori, poori-sabji from a nearby stall.

Case Study 2

Video

Manoj is very impressed by the hero in a film he saw recently. After smoking a couple of cigarettes, the hero succeeds without much effort at anything he tries. Manoj thinks that smoking cigarettes may be an easy way to success and buys cigarettes from the cash gift he got from a relative.

Case Study 3

Video

Zakir and Shama are siblings. After completing their homework, their mother asks them to relax for an hour. Shama quickly takes out her bicycle and goes for a ride, while Zakir stays back in the house and plays a video game.

Case Study 4

Janet, a Class VIII student, is very good at studies and she wants to top her class in every exam. Her final exams are approaching and she concentrates only on her studies. Often, she skips her meals thinking that she will lose precious time for studies. She also refrains from going out to play with her friends



Discussion

- Is this a healthy choice/healthy behaviour? Why do you think so?
- What could be the possible consequences of this choice?
- Can this choice/behaviour be modified? How can it be modified?
- Who can be helpful in this process?



Why do we make unhealthy choices ?

Several reasons:

- Feeling lazy or tempted
- Lack of correct information
- Influence of media
- Peers
- Pressure to perform
- Become popular

But, these unhealthy choices have both short and long term negative consequences.

Five Mantras to prevent being overweight and obese

1

Overeating and unhealthy snacks should be avoided. Eat mindfully, chew slowly. Include sufficient high fibre pulses, green leafy vegetables and fruits in diet. Don't skip meals and choose healthier cooking methods replace frying with roasting and steaming

2

Limit consumption of foods high in fat, salt and sugar such as fried foods, pizza, cake, patties, burgers, pastas, chips, samosa and chocolates. Avoid Vanaspati and repeated use of cooking oil. Use of oils high in saturated fats like ghee, butter, palmolein, etc. should be limited **in schools**.

3

Limit intake of salt and sugar intake (from sugar, honey, fruit juices, sugar sweetened beverages) to <5 g (1 teaspoon)

4

Reduce screen time (TV, mobile, video games) to less than 2 hours in a day. Don't have food while watching TV, playing with mobile

5

Be Active: Engage in indoor or outdoor physical activity sports/dancing/yoga for atleast 60 minutes a day

Five Mantras to for preventing micronutrient deficiencies

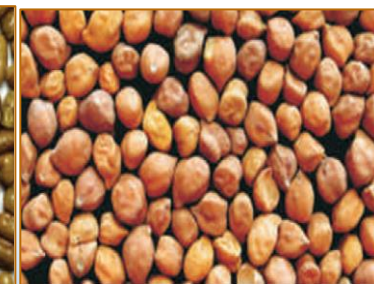
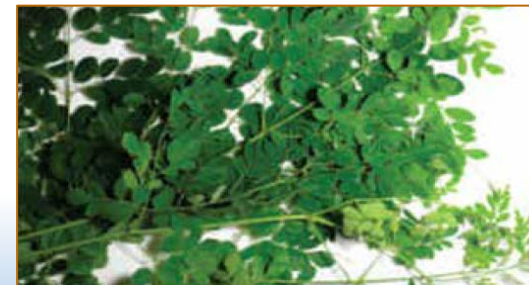
1 Between 11:00-1:00 pm ,expose yourself to sunlight in balcony/ terrace/ courtyard to maintain vitamin D level for 30-40 minutes

2 Eat fortified foods

3 Eat foods rich in micronutrients – iron, folate and B12

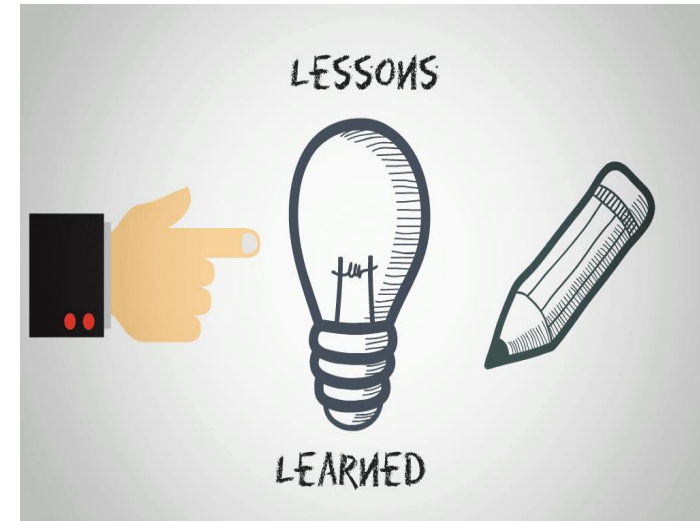
4 Consume weekly iron-folic acid supplement with water or lemon water

5 Get your health check up done



Summary of discussions

- Lifestyle choices like regular physical activity, NO to high sugar, high salt and fat foods, NO to tobacco and alcohol keep you healthy
- Healthy lifestyle choices help in preventing or delaying the onset of NCDs and decreasing their severity.
- Establishing healthy behavior during childhood is easier and more effective than trying to change unhealthy behavior during adulthood
- Differentiating between healthy and unhealthy choices is the first step in promoting a healthy lifestyle.
- Seek help from friends, parents, teachers, trusted adults, as and when needed, to modify unhealthy behavior and also be prepared to help others.

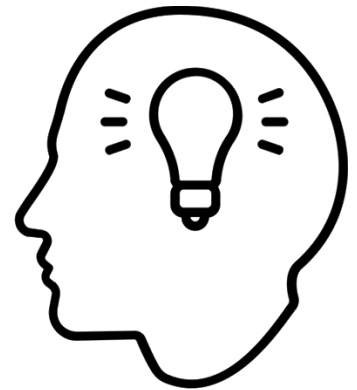


Activity-2: Jump Forward and Race with Pace

Learning Outcomes

Demonstrates how physical activities are important for a healthy lifestyle-

Good health is not about not being ill. It is about adopting a healthy lifestyle and leading a healthy stress-free life.



Benefits of Physical Activity

Healthy Lifestyle



Physical activity for at least 30 minutes for five days a week



Increases muscular strength and blood circulation



More physical activity provides greater health benefits

Sedentary Behaviour Guidelines

- Limiting recreational screen time (laptops, television, mobile phones, video games etc.) to not more than two hours a day. Lower levels are associated with additional health benefits.
- For health benefits, children should minimize sedentary time each day.
- Limiting sedentary transport, extended sitting and time spent indoors throughout the day
- Limit sitting time at work and home



Summary of discussions

Physical benefits

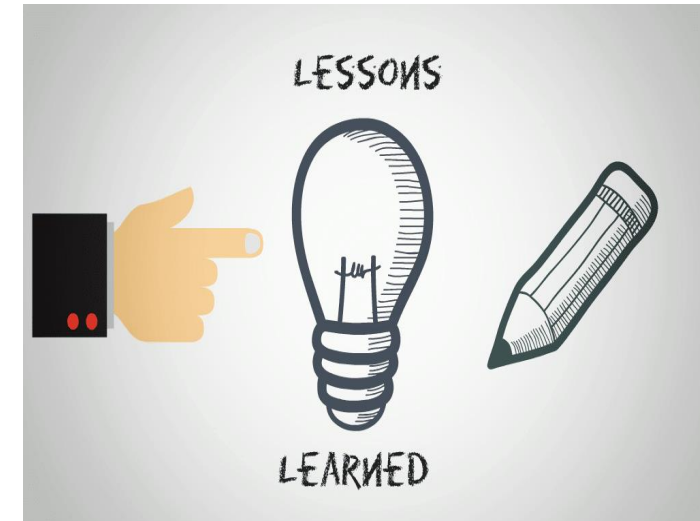
- It helps your bones and muscles grow and develop.
- It helps one to remain (or become) fit and trim.

Mental benefits

- It helps build self-confidence and self-esteem.
- It helps one to study and work better.
- It helps to calm down when one is anxious, sad or angry.

Social benefits

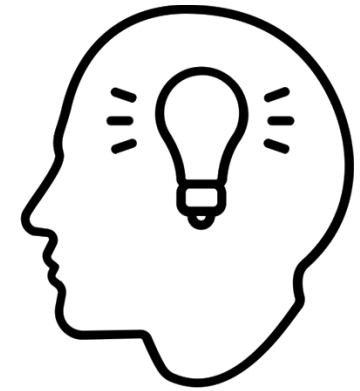
- It helps to meet people.
- It helps one cooperate with others, and deal with both victory and defeat.
- Physical activities like exercises, yoga, dance, martial arts, outdoor games like cricket, badminton, kho-kho, football, basketball, etc. help us build stamina, fight fatigue and obesity and support the growth of bones and muscles.
- Yoga and meditation promote health by improving the control of mind and body for the overall well-being of a person.



Activity-3: Choose Well: Do Well

Learning Outcomes

Seeks support and services



SOMU'S DAY

Time	Activity	Healthy Choice (Yes/No)
06:30 hours	Got up, felt lazy, slept again and missed yoga session with grandmother	
07:15 hours	Had multigrain bread, milk and bananas for breakfast	
07:30 hours	Picked some betel nuts from grandmother's room and walked to school	
10:45 hours	During recess, purchased a burger from the school canteen	
11:00 hours	Before entering the classroom, chewed betel nuts	
12:00 hours	Ate home cooked food during lunch recess	
14:30 hours	Came home walking	
14:45 hours	The lunch was not interesting, so prepared instant food for lunch	
15:30 hours	Started completing homework (did only half)	
16:30 hours	Went out to play with friends	
17:30 hours	Told mother that he had an argument with his friend Rahul at school and was feeling bad. Mother heard him patiently and Somu realised his mistake. He called Rahul and apologised.	
18:00 hours	Sat with father and grandmother and watched television	
19:00 hours	Went to his room and started playing video games	
20:00 hours	Had dinner with the family	
21:00 hours	Continued with video games	
23:00 hours	Tried finishing the homework but was feeling very tired and slept off before completing the homework	



Discussion

- What healthy and unhealthy behaviour are depicted in the time slot/ activities?
- What could be the possible consequences of the unhealthy behaviour?
- How can Somu change the unhealthy choices into healthy choices and healthy choices into a habit?
- What help/support can Somu seek to change the unhealthy choices?

Summary of discussions

- It is possible to give up unhealthy habits.
- To support your efforts, it is important to seek help of others when you are trying to change a habit.
- It is important that conscious efforts are made to inculcate and practice healthy choices.



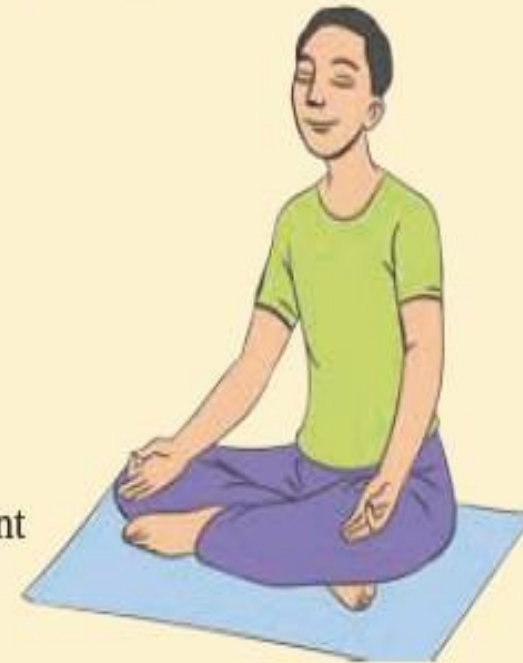
Importance of Yoga

Yoga

Yoga is a popular form of physical exercise based upon *asanas* (physical postures), breathing techniques and meditation

Health Benefits of Yoga

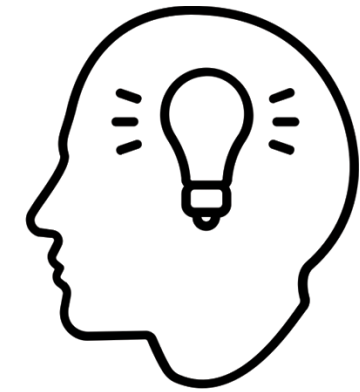
- Improves balance and flexibility.
- Increases muscular strength and blood circulation.
- Improves breathing.
- Reduces lower back pain.
- In addition to taking regular medicine, yoga can help in the management of diabetes, respiratory/breathing disorders, and other lifestyle related disorders.
- It helps to reduce depression, tiredness, anxiety/nervousness disorders and stress.



Activity-4: Risk Factors for Non-Communicable Diseases

Learning Outcomes

Explains how lifestyle contribute towards long term health and well being



Childhood and adolescent overweight/obesity in India

1

4% children (5 to 9y)

AND

5% adolescents (10 to 19y)

1.7 crore affected by overweight/obesity (5 to 19y)

2

Prevalence three times higher in urban compared with rural areas

BUT

Increase in overweight/obesity **much faster in rural than urban areas**

3

Among adolescents affected by overweight/obesity

1 in 4 have risk of developing diabetes (high HbA1c levels)

1 in 4 have pulses or vegetables daily

3 in 4 have insufficient physical activity (at least 60 minutes/day)*



dinner then:



dinner now:



**PLAYGROUND,
1967**



**PLAYGROUND,
2011**



Discussion

- What do you see in these cartoons?
- Why do you think this is happening?
- Have you seen it around in your surroundings? Give examples.
- Do you think it is a problem?
- How can it be addressed?

What measures can be taken by children:

- To make healthy choices at a personal level?
- To mitigate the effects of mechanization and improve health at the family level?
- To abstain from using substances?
- To manage stress effectively?

Summary of discussions

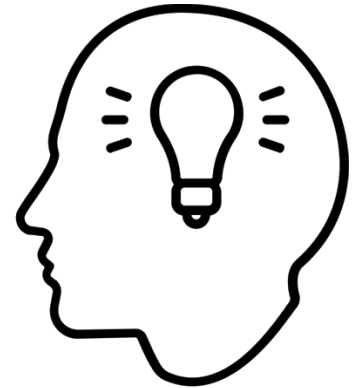
- Mechanization, mobility, substance misuse etc. have reduced the level of physical activity, changed our eating habits and our socialization patterns.
- Engaging in regular physical activity and abstaining from substance misuse are some factors that could help prevent and delay NCDs
- Physical activities like exercises, yoga, dance, martial arts, outdoor games like cricket, badminton, kho-kho, football, basketball, etc. help us build stamina, fight fatigue, stress and obesity. Physical activities support the growth of bones and muscles.
- Yoga and meditation promote health



Activity-5: My Habits and My Health

Learning Outcomes

- Adopts healthy lifestyle (diet, yoga, manage stress) for a healthy body and mind
- Identifies symptoms to prompt screening and seeks health care services for self and others



Case Study

Case Study-I

Video

Sujoy is a 14-year-old boy and is fond of packaged snacks like chips and aerated drinks. He also likes sweets. He is very careless towards his studies and most of the time watches television and plays online games on his computer till late in the night. Due to this habit of keeping late hours, his sleep is disturbed, thereby affecting his health and studies. He is now getting concerned as his exams are just round the corner. Worried that he might get low grades, he has stopped playing sports in school and home and doesn't meet with his friends too. He tries hard to concentrate while studying but he often drifts to playing online games. To overcome his stress, he has started smoking cigarettes.



- What are Sujoy's problems?
- Who can help Sujoy and how?

Summary of discussions

- Tell the class that there may be a Sujoy in all of us in different degrees.
- Good health is not only about protecting oneself from diseases, but is about adopting a healthy lifestyle and leading a stress-free life.
- Eating well and physical exercise are both important to maintain good health and fitness.
- It is important to recognise healthy lifestyle choices and practice them in our daily lives.
- We should also be willing to identify some of our unhealthy habits and try to change them.
- We should be willing to seek support and also extend support as needed.



**Do refer to the Fact Sheet at the end of Module
8 for more details**

Thank You