



Lifestyle Associated Health Implications among the Healthcare Professionals in Developing Countries

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Abstract

A sedentary lifestyle is an issue of great concern because of its deleterious health implications in developed and developing countries. Healthcare professionals play a pivotal role in health promotion and lifestyle information towards patients as well as towards the general population, and it has been shown that own lifestyle habits can influence attitudes and counseling practice towards patients.

Keywords: Non-communicable disease; Healthcare professionals; Sedentary lifestyle

Introduction

The sedentary lifestyle is a most important impartial risk issue for Non-Communicable Diseases (NCDs) such as hypertension, type 2 diabetes mellitus, obesity and cardiovascular disease, often referred to as 'lifestyle diseases' [1]. Among the NCDs, Cardiovascular Diseases (CVDs) are the number one cause of death globally: more people die annually from CVDs than from any other cause. It is estimated that 17.7 million humans died from CVDs in 2015, representing 31% worldwide deaths. Amid these deaths, an estimated 7.4 million were due to coronary heart disease and 6.7 million had been due to stroke. Over three-quarters of CVD deaths take place in low- and middle-income countries. Out of the 17 million premature deaths (under the age of 70) due to non communicable ailments in 2015, 82% are in low- and middle-income countries, and 37% are induced by means of CVD [2].

A sedentary lifestyle is related with the constrained physical activity, like prolonged sitting at work, in cars, communities, worksites, properties and public locations have been confined in approaches that limit human movement and muscular activities. People sit down more and cross less. This shift from a bodily demanding lifestyle to reduced physical things to do have uncovered human beings to an enormous danger of growing quite a several health conditions such as obesity, hypertension, cardiovascular disease, nutrition deficiencies, cancers to point out however a few. But all these diseases are related to unhealthy life which is preventable [3].

Health care providers like medical practitioner and nurses structure a very vital section of the population. They grant health care to the population and for this reason, it is predicted that they take enough care of themselves. However, healthcare professionals often have a sedentary way of life on many occasions, fail to comply with preventive fitness pointers for their personal fitness and subsequently may also be at risk for CVDs.

Burden

A sedentary lifestyle has a perilous effect on the cardiovascular device. The cardiovascular system is the part of the body that consists of heart, arteries, and veins. It is responsible for pumping blood in the course of the body thereby providing a rapid-transport device to distribute oxygen to the body cells and also take away carbon dioxide from the body with different waste merchandise. Through the technique of contraction and relaxation, the heart muscle pumps blood all through the body within 20 seconds when the body is at relaxation cardiovascular disease as one because of unhealthy lifestyle [4,5]. Moreover, physical inactivity, alongside increasing tobacco use and poor diet and nutrition, are more and more turning into a part of today's lifestyle main to the hasty rise of disease together with cardiovascular illnesses, diabetes, or obesity [6].

Bangladesh suffers from each scarcity of and geographic mal-distribution of Human Resources for Health (HRH). There are an estimated 3.05 physicians according to 10,000 populace and 1.07 nurses in line with 10,000 populaces (estimates based on MoHFW HRD 2011) [6]. Health care

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providers are usually be stressed due to several reasons like their social expectation, training at both the undergraduate and postgraduate levels, adverse process surroundings and so on. For harmonizing this situation, they're looking to cope with all these items and habituated with the sedentary lifestyles [7-11].

Conclusion and Recommendation

Healthcare Professionals (HCPs) lifestyle can play an important role in growing cognizance among patients regarding lifestyle changes because HCPs own way of life habits and interests in lifestyle behavior have been shown to definitely influence their counseling practices and attitudes. Studies suggest that HCPs who themselves act on the recommendation they deliver offer better counseling and motivation of their patients to undertake such health recommendation. There may be compelling evidence that the fitness of HCPs topics and those HCPs very own favorable health practices influence their clinical attitudes closer to sedentary lifestyles behaviors. Clinical institutions need to boom the percentage of college students adopting and maintaining everyday wholesome habits to growth the quotes and great of future healthy behaviors counseling added with the aid of HCPs. Moreover, Motivational Interviewing (MI) can be one method that might have been proven to promote conduct exchange like changing weight-reduction plan and increasing physical activity in some healthcare settings.

Author's Contribution

Title, abstract and full articles were written by Jahan Y. Articles were searched by Rahman A. Disagreements were resolved by discussion.

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