

# STAYING FIT AND HEALTHY- A CHALLENGE AMIDST OTHER CHALLENGES

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# Fit and Healthy: redefined as **WELLNESS**

- Definition
- Challenges
- Targets
- Getting There

# Wellness

- A dynamic process of becoming aware of and making conscious choices toward a more balanced and healthy lifestyle. It includes learning new lifetime skills that address both the positive and negative aspects of human existence.
- Seven dimensions- SPECIES
- Social, physical, emotional, career, intellectual, environmental, spiritual

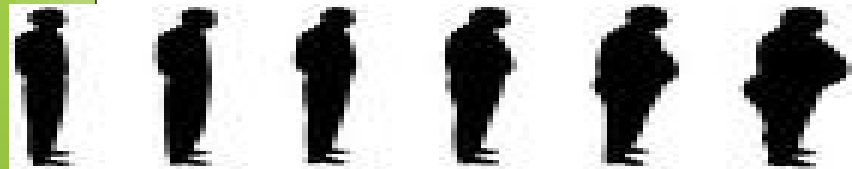
*PAHO – Caribbean Private Sector Response to Chronic Diseases*

# Our Challenges

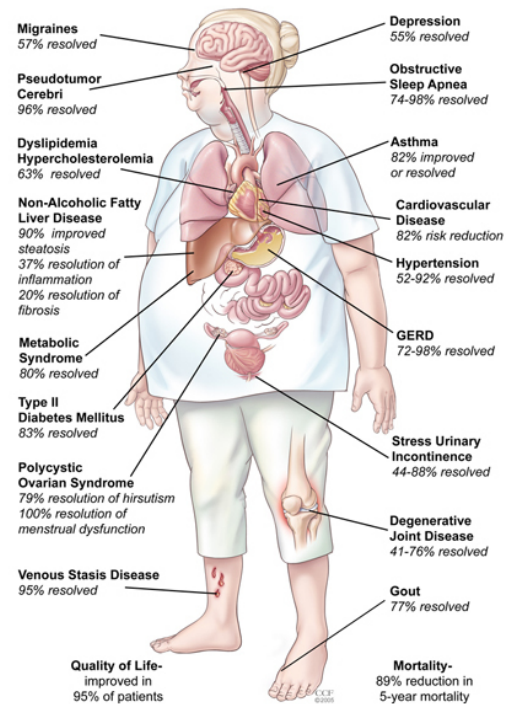
- Chronic Diseases
- Just the elderly?
- Diabetes, Hypertension, Cardiovascular Disease, Stroke, Heart attacks, Cancer
- SOP- children too!
- \$\$\$
- Complications \$\$\$\$\$\$\$

# Our Challenges

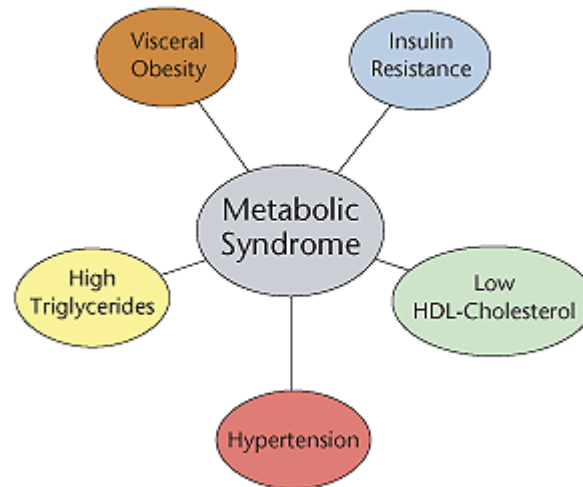
- Gradual onset
- Don't feel sick
- Symptoms?
- Screening



# What's Changing?



# Metabolic Syndrome



# What about our Children?





# Going Backwards to go Forwards

Claiming Wellness: Where do I go? How do I get there?



Know 'healthy: find out if you are there

- Am I the right weight?
- What's my family history?
- Blood pressure
- Blood sugar
- Lipid panel
- Breast/ cervix/ prostate
- Immunizations
- Annual check up

# Achieving Wellness: We Are What We EAT!



**Fruit and vegetables**



**Bread, other cereals, and potatoes**



**Meat, fish and alternatives**



**Foods containing fat and foods containing sugar**



**Milk and dairy products**



# WE are What We EAT

## Do

- Eat fruits and vegetables
- Eat lots of colours
- Limit protein intake
- Eat complex carbs
- Drink Water
- Limit juices
- Avoid Sodas
- Read food labels!

## Dont

- Eat a lot of fatty/ fried foods or sugary foods
- Believe that cholesterol free is fat free
- Believe that Low fat means low calorie
- Eat in excess
- Get addicted to food!

# We Were Made to MOVE!!!



# PHYSICAL ACTIVITY (PA)

- What Is Physical Activity?
- Physical activity is any body movement that works your muscles and uses more energy than you use when you're resting.



# PA vs PHYSICAL EXERCISE (PE)

- Physical Exercise is a type of physical activity that's planned and structured.



# ROLE OF PA IN NCD

- Overall risk reduction for all-cause mortality
- Coronary artery disease
- Cholesterol-HDL, LDL and TG
- Myocardial infarction
- Blood pressure
- Insulin and blood sugar regulation
- Obesity
- CRP
- Colon and endometrial cancer
- Osteoarthritis
- Clinical depression
- Stress management





# So What Should We do?

- Guidelines for pre schoolers, children youth, adults, elderly for PA
- 30 mins at least 5 days a week of aerobic
- Different types of PA- aerobic, bone strengthening, muscle building and stretch
- No more than 2 days without exercise

# Guidelines and Targets

- BP < 120/80 mm Hg
- FBS < 100 mg/dl
- Total Cholesterol < 200 mg/dl
- Bad Cholesterol LDL < 130 (or less than 70 ) mg/dl
- Good Cholesterol > 50 mg/dl
- PSA < 4 ng/d; (or slow rate of increase)
- Annual breast exam and annual Pap smear
- Liquid Pap smear

# Give Us This Day.....

- Our Daily Bread... and vegetables
- Our Daily exercise
- Our Quiet time
- Our Sense of Control
- Our Sense of Respect for Ourselves and Others



Thank You!

