



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

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| Projekt: | MO-ME-N-T MOderní MEtody s Novými Technologiemi |
| Reg.č.: | CZ.1.07/1.5.00/34.0903 |
| Operační program: | Vzdělávání pro konkurenceschopnost |
| Škola: | Hotelová škola, Vyšší odborná škola hotelnictví a turismu a Jazyková škola s právem státní jazykové zkoušky Poděbrady |
| Tematický okruh: | Civilisation diseases |
| Jméno autora: | Michal Škvor |
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| Ročník: (Cíl. skupina): | 2. – 4. |
| Anotace: | Základní rozdělení a charakteristika civilizačních onemocnění, čím jsou způsobena a jak jim předcházet. Hodnoty body mass indexu. |

Civilisation diseases

- are diseases that are associated with modern lifestyle

Most of them are results of our:

diet - eating more meat, dairy products, vegetable oils, sugary foods

unhealthy lifestyle - smoking, drinking alcohol, using drugs and lack of exercise

Most common civilisation **diseases are:**

- **Cardiovascular illnesses** (high blood pressure, heart attacks, arteriosclerosis)
- **Metabolic illnesses** (diabetes mellitus, gout, increased cholesterol levels)
- **Being overweight, obesity, anorexia nervosa**
- **Cancer**
- **Illnesses of the musculoskeletal system**
- **Allergies, asthma**
- **Stress**
- **Depression**
- **Insomnia** - if not treated, can lead to serious nervous breakdown
- **AIDS**

Causes for civilisation illnesses:

- Lack of physical activity is considered the main cause of civilisation illnesses
- Bad eating habits or eating in excess are classical risk factors for all civilisation illnesses.
- Stress
- Polluted environment
- Risk factors such as smoking and alcohol consumption

The most dangerous ones:

- **Cancer** – there is no treatment and it is caused by smoking, air pollution, ultraviolet radiation, genetics..
- **Cardiovascular diseases** – caused by stress, insufficient sleep, unhealthy diet
- **AIDS** – blood transfusion, sexual behaviour
- **Diabetes** – it s a disorder of processing glucose in ones blood
- There are two types:
- **Type 1** – a body doesn t produce insulin
- **Type 2** – insulin doesn t work properly – obese people tend to have type 2

Obesity

- Obesity has become one of the most common and dangerous disease in „developed“ countries
- It is caused by bad eating habits, lack of physical activity, stress and some bad habits people have
- Nowadays 2 out of 3 adults and 1 out of 3 kids or teenagers are overweight
- Being overweight isn't just aesthetic problem but it may lead to serious health problems
- BMI – is the easiest way how to find out, however it's not accurate

BMI Categories

- less than 18,5 underweight
- 18,5 - 24,9 healthy weight
- 25,0 - 29,9 overweight
- 30,0 - 34,9 obesity 1st degree
- 35,0 - 39,9 obesity 2nd degree
- 40,0 and more obesity 3rd degree

Prevention

- Eat variety of food with low glycemic index
- Eat regularly and try not to be hungry
- Drink enough water, tea or milk
- Sleep enough and at regular times
- Avoid stress – plan ahead, rest enough
- Do a physical activity
- Don't smoke and keep the consumption of alcohol low
- Reduce the consumption of coffee