



HSE Bulletin # 283

WORLD HEALTH DAY

"Good health adds life to years"

Every year, World Health Day is celebrated on 7 April to mark the anniversary of the founding of WHO in 1948. The topic of World Health Day in 2012 is *Ageing and health* with the theme "Good health adds life to years". The focus is how good health throughout life can help older men and women lead full and productive lives and are a resource for their families and communities.

Here are some tips to be healthy in different stages of life:

20's & 30's

Healthy habits

- Stop smoking
- Eat a healthy diet to reduce the risk of cancer and heart disease
- Regular Exercise

Nutrition

- Reduce the amount of fat in the meal
- Increase the amount of fruits, vegetables and whole grains, it will be helpful to reduce heart disease, stroke and cancer
- Include calcium-rich foods, such as dairy products, salmon and leafy green vegetables in diet

40's

Healthy habits

- A low-fat diet, weight-bearing exercise and physical activity can help to reduce weight and maintaining bones mass

Nutrition

- Continue a diet high in fruits, vegetables, and whole grains including sources of folic acid and calcium Consider adding soy to your diet

50's & 60's

Healthy habits

- As skin in this age becomes thinner, drier and more fragile
- Take good care of your skin by using sunscreens, washing with mild soaps, and using a moisturizer if your skin is dry
- Increase the amount water intake

Nutrition

- A low-fat diet rich in vegetables, fruits and whole grains becomes even more important

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