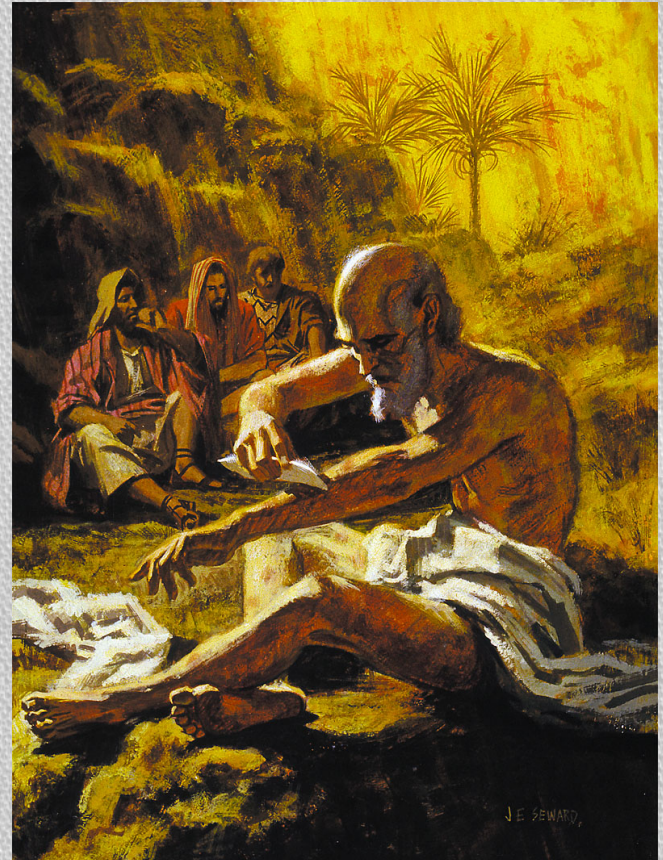


LIFESTYLE AND HEALTH



Job 1:8 and Job 2:3

... there is none like him on the earth, a blameless and an upright man, one who fears God and shuns evil.



John 9: 2-3

- And His disciples asked Him, saying, “Rabbi, who did sin, this man or his parents that he was born blind?”
- Jesus answered, “Neither this man nor his parents sinned, but that the works of God should be revealed in him.”

Acts 9: 1-18



Exodus 15: 26

- ... if you diligently heed the voice of the Lord, your God and do what it is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the disease on you which I have Brought on the Egyptians. For I am the Lord who heals you.

Reap what you sow...

- **Job 4:8;**
- **Hosea 8:7;**
- **2 Cor 9:6;**
- **Gal 6:7-9.**



Health Definition

- the condition of being sound in body, mind, or spirit: especially freedom from physical disease or pain;
- Synonyms: vigor, vitality, strength, fitness, stamina.

• (<https://www.merriam-webster.com/dictionary/health>)

World Health Organization definition

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

- (<http://who.int/about/definition/en/print.html>)

- Health is a great treasure. It is the richest possession mortals can have. Wealth, honor, or learning is dearly purchased if it be at the loss of the vigor of health. None of these attainments can secure happiness if health is wanting. It is a terrible sin to abuse the health that God has given us; for every abuse of health enfeebles us for life, and makes us losers.

Lifestyle Definition

- A way of living of individuals, families, and societies which they manifest in coping with their physical, psychological, social, economic environments on a day to day basis. Lifestyle is expressed in both work and leisure behavior patterns and (on an individual basis) in activities, interests, opinions, values, and allocation of income. It also reflects people's self image or self concept: the way they see themselves and believe they are seen by the others. Lifestyle is a composite of motivation, needs, wants, and is influenced by factors such as culture, family, reference groups, and social class.

• (<http://www.businessdictionary.com/definition/lifestyle.html>)

Gal 6:7-9

- Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.
- For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.
- And let us not be weary in well doing: for in due season we shall reap, if we faint not.

- Health, life and happiness are the result of obedience of physical laws governing our bodies. If our will and way are in accordance with God's will and way; if we do the pleasure of our Creator, He will keep the human organism in good condition, and restore the moral, mental, and physical powers, in order that He may work through us to His glory... if we cooperate with Him in this work, health and happiness, peace and usefulness are the sure result.

• (Our Father Cares, p. 29. 30)

Lifestyle Diseases Definition

- Lifestyle diseases refer to diseases that result because of choices people make in their life. They are mostly common in developed nations where people are inclined towards eating unhealthy foods, having a sedentary lifestyle and unhealthy habits like smoking and drinking alcohol. [...] The risk of developing these diseases depend on a lot of factors including the type of work you do, your work environment, physical activity and your susceptibility to stress. Other contributing factors include poor posture, kind of foods you eat and poor sleeping habits.

• (<http://www.thehealthsite.com/topics/lifestyle-diseases-diseases-conditions/>)

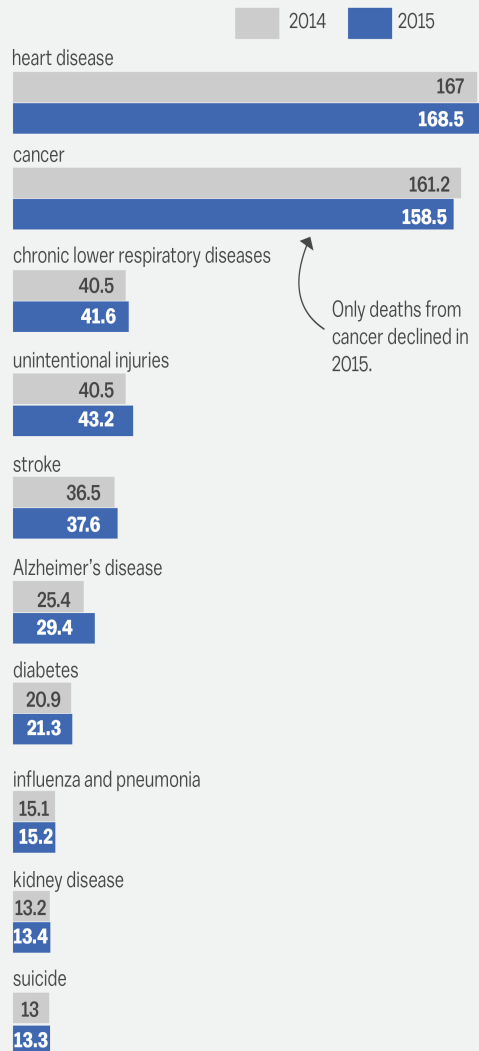
Common Lifestyle Diseases

- Heart disease
- Cancer
- Alzheimer's disease
- Asthma
- Chronic liver disease
- COPD
- Diabetes
- Stroke
- Depression
- Metabolic syndrome
- Osteoporosis
- Arthritis
- Obesity



Only one major cause of death in the US saw a decline in 2015

Rate of death for every 100,000 people



Only deaths from cancer declined in 2015.

Source: National Vital Statistics System
Credit: Sarah Frostenson

Vox

World Health Organization report

- 2005
 - lifestyle diseases cost
 - 61% of all deaths
 - 49% of economic impact.
 - In 2030
 - Lifestyle Diseases expected to rise
 - 70% deaths
 - 56% of economic burden.
- (<https://unchronicle.un.org/article/lifestyle-diseases-economic-burden-health-services>)

- The good news is that lifestyle diseases can be prevented by making simple changes in daily routine and following a healthier way of living. Few basic changes include quitting smoking, avoiding alcohol, having a balanced diet that includes fresh vegetables and fruits, regular physical activity and leading a stress-free life.

• (<http://www.thehealthsite.com/diseases-conditions/heart-disease/001/>)

- Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies.
- The things of nature are God's blessings, provided to give health to body, mind, and soul. They are given to the well to keep them well and to the sick to make them well. . . .
- Nature is God's physician. The pure air, the glad sunshine, the beautiful flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings are health giving--the elixir of life.
- Nothing so tends to restore health and happiness as living amid attractive country surroundings.
- Life in the open air is good for body and mind. It is God's medicine for the restoration of health.

- **Blue Zones** is a concept used to identify a demographic and/or geographic area of the world where people live measurably longer lives. The concept grew out of demographic work done by Gianni Pes and Michel Poulain, who identified Sardinia's Nuoro province as the region with the highest concentration of male centenarians. As the two men zeroed in on the cluster of villages with the highest longevity, they drew concentric blue circles on the map and began referring to the area inside the circle as the Blue Zone. Author and Blue Zones founder Dan Buettner identifies longevity hotspots in Okinawa (Japan); Sardinia (Italy); Nicoya (Costa Rica); Icaria (Greece); and among the Seventh-day Adventists in Loma Linda, California...

- (https://en.wikipedia.org/wiki/Blue_Zone)

Ted Talk – Blue Zones – Dan Buettner

