INTEGRATING HEALTHY LIFESTYLE CHANGES INTO YOUR SELF CARE

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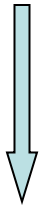
POST- AGRARIAN ECOLOGY SHIFT

Mechanisation of the Industrial Age:

- Information services era
- Instant communication
- Instant Travel
- Urbanization



- Sedentary living: computer… TV…car…
- Social alienation
- Secularization

POST- AGRARIAN ECOLOGY SHIFT

Commercialisation of “Addictive Death” by media control

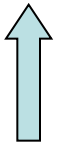
- Fast Food
- Tobacco
- Alcohol
- Pornography

FIVE LEADING CAUSES OF DEATH: JAMAICA 2002

Cause of death	Number	Rate per 100,000
1. Cardiovascular diseases	4,463	169.7
2. Malignant neoplasms	2,682	102.3
3. Diabetes Mellitus	1,477	56.3
4. Assault (homicide)	1,045	39.8
5. HIV diseases	989	37.7

FIVE LEADING CAUSES OF DEATH IN JAMAICA: RELATED TO NEGATIVE LIFESTYLES

1. Lack of exercise
2. Unhealthy nutrition
3. Smoking and alcohol
4. Social individualism ⟹ poor conflict management
5. Unsafe sexual practices



THE POST-AGRARIAN ECOLOGY SHIFT!!

LIFESTYLE PATTERN REVERSAL

The No. 1 Public health priority!

A "WHOLE PERSON" HEALTH PHILOSOPHY

HEALTH IS *WHOLENESS* OR HARMONY BETWEEN:

1. **aspects of the self**

- (<u>mind</u>, <u>body</u> and <u>spirit</u>)

2. self and <u>others</u>

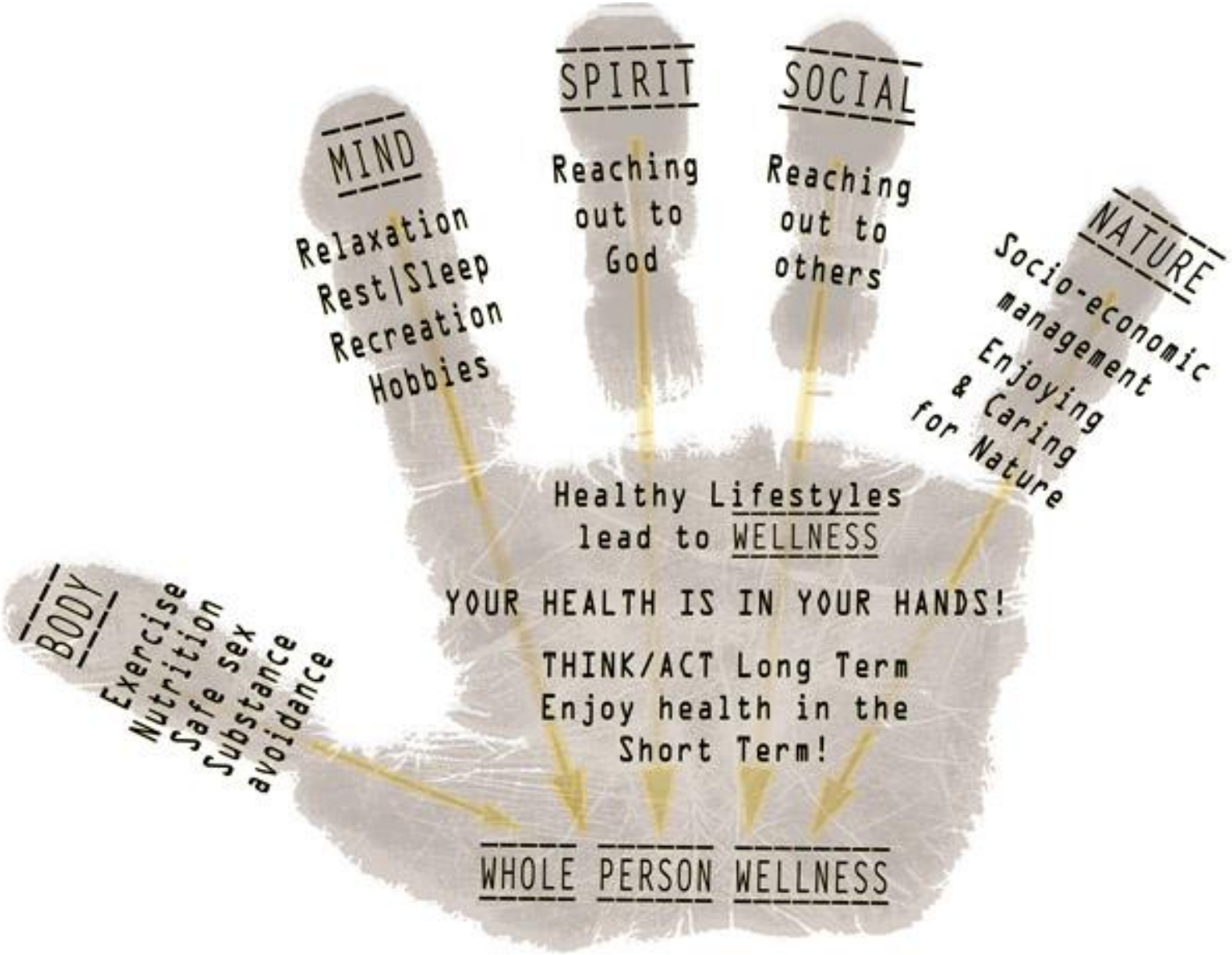
3. self and the <u>natural environment</u>

4. self and God or a "<u>Higher Power</u>"

All these aspects of self and life *interact*.
If one is affected all are affected

THE HAND OF WHOLENESS

(For self-help responsibility promotion)



HEALTHY LIFESTYLE TARGETS:
THE 4 'R' s and 'N' and 3 'S' s - FOR TOTAL WELLNESS

For assessment, information and progress review

- **R**egular Physical Exercise
- **R**elaxation Exercises, Rest and Sleep
- **R**ecreation and Hobbies
- **R**eaching out to *others* and to *God (Spiritual Power)*

- **N**utritional Self care

- **S**afe Sex
- **S**ubstance Avoidance
- **S**ocio-economic self-management

REMEMBER ANNUAL **MEDICAL** !

NUTRITIONAL SELF CARE

1. **EAT MOSTLY WHOLE, FRESH <u>PLANT BASED</u> FOODS.**

   80% uncooked: fruits, vegetables (of all colours), nuts and seeds

   Cooked: peas and beans, ground provisions, whole grains

   Brighten with spices and herbs!

2. **MORE VEGETABLES AND FRUITS THAN STARCHES**

   (7-9 servings daily)

3. **<u>WHITE MEAT</u>** only (chicken breast and fish)

   -Preferably fish only –a few times per week

   Use mainly plant protein

4. **<u>OMEGA 3 FATTY ACIDS</u>** in *fish oil* or *ground flaxseed* and *chlorella*

5. **<u>WATER OR FRESH FRUITS JUICES</u>** 6-8 glasses daily

6. **<u>AVOID:</u>** artificial sweets, salty, fried, fatty and junk food and soft drinks

7. **<u>TAKE SUPPLIMENTS</u>**

   -Multivitamin, Vitamin E, selenium, Calcium, Magnesium and Vitamin D

<u>Have healthy snacks</u> between meals

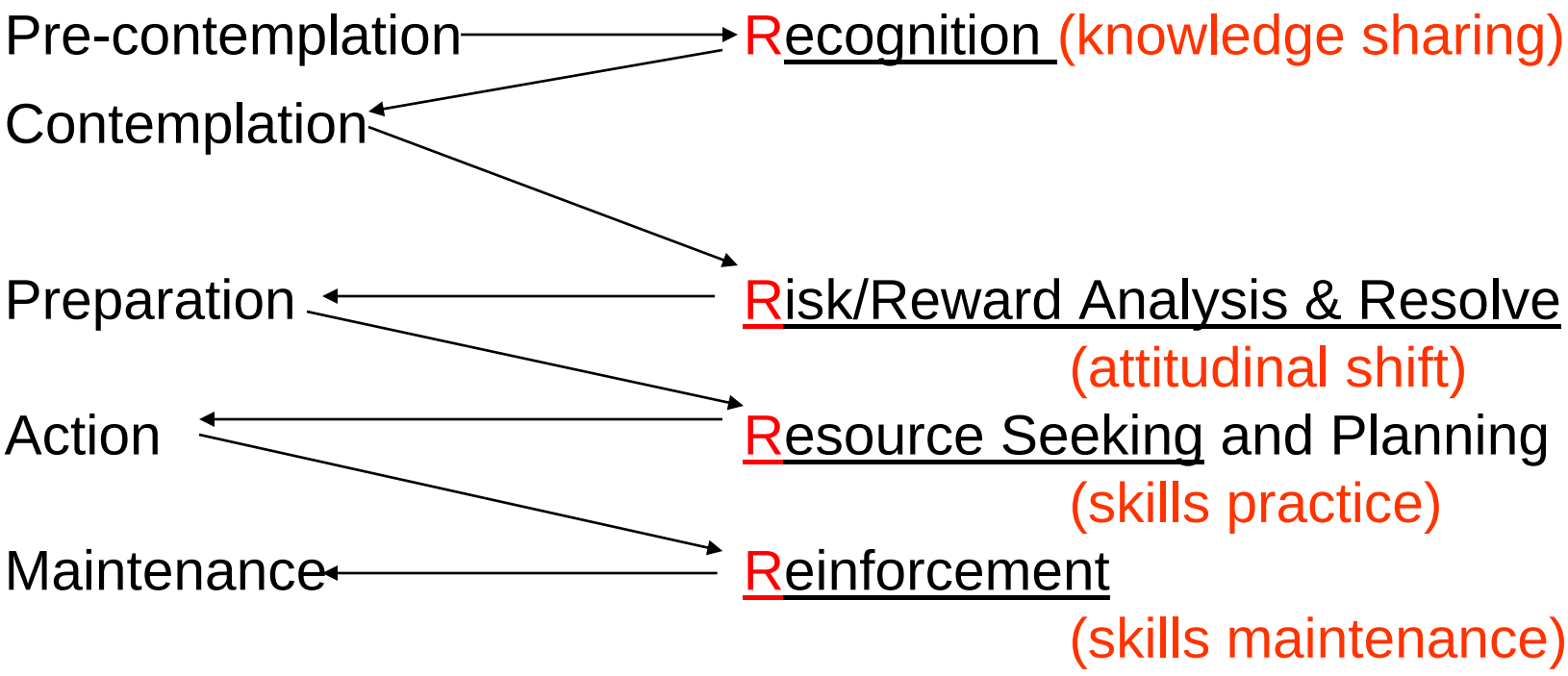
HEALTHY FOOD IN HEALTHY AMOUNTS DELICIOUSLY PREPARED!

The Programme Tasks *advances* the Stages of Change

Stages of change

Programme Tasks

The Four R's of Change



SETTING UP YOUR OWN PROGRAMME

These are some helpful steps that you can take in setting up your own lifestyle programme

- **RECOGNITION**
  - *Evaluate your lifestyle*
  - *Identify your concerns and feelings*
  - *Inform* yourself

- **RISK/REWARD ANALYSIS AND RESOLVING**
  - *Analyze* the *pros and cons* of your *present* and *prospective* new habits
  - Make a *commitment* to self to follow through, as you see fit
  - *Envision* the "new you"

SETTING UP YOUR OWN PROGRAMME

•**RESOURCE SEEKING AND PLANNING**

- *Plan activities:* how, where, when
- *Seek resources:* (e.g. places to walk or to get fresh food) Seek the help of professionals when need arises (e.g. personal trainer or nutritionist)

•**REINFORCEMENT**

- Seek *support*. Use a "buddy" system or an "accountability partner"
- *Monitor* with a *Progress Chart or Diary* and a *Journal*
- *Accept relapses* as 'steps to success' and not as failures
- *Reward yourself* with compliments and healthy treats

Make it fun; Take your time: Start small; Use prayer

LIFESTYLE PATTERN REVERSAL

The No. 1 Public health priority!

CHANGE IS POSSIBLE!

- **Work together in groups**
  - THE GROUP IS THE MOST POWERFUL HUMAN TOOL FOR CHANGE AND HEALING
- **Seek the help of your Higher Power**

THANKS