

Healthy Lifestyle Awareness Day - 19 February 2016

What is National Healthy Lifestyles Awareness Day about?

It aims to promote and encourage all South Africans to participate in the five elements of the healthy lifestyle campaign which are:

- promotion of good nutrition
- regular physical activity
- tobacco control
- interventions against alcohol and substance abuse
- promotion of safe sexual behaviour.

Health – it's easy to dismiss it as something to work on when you get the time. That is, until your health fails you. Many of us don't see ourselves at risk, but you can do an enormous amount of benefit by paying attention to staying healthy.

How do you do this?

- Keep moving,
- eat healthy,
- follow a balanced diet,
- de-stress your life, and
- cut out excessive alcohol use, smoking and drugs.



The Health Lifestyles Awareness Day tackles the dangers of obesity, an unhealthy diet and physical inactivity as risk factors, by promoting health and well being among individuals, communities and populations.

Stick to these golden rules, and you'll go a long way to living a healthy life!

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**THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA**

Lifestyle

Prevention of cardiovascular disease (CVD, which includes heart disease and stroke) should be a priority in our lives. Up to 80% of CVD is preventable by making healthy lifestyle choices – which shows that by making the changes, you can significantly decrease your CVD risk! A healthy lifestyle means: good nutrition, exercise and avoiding smoking.

Salt-watch

South Africans carry an unacceptably high burden of hypertension (high blood pressure) with up to 30% of adults known to be hypertensive. Hypertension alone is the leading reason for attending primary health-care, and is the most common diagnosis (13.1%) in South Africa. A key driver of hypertension is high salt consumption, and there is strong evidence indicating South Africans consume between two to three times the recommended daily allowance of 5grams. The source of this dietary salt intake is 40% from processed foods and up to 60% from discretionary salt, which is salt, added at home during cooking and at the table.

Tests and Screenings

The Heart and Stroke Foundation of South Africa (HSF) strongly recommends regular health check-ups. Early detection is essential to help reduce the risk of a heart attack or stroke. The HSF encourages all South Africans to "know your numbers", by measuring blood pressure, cholesterol, blood glucose and body mass index (BMI). Knowing these vital statistics could be the early warnings you need to know if your health is at risk. High blood pressure, high 'bad' cholesterol, and high blood sugar levels can all indicate that you are in danger of suffering from a cardiovascular disease.

Smoking

The HSF encourages all South Africans to avoid smoking or the use of other tobacco products, and to protect yourself and your family from exposure to second-hand smoke (or passive smoking). Both smoking and passive smoking pose very real dangers to your health as well as those around you!

Alcohol

The HSF recommends that if you drink alcohol, then do so in moderation. This means:

- not more than 2 drinks/day for men
- 1 drink/day for women –

For more information visit the HSF @:
<http://www.heartfoundation.co.za>