



Ankara University

SCHOOL OF MEDICINE

*The First Medical School In The Republic of Turkey (1945)*

# Healthy Life vs. Life

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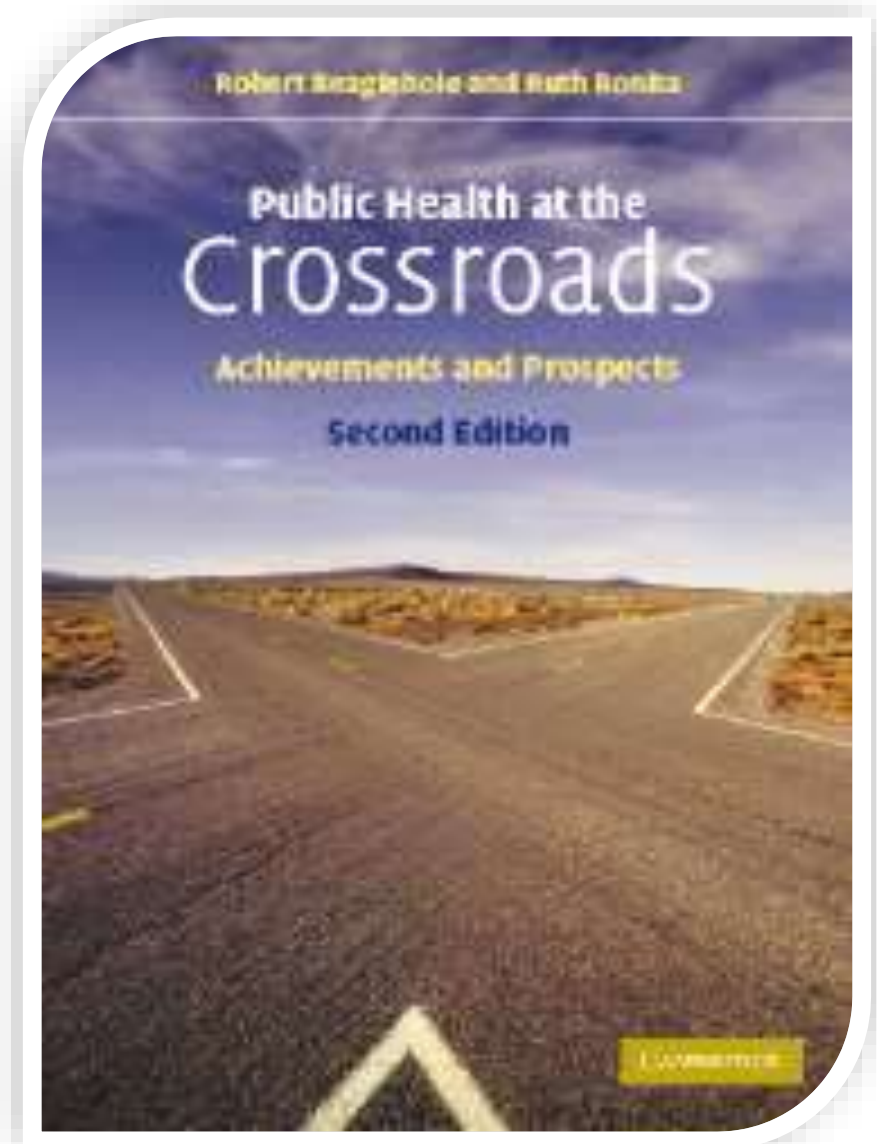
**Ankara University Medical School, Dept. of Public Health**

**March 2021, Ankara - TURKIYE**

# PUBLIC HEALTH at the CROSSROADS

2

- Prof. Beaglhole and Prof. Bonita from WHO (p. 3);
- ***Health status or disease status?***



# THE RIGHT TO HEALTH MEANS ACCESS TO UNIVERSAL HEALTH COVERAGE THAT IS



**Health is a  
fundamental human right!**

*“The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.”*

**Human Rights Day 2017**

Statement by Dr. Tedros Adhanom  
Ghebreyesus, WHO Director-General  
10th December 2017

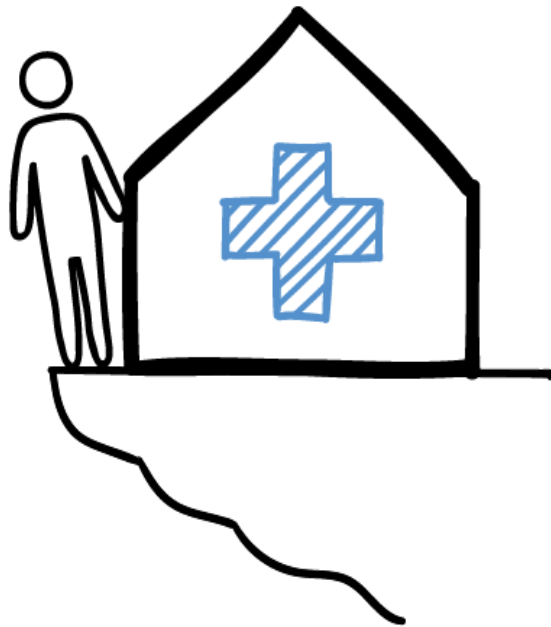
<http://www.who.int/mediacentre/news/statements/fundamental-human-right>

Mind the tipping point

**100 million people**

fall into extreme poverty  
each year due to health  
expenses

**WHO** : *Half the world lacks access to essential health services, 100 million still pushed into extreme poverty because of health expenses..*



www.who.int

**Health is a fundamental  
human right!**

**"Are you protected?"**

**Inequalities** in health services are seen not just between, but also within countries: national averages can mask low levels of health service coverage in disadvantaged population groups."

**Human Rights Day 2017**

Statement by Dr. Tedros Adhanom  
Ghebreyesus, WHO Director-General  
10th December 2017

<http://www.who.int/mediacentre/news/releases/2017/half-lacks...>

# **Your health - your right! : Dr. Tedros Adhanom Ghebreyesus,** **Director-General of WHO / *Human Rights Day*, 10th December 2017**

## **Half the world lacks access to essential health services!**

- At least half of the world's population cannot obtain essential health services, according to a new report from the World Bank and WHO.
- And each year, large numbers of households are being pushed into **poverty!** because they must pay for health care out of their own pockets.
- Currently, 800 million people spend at least 10% of their household budgets on health expenses for themselves, a sick child or other family member.

- <https://youtu.be/C1bljISMITo?t=20>

- [News release](#)
- [Fact sheet](#)





# HOW DO GAPS IN HEALTH SERVICES AFFECT PEOPLE?



MORE THAN  
**1 BILLION  
PEOPLE**  
live with uncontrolled  
hypertension;



MORE THAN  
**200 MILLION  
WOMEN**  
lack adequate access to  
family planning services;



NEARLY  
**20 MILLION  
INFANTS**  
don't receive three  
essential immunizations.



***"It is completely  
unacceptable that  
at least half the world  
still lacks coverage for  
the most essential  
health services."***

Dr. Tedros Adhanom  
Ghebreyesus,  
Director-General of WHO  
**Human Rights Day**  
10th December 2017

No one should have to choose between death and financial hardship. But the shocking truth is that this is a reality for millions of people every year. New data reveal that at least half of the world's 7.3 billion people still do not have access to **essential health services**, such as having a skilled birth attendant, vaccinations for children or treatment for HIV.

# To reduce our risk of **Dementia** by life style improving

7

“In the next 30 years, the number of people with **Dementia** is expected to triple,” said **WHO Director-General Dr. Tedros Adhanom Ghebreyesus**.

□ *“We need to do everything we can to reduce our risk of **Dementia**.*

*The scientific evidence gathered for these Guidelines confirm what we have suspected for some time, that what is good for our heart, is also good for our brain.”*





# Dementia; Key facts

- **Dementia** is a syndrome in which there is deterioration in memory, thinking, behaviour and the ability to perform everyday activities.
- Although dementia mainly affects older people, it is not a normal part of ageing.
- Worldwide, around 50 million people have dementia, and there are nearly 10 million new cases every year.
- **Alzheimer** disease is the most common form of dementia and may contribute to 60-70% of cases.
- **Dementia** is one of the major causes of disability and dependency among older people worldwide.

<https://www.who.int/news-room/fact-sheets/detail/dementia> 08.03.2020





# Adopting a healthy lifestyle helps reduce the risk of dementia

- New **WHO** Guidelines recommend specific interventions for reducing the risk of cognitive decline and dementia.
- 14 May 2019 – People can reduce their risk of dementia by getting regular exercise, not smoking, avoiding harmful use of alcohol, controlling their weight, eating a healthy diet, and maintaining healthy blood pressure, cholesterol and blood sugar levels, according to new guidelines issued by the World Health Organization (WHO) today.

14 May 2019 News release# <https://www.who.int/news-room/detail/14-05-2019-adopting-a-healthy-lifestyle-helps-reduce-the-risk-of-dementia>

# WHO's Global action plan for the public health response to Dementia

- The Guidelines provide the knowledge base for health-care providers to advise patients on **what they can do to help prevent cognitive decline and dementia**. They will also be useful for governments, policy-makers and planning authorities to guide them in developing policy and designing programmes that **encourage healthy lifestyles**.
- The reduction of risk factors for dementia is one of several areas of action included in **WHO's Global action plan for the public health response to Dementia**.
- Other areas include: strengthening information systems for dementia; early diagnosis, treatment and care; supporting carers of people with dementia; and research and innovation on this topic.

# Take steps for better health

11

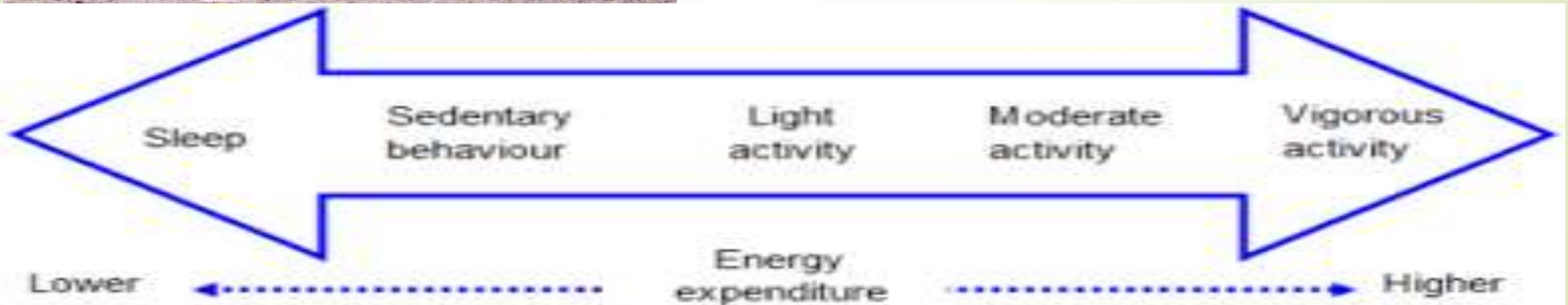
The World Health Organization provides the advice and evidence needed for people to lead **healthy lives**. Good health requires the commitment of many, from lawmakers to lunch makers. And there are steps each of us can take to promote and protect health. These include being **more active, eating healthy, and avoiding tobacco and harmful use of alcohol**.





## Physical activity

Adults can improve their health by doing at least 150 mins of moderate-intensity, or 75 mins of vigorous-intensity, aerobic physical activity, per week, or an equivalent combination of both.





# Being physically active helps all people, no matter their age and, lead healthier lives

13

Some **physical activity** is better than doing none.

By being more active throughout the day in relatively simple ways, people can quite easily achieve the recommended activity levels.

Below are the levels of physical activity

**WHO recommends** people of different ages undertake.

## Children and adolescents aged 5-17 years

- Should do at least 60 min. of moderate to vigorous-intensity physical activity daily.
- Physical activity more than 60 min. daily provides additional health benefits.
- Should include activities that strengthen muscle and bone, at least 3 times per week.

# Being physically active helps all people, no matter their age and, lead healthier lives

14

## Adults aged 18–64 years

Should do at least 150 mins. of moderate-intensity physical activity throughout the week or do at least 75 min. of vigorous-intensity physical activity, or an equivalent combination of both.

For additional health benefits, adults should increase their moderate-intensity physical activity to 300 mins. per week, or equivalent.

Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.





# Being physically active helps all people, no matter their age and, lead healthier lives

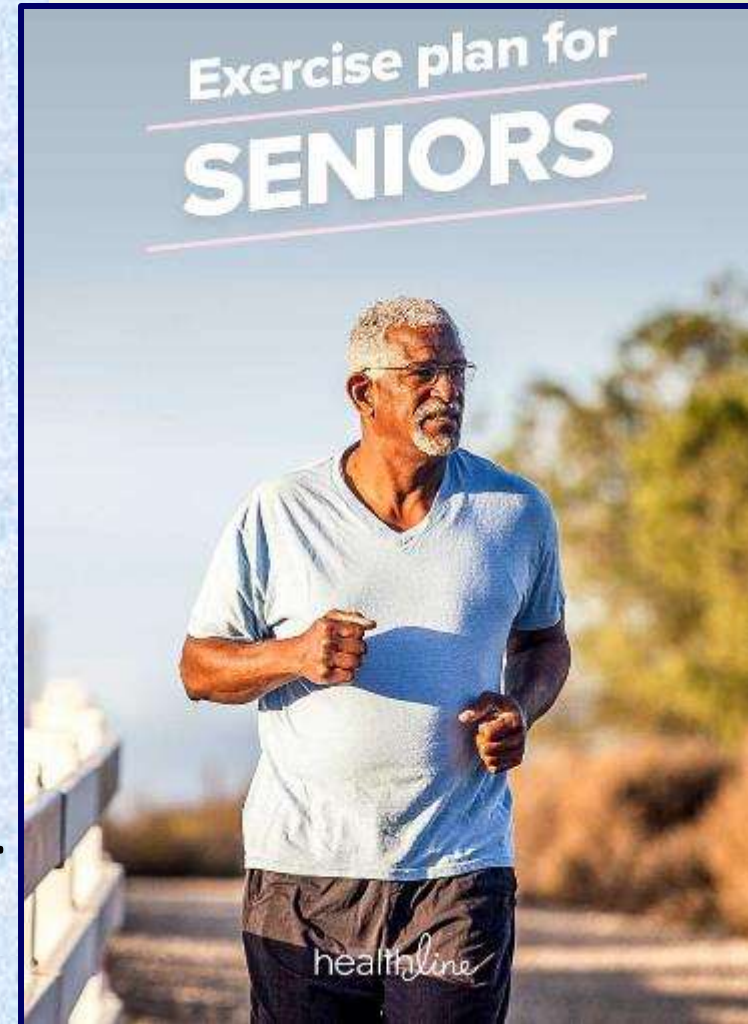
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## Adults aged 65 years and above

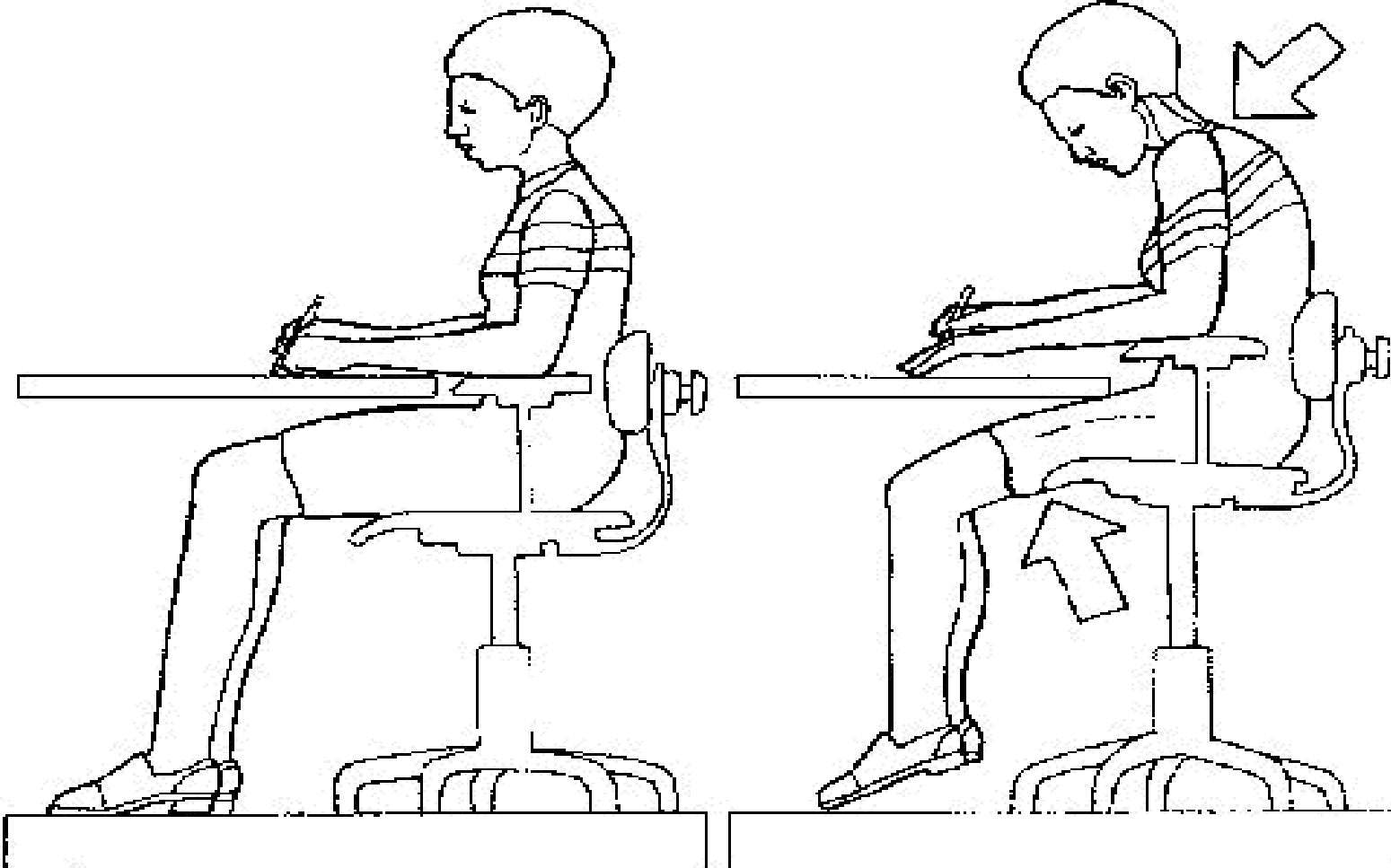
Should do at least 150 mins. of moderate-intensity physical activity throughout the week, or at least 75 mins. of vigorous-intensity physical activity, or an equivalent combination of both.

For additional health benefits, they should increase moderate-intensity physical activity to 300 mins. per week, or equivalent.

Those with poor mobility should perform physical activity to enhance balance and prevent falls, 3 or more days per week. Muscle-strengthening activities should be done involving major muscle groups, 2 or more days a week.



## Ergonomic vs. non-ergonomic posture..



Most **ergonomic** and **non-ergonomic** chairs have lumbar support.

However, for **non-ergonomic** chairs, the lumbar support is fixed. If you are taller or shorter than the **position** of the lumbar support you will sit in an awkward **position**. ... **Ergonomic** chairs solve this problem by having an adjustable **lumbar support** mechanism.



# Digital health

*Digital technologies offer limitless possibilities to improve health, from personal fitness to building stronger health systems for entire countries.*

<https://www.voanews.com/healthy-living>



# Healthy diet

*A healthy diet is essential for good health and being protected against many chronic illnesses. Eating vegetables and fruit and consuming **less salt, sugar and saturated fats** are essential for a healthy diet.*



## 10 TIPS FOR HEALTHY EATING

Making healthy food choices doesn't have to be overwhelming. These tips will get you on your way.

- 1** Cook at home more often to avoid processed foods.
- 2** How you eat is as important as what you eat. Enjoy your meals without multitasking.
- 3** Listen to your body—eat when you're hungry and stop when you're satisfied.
- 4** Eat at regular times.
- 5** Plan healthy snacks.
- 6** Eat a variety of vegetables and fruit at every meal.
- 7** Eat whole grains more often.
- 8** Eat fish at least twice a week.
- 9** Include legumes like beans, chickpeas, lentils, nuts and seeds more often.
- 10** Don't be afraid of fat. Choose olive oil and canola oil more often.



# A healthy diet is essential for good health and nutrition

19

It protects you against many chronic noncommunicable diseases, such as *heart disease, diabetes and cancer*. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for **healthy diet**.

**A healthy diet** comprises a combination of different foods. These include:

Staples like cereals (wheat, barley, rye, maize or rice) or starchy tubers or roots (potato, yam, taro or cassava).

Legumes (lentils and beans).

Fruit and vegetables.

Foods from animal sources (meat, fish, eggs and milk).

# Some useful information, based on WHO recommendations

20

Here is some useful information, based on WHO recommendations, to follow a **healthy diet**, and the benefits of doing so.

**Breastfeed babies** and young children:

A **healthy diet** starts early in life - breastfeeding fosters healthy growth, and may have longer-term health benefits, like reducing the risk of becoming overweight or obese and developing noncommunicable diseases later in life.

Feeding babies ***exclusively with breast milk*** from birth to 6 months of life is important for a **healthy diet**. It is also important to introduce a variety of safe and nutritious complementary foods at 6 months of age, while continuing to breastfeed until your child is two years old and beyond.





# Some useful information, based on WHO recommendations

22

## Eat plenty of vegetables and fruit:

They are important sources of vitamins, minerals, dietary fibre, plant protein and antioxidants.

People with diets rich in vegetables and fruit have a significantly lower risk of **obesity**, heart disease, stroke, diabetes and certain types of cancer.

## Eat less fat:

Fats and oils are concentrated sources of energy. Eating too much, particularly the wrong kinds of fat, like saturated and industrially-produced trans-fat, can increase the risk of heart disease and stroke.

Using **unsaturated vegetable oils** (olive, soy, sunflower or corn oil) rather than animal fats or oils high in saturated fats (butter, ghee, lard, coconut and palm oil) will help consume healthier fats.

To avoid unhealthy **weight gain**, consumption of total fat should not exceed 30% of a person's overall energy intake.

# Some useful information, based on WHO recommendations

23

## Limit intake of sugars:

For a healthy diet, sugars should represent less than 10% of your total energy intake. Reducing even further to under 5% has additional health benefits. Choosing **fresh fruits** instead of sweet snacks such as cookies, cakes and chocolate helps reduce consumption of sugars. Limiting intake of soft drinks, soda and other drinks high in sugars (fruit juices, cordials and syrups, flavoured milks and yogurt drinks) also helps reduce intake of sugars.

## Reduce salt intake:

Keeping your salt intake to less than 5 g per day helps prevent ***hypertension*** and reduces the risk of ***heart disease*** and ***stroke*** in the adult population. Limiting the amount of salt and high-sodium condiments (soy sauce and fish sauce) when cooking and preparing foods helps reduce salt intake.







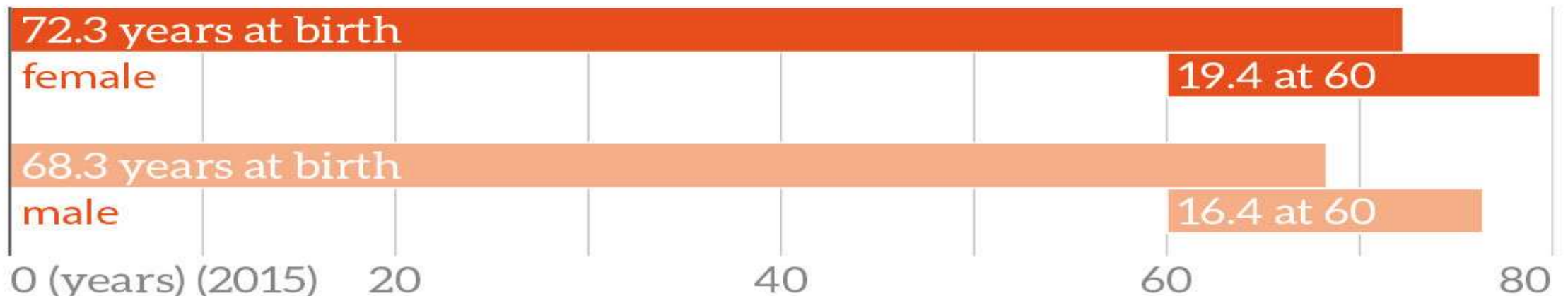
# *Healthy life expectancy*

Since the development of health expectancy measures in the late 1960s, the use of these indicators to monitor population health and to identify **health inequalities** has burgeoned. Health expectancies add a quality dimension to the quantity of life by partitioning life ...

CD Mathers, R Sadana, JA Salomon, CJL Murray... - The Lancet, 2001 - Elsevier

## Healthy life expectancy

Healthy life expectancy (HALE) describes the average number of years that a person can expect to live in 'full health' by taking into account years lived in less than full health owing to disease and/or injury. As is the case for life expectancy, HALE in the EU in 2015 was higher among females than among males, both at birth and at age 60.







## No tobacco

*Avoiding tobacco*, or taking proven measures to quit, are among the surest ways for people to avoid many illnesses and, instead, take the road to good health.



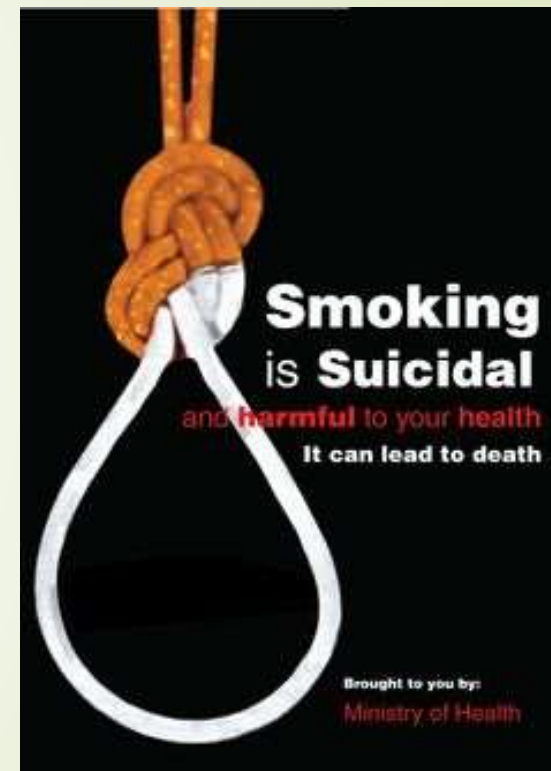


# Avoiding Tobacco

**Avoiding tobacco** or taking proven measures to quit, are among the surest ways for people to avoid many illnesses and, instead, take the road to good health. In fact, there are immediate and long-term health benefits of quitting for all tobacco users, including lower blood pressure.

## *Here, some key points on avoiding harms of tobacco use*

Most tobacco users who are aware of the dangers of tobacco want to quit. Counselling and medication more than doubles the chance that someone who uses tobacco and tries to quit will succeed.



# Avoiding Tobacco

If you are a tobacco user wanting to quit, it is essential to understand the importance of doing so for your own health and your family.

Then, you must be confident that you can quit – many people have done so.

If needed, seek support from health professionals to quit.

There are a range of things people can do, from **calling a quit line** and accessing online material to attending a cessation clinic.

Practical tips to help tobacco users deal with tobacco cravings include delay, drinking water, deep breathing and physical exercise.

# Immediate and long-term health benefits of quitting for all smokers

31

## Beneficial health changes that take place:

**Within** 20 mins., your heart rate and blood pressure drop.

12 hours, the CO level in your blood drops to normal.

2-12 weeks, your circulation improves and your lung function increases.

1-9 months, coughing and shortness of breath decrease.

1 year, your risk of CHD is about half that of a smoker's.

5 years, your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

10 years, your risk of **lung cancer** falls to about half that of a smoker and your risk of **cancer of the mouth, throat, esophagus, bladder, cervix,** and pancreas decreases.

15 years, the risk of CHD is that of a non-smoker's.



# Immediate and long-term health benefits of quitting for all smokers

People of all ages who have already developed smoking-related health problems can still benefit from quitting.

Benefits in comparison with those who continued:

At about 30: gain almost 10 years of life expectancy.

At about 40: gain 9 years of life expectancy.

At about 50: gain 6 years of life expectancy.

At about 60: gain 3 years of life expectancy.

***After the onset of life-threatening disease:*** Rapid benefit, people who quit smoking after having a heart attack reduce their chances of having another heart attack by 50%.

Smoking - the real cost

**16 years**

the average number of years that smokers die earlier than non-smokers

**Nine out of 10**  
cases of lung cancer are caused by smoking

**79,100**

people aged 35 years and over died in England in 2011 as a result of smoking

**£48,000**

is the cost of 20 cigarettes a day for 20 years

**73 per cent**

of children worry their parent will die because they smoke

**£2.7 billion**

the annual cost to the NHS in England of treating smoking-related diseases.

# Immediate and long-term health benefits of quitting for all smokers

**Quitting smoking** decreases the excess risk of many diseases related to second-hand smoke in children

**Quitting smoking** decreases the excess risk of many diseases related to second-hand smoke in children, such as respiratory diseases (e.g., asthma) and ear infections ex. serous otitis media as a cause of deafness..

**Quitting smoking** reduces the chances of **impotence**, having difficulty getting pregnant, having premature births, babies with low birth weights and miscarriages as well.









# 7 STEPS TO HANDWASHING



1 Rub palms together



2 Rub the back of both hands



3 Interlace fingers and rub hands together



4 Interlock fingers and rub the back of fingers of both hands



5 Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands



6 Rub fingertips on palm for both hands



7 Rub both wrists in a rotating manner.



# Brushing your teeth..

36

Brushing your teeth is an important part of your dental care routine. For a healthy mouth and smile the **ADA** (American Dental Assoc.) recommends you:

- *Brush your teeth twice a day with a soft-bristled brush. The size and shape of your brush should fit your mouth allowing you to reach all areas easily.*
- *Replace your toothbrush every three or four months, or sooner if the bristles are frayed.*

*A worn toothbrush won't do a good job of cleaning your teeth. (<https://youtu.be/xm9c5HAUBpY?t=33>)*

- *Make sure to use an ADA-accepted fluoride toothpaste. (<https://youtu.be/xm9c5HAUBpY>)*





# Male condom

37

Worn by the man, a male condom keeps sperm from getting into a woman's body. **Latex** condoms, the most common type, **help prevent pregnancy, and HIV and other STIs / STDs**, as do the newer synthetic condoms. "Natural" or "lambskin" condoms also help prevent pregnancy, but may not provide protection against STDs, including HIV. Typical use failure rate: 13%. **Condoms can only be used once**. You can buy condoms, KY jelly, or water-based lubricants at a drug store. Do not use oil-based lubricants such as massage oils, baby oil, lotions, or petroleum jelly with latex condoms. They will weaken the condom, causing it to tear or break.



## Female condom



# Improve family planning

What is **family planning**? **Family planning** is the information, means and methods that allow individuals to decide if and when to have children.

To prevent *unintended pregnancies*, family planning providers need science-based guidance on prescribing appropriate contraceptive methods and maintaining adequate supplies. Related units of Turkish MoH are engaged in these activities and in exploring ways to prevent *STIs/STDs and HIV transmission* between partners and from mother to child.

53 years ago, the world declared that “*parents have a basic human right to determine freely and responsibly the number and the spacing of their children,*”

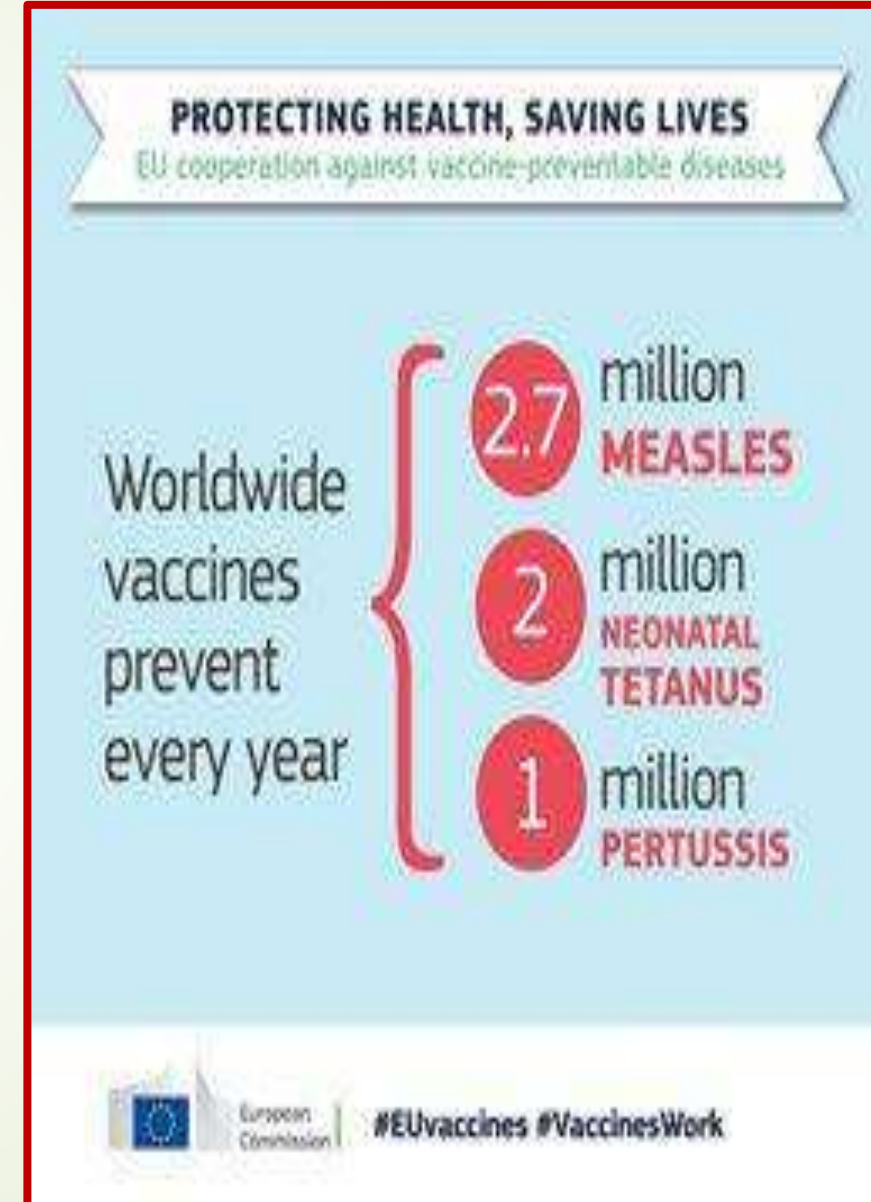
at the UN International Conference on Human Rights in Tehran, on 13 May 1968.

**Family planning** is not only a matter of human rights; it is also central to women’s empowerment, *reducing poverty* and achieving sustainable development.

# What is Vaccination Coverage and Why is it Important?

39

**Vaccination coverage** is the estimated percentage of people who have received specific vaccines. Health departments of the countries monitor vaccination coverage to understand how well communities are protected from **vaccine-preventable diseases** (*community immunity*). Vaccination coverage information is used to identify areas and groups with lower vaccination coverage so public health departments, health care partners, and schools can take action to help improve vaccination coverage and **protect everyone from vaccine-preventable diseases**.

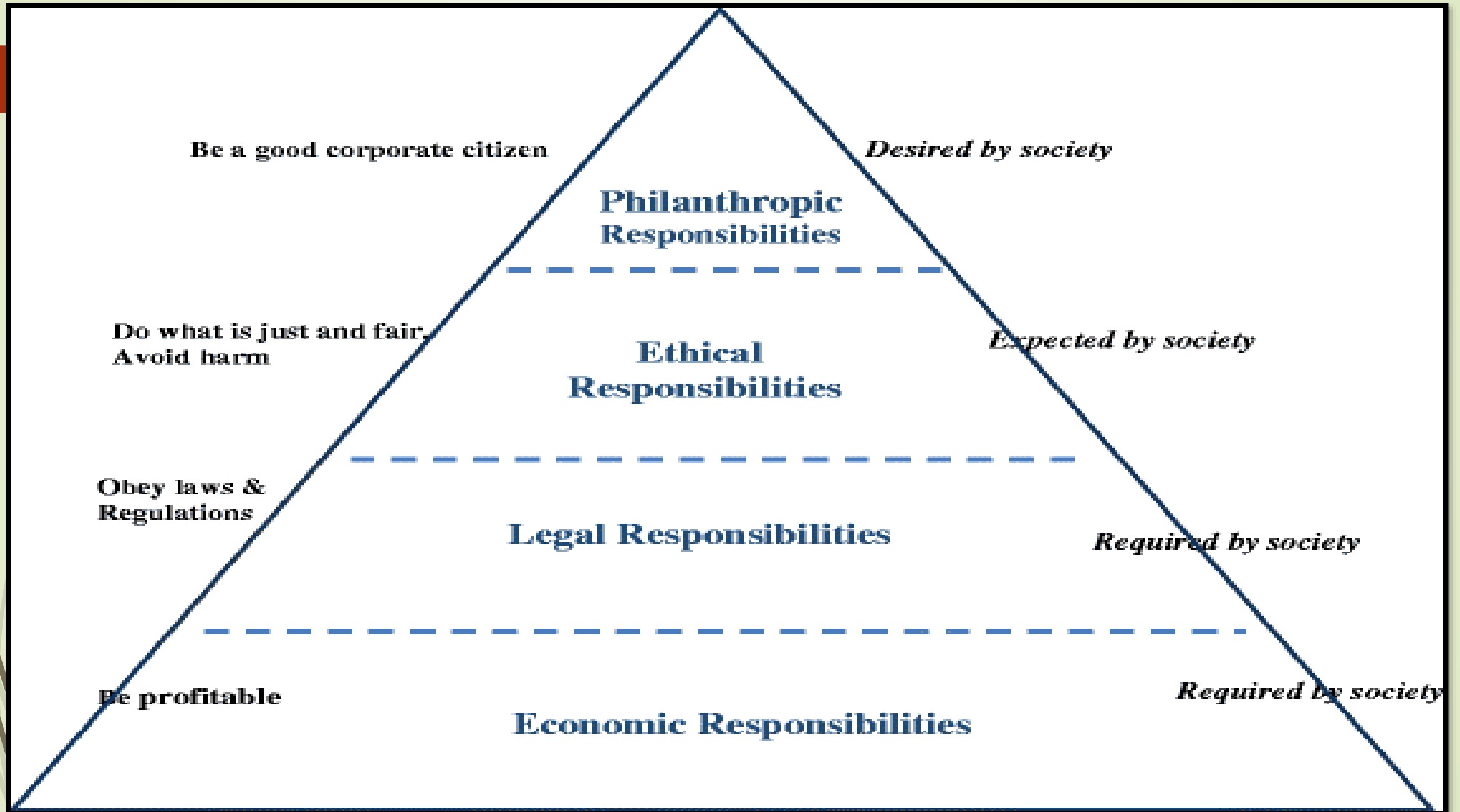


# Genomics and Public Health

**Genomics** and family health history play a role in many diseases such as ***cancer and heart disease***. These diseases are partly the result of how your genes interact with your behaviors, such as your diet and physical activity, and your environment. If you have a ***family health history of a disease***, you are more likely to get that disease yourself, but you can take steps to prevent disease or getting diagnosed it early.

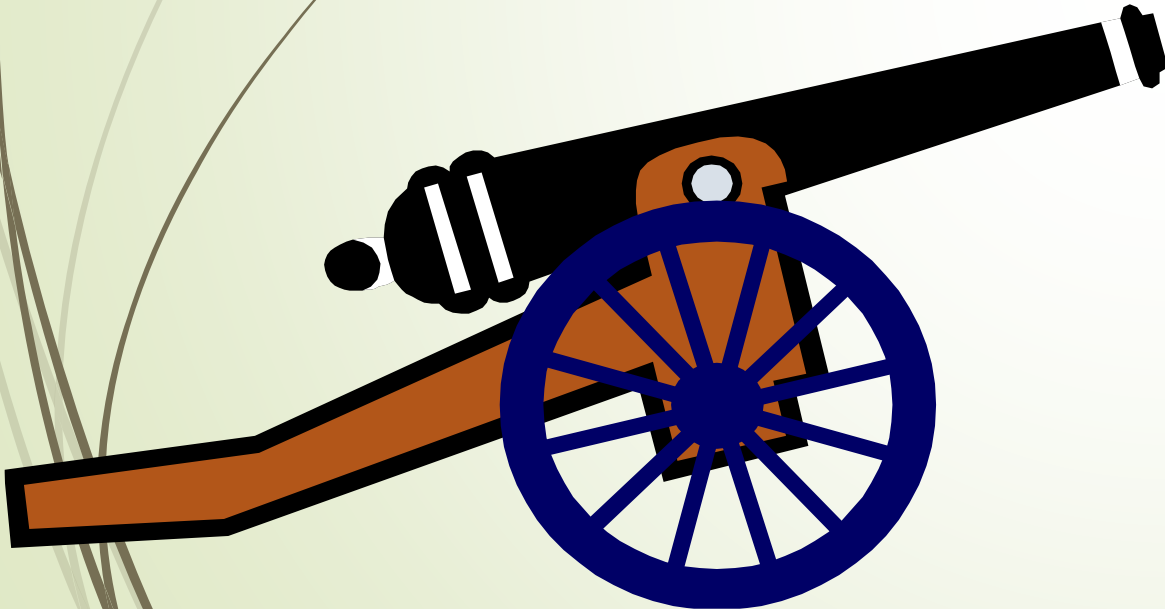






# *Lifestyle Factors*

*“Genes load the gun.  
Lifestyle pulls the trigger..”*



**Dr. Elliot Joslin**





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**Thank you for joining.  
I wish you a healthy life.**

**Labor is the utmost  
value in the life and  
being respectfull it, is  
the principal condition  
of becoming human..**

