

MODERN LIFESTYLE AND HEALTH

Gaya Hidup Modern dan Kesehatan

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ABSTRAK

Memahami bagaimana mencapai status kesehatan merupakan prioritas di zaman modern, untuk populasi global dan untuk kebijakan pemerintah. Tren gaya hidup modern: penggunaan tembakau, konsumsi alkohol, penyalahgunaan narkoba, diet makanan cepat saji yang tidak sehat, aktivitas fisik yang tidak mencukupi (gaya hidup), stres, jam kerja kantor yang diperpanjang, dan penggunaan berlebihan atau penyalahgunaan teknologi memainkan peran besar dalam mengembangkan "modern" penyakit, terutama Penyakit Tidak Menular (PTM) dan itu mengancam kesehatan fisik dan mental individu. Gaya hidup modern itu sendiri merupakan salah satu penyebab utama kematian yang dapat dicegah di seluruh dunia. Gaya berfikir fisiologis seperti itu menghasilkan peningkatan tingkat faktor risiko, seperti penyakit metabolik, masalah sendi dan skeletal, penyakit kardio-vaskular, penyakit pernafasan, hipertensi, kekerasan dan obesitas secara paralel dan sinergis pada berbagai jalur metabolisme tubuh.

Kata kunci: Gaya Hidup Modern dan Masalah Kesehatan

ABSTRACT

Understanding how to achieve health status is a priority in modern days, for population globally and for government policy. A trend in modern lifestyle: tobacco use, alcohol consuming, drug abuse, unhealthy fast food diet, insufficient physical activity (sedentary lifestyle), stress, extended office working hours, and overuse or misuse of technology plays a big role in developing a "modern" disease, especially the Non Communicable Diseases (NCD) and it is threatens the physical and mental health of individuals. Sedentary lifestyle itself is one of the leading causes of preventable mortality worldwide. Such type of physiologically-stressed lifestyle results in increased levels of risk factors, like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, respiratory diseases, hypertension, violence and obesity act in parallel and synergistically on the various body metabolic pathways.

Keywords: *Sedentary Life Style and Health Problems*

INTRODUCTION

Lifestyle is a way used by people, groups and nations and is formed in specific geographical, economic, political, cultural and religious text. Lifestyle is referred to the characteristics of inhabitants of a region in special time and place. It includes day to day behaviors and functions of individuals in job, activities, fun and diet. Lifestyles are considered to interact between life conditions and individual patterns of conduct, which are determined by socio-cultural factors and individuals' personal characteristics. These factors include conducts and preferences related with food types, physical activity, recreational activities and consumption patterns^{1,2}.

Today, wide changes have occurred in life of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentations of unhealthy life style that they are used as dominant form of lifestyle. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology¹.

A lifestyle with lack of physical activity, often referred as sedentary lifestyle, is one of the leading causes of preventable mortality worldwide. Nowadays, lifestyle disorders are becoming more common, affecting younger population especially the young, urban population. A relationship between sedentary behaviour and deleterious health consequences was noted as early as the 17th century by occupational physician Bernadino Ramazzini (Franco and Fusetti, 2004). Though often conceptualized as reflecting the low end of the physical activity continuum, emerging evidence suggests that sedentary behaviour, as distinct from a lack of moderate to vigorous physical

activity (MVPA), has independent and qualitatively different effects on human metabolism, physical function, and health outcomes and thus should be treated as a separate and unique construct^{3,4}.

DISCUSSION

Health is a symbol of quality life and prosperity of any civilization, which inevitably associated with socioeconomic status and living environment of local inhabitants across continents. World Health Organization in its constitution define health „as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity and fundamental rights of every human being without distinction of race, religion, political belief, socioeconomic condition“⁵. Health signifies the human's functional or metabolic ability of self-acclimatization under adverse conditions. Recent past has witnessed huge shift in the pattern of diseases owing to transition in urbanization, food habit, living life style and environment. The studies suggested a marked increase in non-communicable diseases especially in fast evolving countries⁶.

In recent decades, life style as an important factor of health is more interested by researchers. Therefore, according to the existing studies, it can be said that: lifestyle has a significant influence on physical and mental health of human being. There are different forms of such influences. Consanguinity in some ethnicity is a dominant form of life style that it leads to the genetic disorders. Reformation of this unhealthy life style is a preventing factor for decreasing the rate of genetic diseases¹.

According to WHO, 60% of related factors to individual health and quality of life are correlated to lifestyle. Millions of people follow an unhealthy lifestyle, which is also typified by reduced exposure to microorganisms, increased exposure to pollutions, heightened levels of stress, and

a host of other exceptionally well reviewed variables that likely contribute to immune dysfunction⁷. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardiovascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle. The relationship of lifestyle and health should be highly¹.

In modern society, we work to acquire money so we can pay for food and other luxuries. However, before the modern era, we had to physically labor for food by hunting, foraging, and then farming. Substantial calories were expended during the laboring process for food as well as during the making and maintaining of shelters. During this time, calorie-dense foods such as refined carbohydrates, fast foods, and processed foods were unavailable. Humans subsisted on natural foods, such as wild game, fish, and vegetation. The natural selection process that took place over thousands of years caused humans to be genetically adapted to be a forager or, put more practically for patients, an exerciser for natural food. Indeed, "hunter-gatherers were lean, and obesity was virtually nonexistent". Consequently, our modern sedentary lifestyle represents a foreign and unhealthy experience from the perspective of our genetic physiologic needs. That weight gain and obesity would be unavoidable if humans were to transition from an active to a sedentary lifestyle and overconsume previously unavailable refined carbohydrates/lipids would be a reasonable hypothesis, and this is what has happened to modern man⁸.

Unless individuals are educated to actively engage in lifestyle choices that prevent weight gain, becoming overweight or obese appears to be an unavoidable consequence of modern living. Before the modern era, physical activity was a requirement; and now, it is an option. Historically, weightpromoting hedonic foods were not available and thus foreign

to our nervous system; and now, they are readily available and activate addiction circuits in the human brain. Regular consumption of hedonic foods also leads to metabolic changes, such as chronic inflammation, insulin resistance, and an inhibition of hypothalamic satiety centers, which facilitate their further consumption. Based on these changes, a recent article suggests that our perspective on obesity should be reframed and properly viewed as a chronic inflammatory disease, which is perpetuated by lifestyle issues such as inadequate sleep, stress, and a lack of exercise. The body also appears to view weight gain as an appropriate survival measure, as far as combating food scarcity is concerned. However, in an age where there is an abundance of refined calorie-dense foods, the outcome is an elevation of the body weight set point, which is vigorously pursued and defended, as made evident by long-term hormonal changes that encourage weight gain⁸.

The obesity epidemic has recently become a serious issue, particularly in industrialized nations. The goal set by Healthy People 2010 of reducing obesity in the United States to 15% was not met. In fact, adult obesity increased to 35.7% in 2010. The rising number of obese individuals may be due in part to an energy-rich diet as well as insufficient physical exercise. In addition to other potential health risks, obesity can have a significant impact on male and female fertility⁹. The consumption habit of the western diet is also a concern today. The Western diet is characterized by a high intake of saturated and omega-6 fatty acids, reduced omega-3 fat intake, an overuse of salt, and too much refined sugar. Most are aware that this type of eating, if not in moderation, can damage the heart, kidneys, and waistlines; however, it is becoming increasingly clear that the modern diet also damages the immune system⁷.

Chronic diseases, frequently classified as a major component of non-communicable diseases (NCDs), usually affects the middle or old age individuals after prolong exposure to an unhealthy lifestyle relating mainly to economic transition, rapid urbanization and 21st-century lifestyles: tobacco use, harmful consumption of alcohol, unhealthy fast food diet, insufficient physical activity and extended office working hours. The World Health Organization (WHO) suggested that around 57 million deaths occurred worldwide in the year 2008, of which 36 million deaths almost two thirds were because of NCDs, involving mainly cardiovascular diseases, cancers, diabetes and chronic lung diseases. The leading NCD risk factor globally in terms of attributable deaths are high blood pressure (13%), tobacco use (9%), diabetes (6%), lack of physical activity (6%), and obesity (5%)⁴.

Another health problem arised from the modern lifestyle is infertility. Approximately 10 to 15% of couples are impacted by infertility. Recently, the pivotal role that lifestyle factors play in the development of infertility has generated a considerable amount of interest. Lifestyle factors are the modifiable habits and ways of life that can greatly influence overall health and well-being, including fertility. Many lifestyle factors such as the age at which to start a family, nutrition, weight, exercise, psychological stress, environmental and occupational exposures, and others can have substantial effects on fertility; lifestyle factors such as cigarette smoking, illicit drug use, and alcohol and caffeine consumption can negatively influence fertility while others such as preventative care may be beneficial⁹.

The temporal dynamics of host-associated microbial communities (the microbiota) are of growing interest due to these communities" relevance for health. Normally, human microbiota remain stable for months, and possibly even years.

However, studies across mice and humans suggest that common aspects of the modern Western lifestyle, including antibiotics and high-fat diets, can persistently alter commensal microbial communities. In turn, those microbial disturbances may increase pathogen susceptibility, obesity, and auto-inflammatory disease, maladies which are becoming more frequent in the developed world. In spite of their potential health impact, a full list of lifestyle factors capable of altering human microbiota remains incomplete. Interventional studies are regularly¹⁰. Reports suggest that the median age group at risk shifts from fifth decade to perhaps fourth decade of life or even younger persons.

A lifestyle with lack of physical activity, often referred as sedentary lifestyle, is one of the leading causes of preventable mortality worldwide. Such type of physiologically-stressed lifestyle results in increased levels of risk factors, like hypertension (high blood pressure), dyslipidemia (abnormal amount of lipids mainly cholesterol or fats in the blood), diabetes (high blood glucose), respiratory diseases, and obesity (abnormal or excessive body fat accumulation) act in parallel and synergistically on the various body metabolic pathways. Developing countries are typicalli burdened lifestyle related diseases along with other infectious diseases⁴.

CONCLUSION

Modern society has to change the way of their mindset regarding the modern lifestyle. Being healthy is a life choice. Performing a Healthy lifestyles such as: 1. regular physical activity; 2. eating well; 3. managing stress; 4. avoiding destructive habits; 5. practicing safe sex; 6. adopting good safety habits; 7. learning first aid; 8. adopting good personal health habits; 9. seeking and complying with medical advice; 10. being an informed consumer; and 11. protecting the environment will be

a major contributions to create a better world.

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