

# CHRONIC CONDITION CONTROL

**National Nutrition  
Awareness Week 2020**

## GENETICS

We all possess traits that are coded in our DNA for various outcomes, for example, hair colour, eye colour, the ability to roll your tongue and also the tendency to develop non-communicable diseases (NCDs) i.e. diabetes, heart disease, and cancers later on in life. Most diseases involve many genes in complex interactions, in addition to environmental influences. An individual may not be born with a disease but may be at high risk of acquiring it. This is called genetic predisposition or susceptibility.

## NATURE VS NURTURE

Based on years of research, genetics undoubtedly plays a part in chronic disease susceptibility but is not the only factor. Leading a lifestyle of proper diet and exercise can greatly improve one's overall health and in many cases prevent persons from acquiring conditions such as diabetes and high blood pressure, even if their genes may make it seem as though it cannot happen.

Living a healthy lifestyle and making a lifestyle change is something that would not happen overnight but will take time. Eating a regular serving of fruits and vegetables, including adequate water and reducing the consumption of refined foods such as pre-packaged snacks and sugar-sweetened beverages such as soft drinks and juice will greatly improve someone's health.

## DIET

Diet is an integral part and the first modifiable factor that we can implement to improve one's health status. Diet by definition is any food and drink regularly provided or consumed.

Steps that can be done to properly control and /or inhibit the development of NCDs are by:

- Consuming more complex carbohydrates vs simple carbohydrates
- Consuming food low in saturated fat and consuming more foods high in unsaturated and mono/ polyunsaturated fats.
- Consuming proteins which keeps your muscles, bones and blood healthy while boosting the immune system, increasing fat burning and lower the risk for diabetes.

**MEDICATION**

**EXERCISE**

**DIET**

**GENETICS**

**SATURATED FAT**



**UNSATURATED FAT**



**COMPLEX CARBS**



**SIMPLE CARBS**



**PROTEINS**

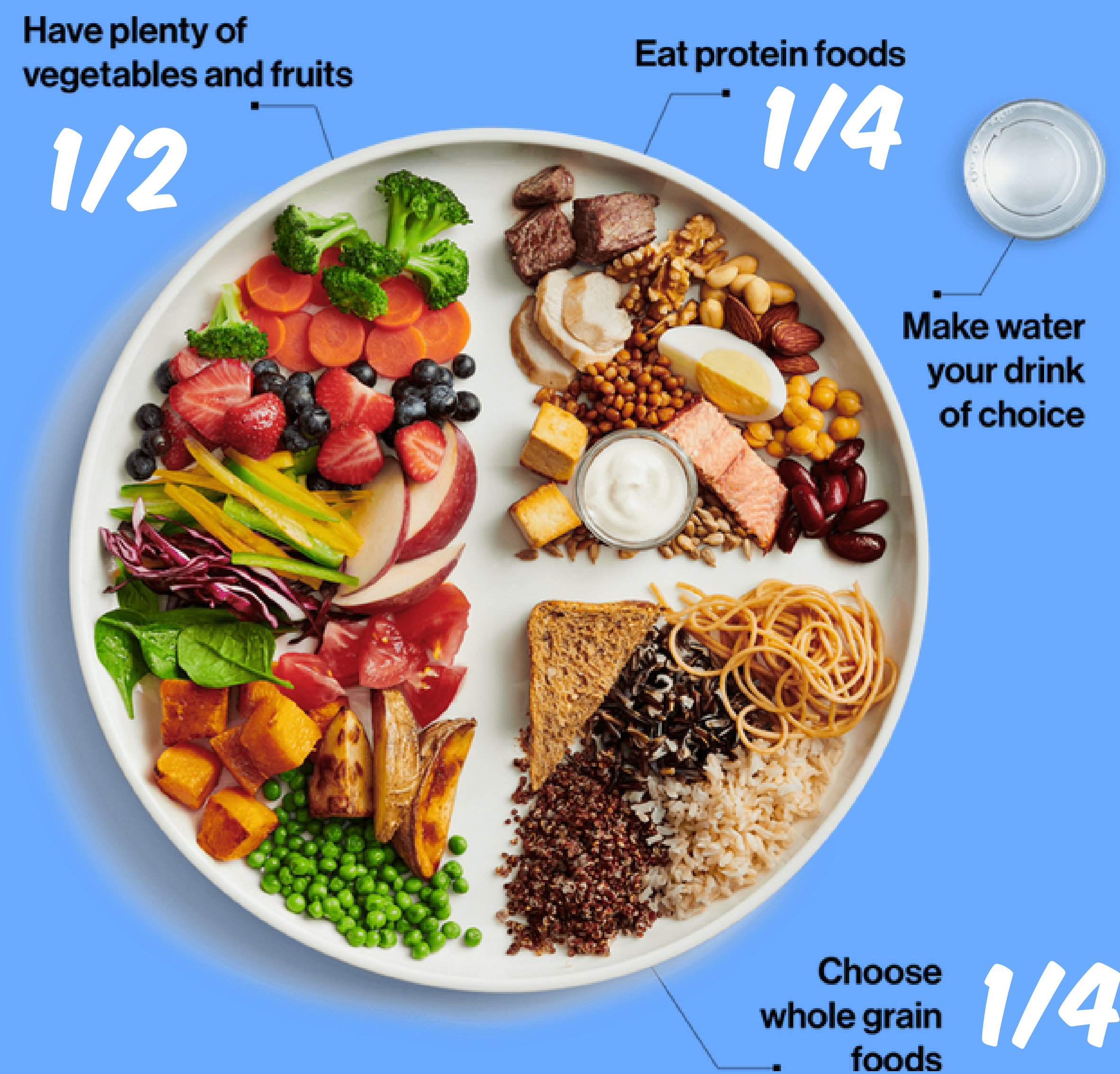




# PORTION CONTROL

There are many ways to control the amount of food someone may eat. One strategy is using the **plating method of food**.

This is done to ensure that the average person has all essential nutrients vitamins and minerals in the correct amount so that all values are kept in acceptable ranges.



# TIMING OF MEALS

Timing your meals, may lead to healthier body weight, hormone regulation, normal blood sugar and cholesterol levels, sleep patterns and other metabolic improvements. Skipping meals can cause your metabolism to slow down, which can cause weight gain or make it harder to lose weight. When you skip a meal or go a long time without eating, your body goes into survival mode, this causes your cells and body to crave food which causes you to eat a lot.

**Eating small, balanced meals every 2- 3 hours boosts your body's fat-burning potential.**



# EXERCISE

Exercise is a physical activity that is planned, structured and repetitive for the purpose of conditioning any part of the body used to improve health and maintain fitness.

Walking is simple, yet powerful. All you need is a well-fitting and supportive pair of shoes. Start with walking for about 10 to 15 minutes at a time.

**Adults aged 18-64 should do at least 150 minutes of moderate to intense physical activity throughout the week at least 4 –5 times a day.**



# MEDICATION

Medication by definition is any drug or other form of medicine that is used to treat or prevent disease. Listed are some quick guidelines to ensure you reap the full benefits of taking your medications:



- Do not stop taking or change your medications unless you first talk with your health care provider.
- Even if you feel good, continue to take your medication. Stopping some medication might be harmful.
- Medication should be taken at the same time everyday.
- Do not exceed or lower recommended doses unless told to do so by your doctor.