

HEALTHY BODY

& its importance



*nhat-ha
t. pham*

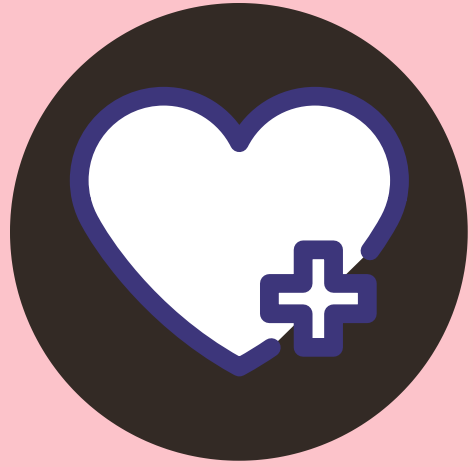
table of content

How to determine a healthy body?

The growing weight problem in the United States

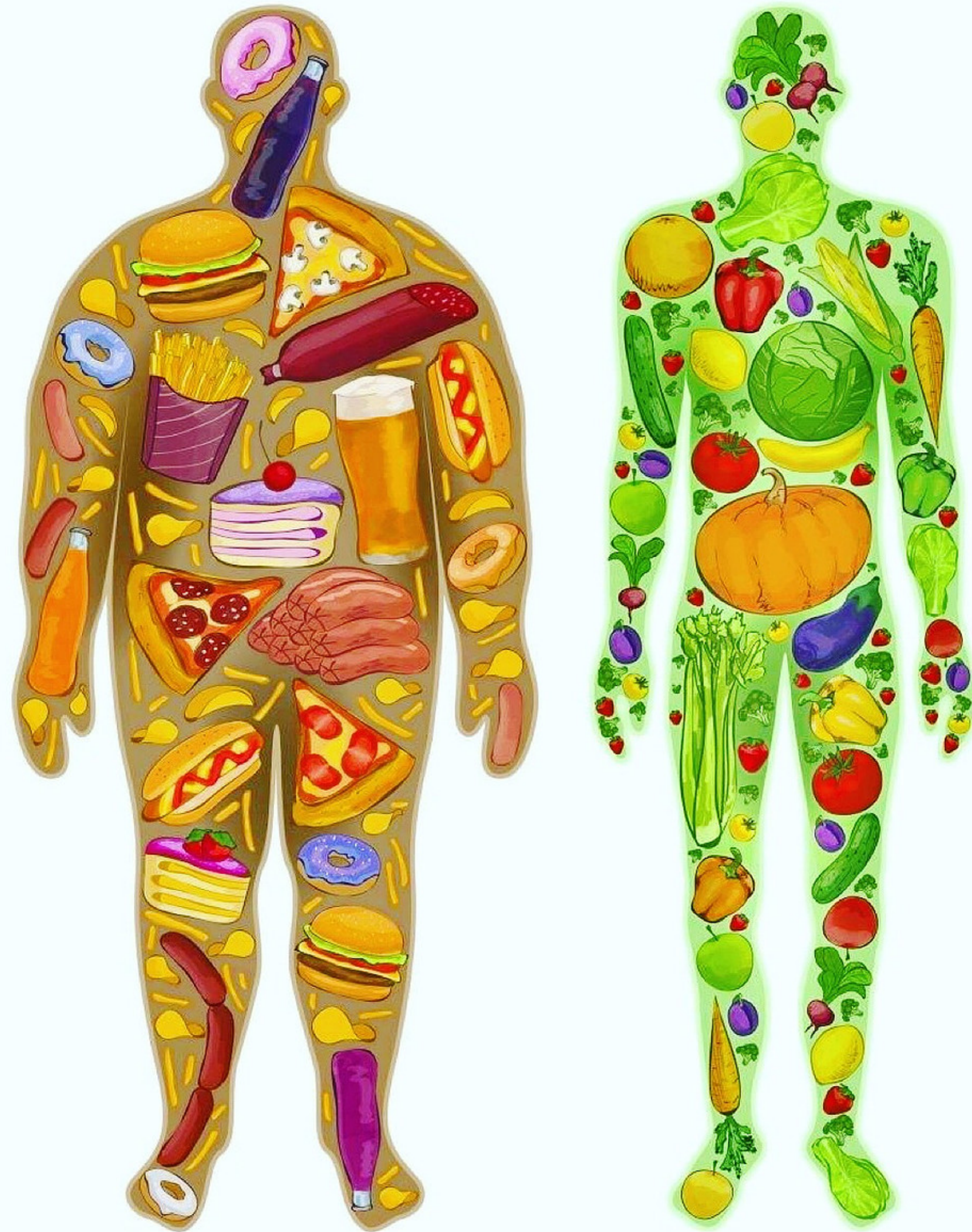
Healthy level of Vietnam

Interesting facts

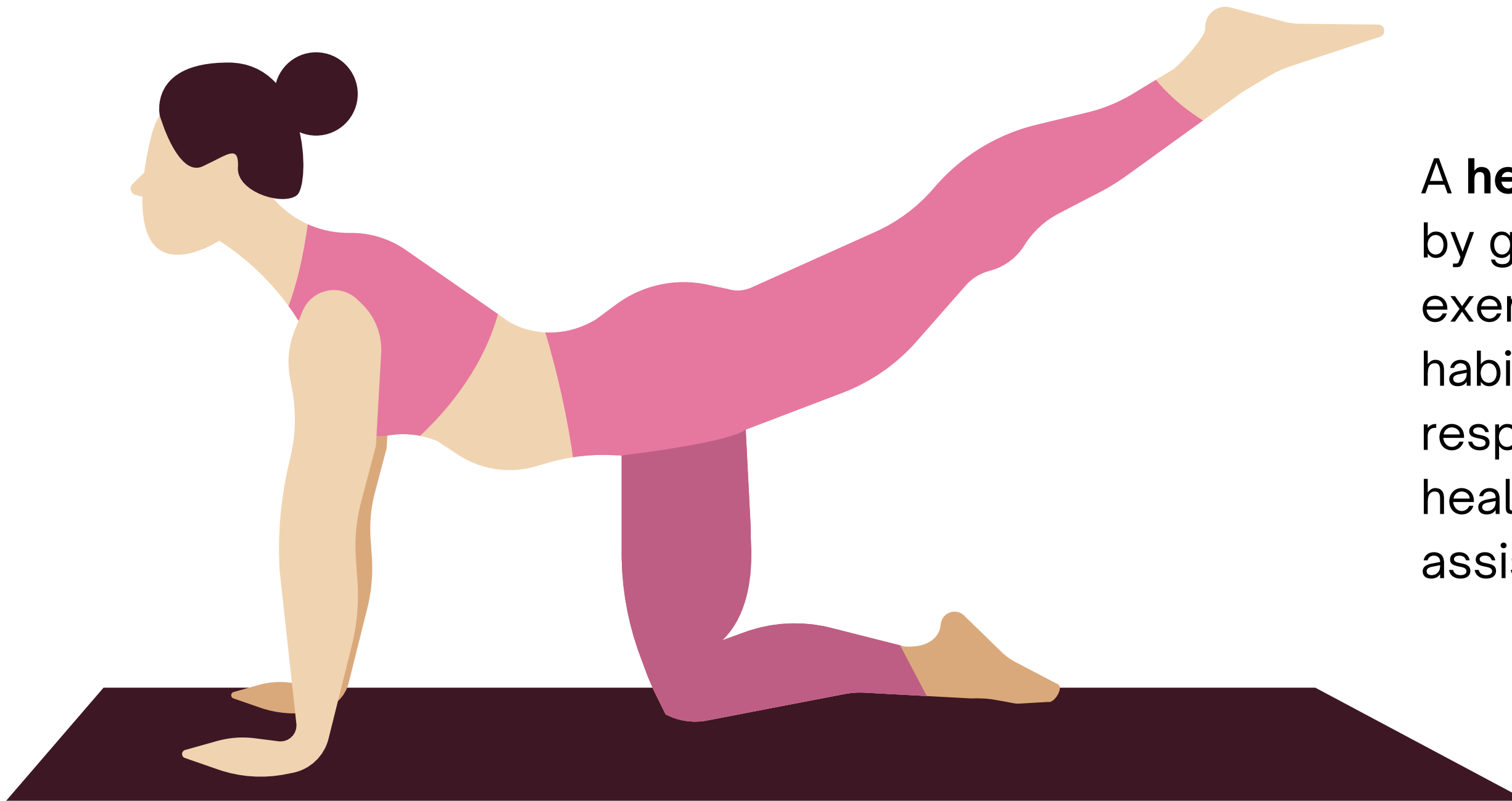


Determine a Healthy Body

What factors contribute to a healthy body?



DEFINITION



A **healthy body** is maintained by good nutrition, regular exercise, avoiding harmful habits, making informed and responsible decisions about health, and seeking medical assistance when necessary.

How to

Determine a Healthy Body?



Waist circumference

Visceral fat is a much more accurate predictor of obesity-related disease risk than overall body fat.

Glasses of Water

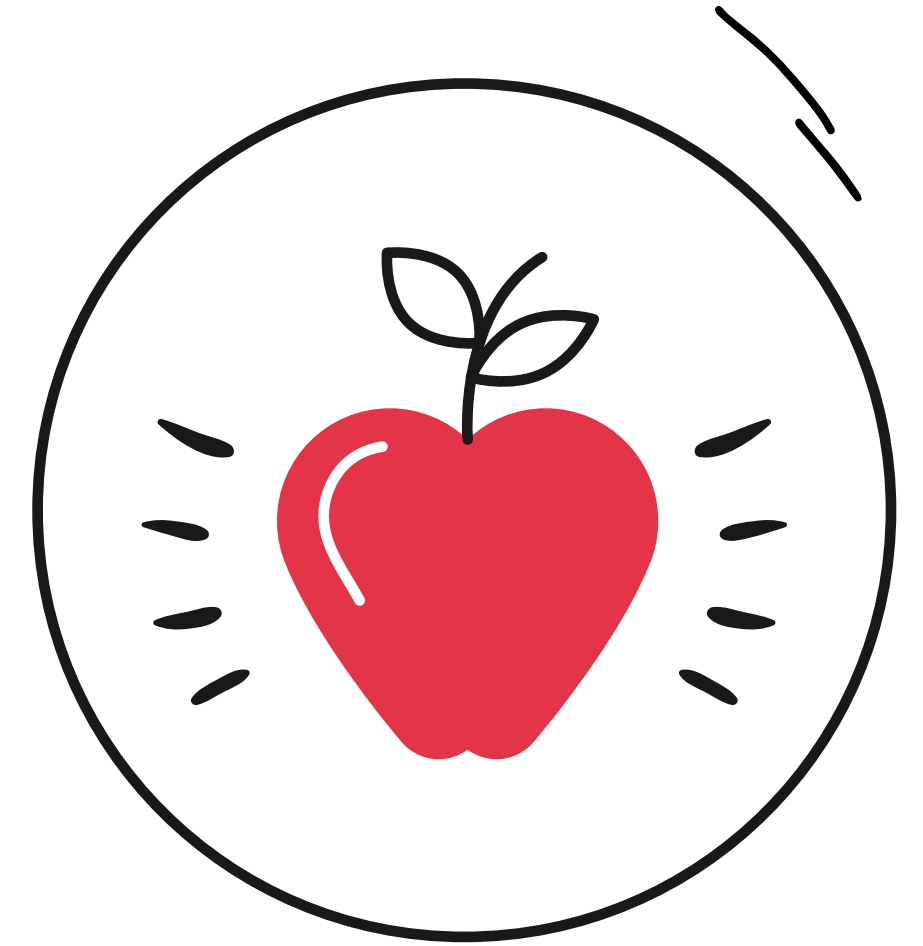
Staying hydrated is also essential for our overall health and wellness.

Blood pressure

High blood pressure can increase the risk of heart attack or stroke and is known as the "silent killer" because it may not have obvious symptoms.

How to

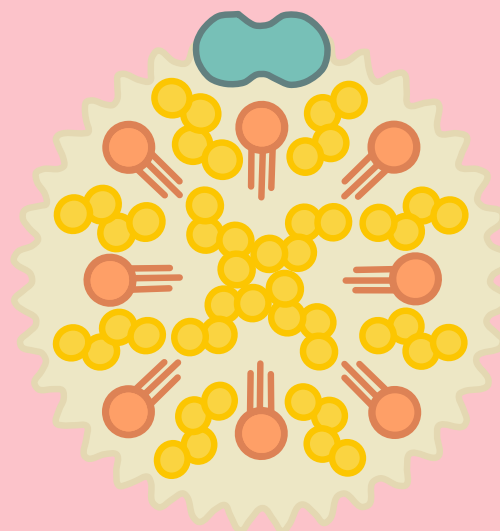
Determine a Healthy Body?



Vegetables eaten

The more servings of fruits and vegetables you eat per day, the better for your overall health and wellness.

Cholesterol levels



Blood sugar level



How to

Determine a Healthy Body?



Exercise time

Physical activity is crucial to maintaining strong bones, reducing your risk of type 2 diabetes, and improving your mood

Alcoholic drinks



Sleeping time



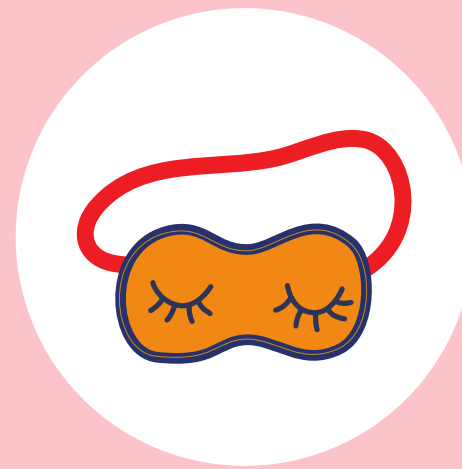
FACTORS

that contribute to a healthy body



Nutrition

Eat a variety of nutrient rich foods,
in moderate portions.
Drink water.
Do not skip meals.



Rest

Make time everyday, even if it's just
15 minutes, for relaxation and
reflection.
Get plenty of sleep.



Exercise

Get at least 30 minutes of activity
every day.

FACTORS

that contribute to a healthy body



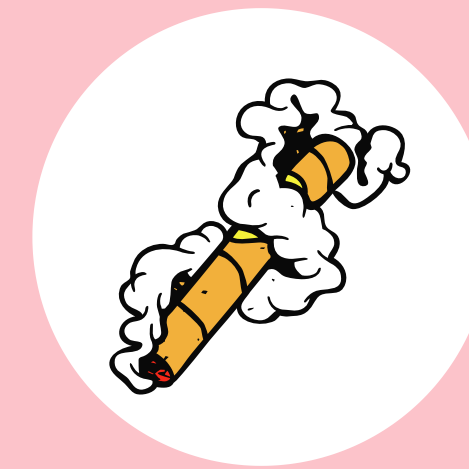
Social health

Get involved and meet people in a positive environment.



Posture

Having poor posture can put more stress on certain muscles and joints, forcing them to be overworked and causing them to fatigue



Limit Alcohol and Tobacco Use

Smoking leads to disease and disability and harms nearly every organ of the body.

Obesity

In the United States





Obesity Statistics

- 1 out of every 3 U.S. adults is obese. (Harvard, 2020)
- Among children and teens, about 20% are now obese.
- Non-Hispanic black women experience the highest rates of obesity in America at 59%. (Harvard, 2020)
- Obesity rates are higher for Hispanic, Mexican American, and non-Hispanic black populations than they are for Caucasians. (Harvard, 2020)
- The South and the Midwest have the highest obesity prevalence. (Centers for Disease Control and Prevention, 2019)
- All U.S. states and territories have an obesity rate of at least 20%. (Centers for Disease Control and Prevention, 2019)



Obesity Statistics

- There are more than 2.8 million hospital stays every year in the U.S., where obesity is a cause or contributing factor. (Healthcare Cost and Utilization Project, 2012)
- Approximately 300,000 people die from obesity in America every year. (National Center for Biotechnology Information, 2004)
- The medical care costs of obesity are almost \$150 billion per year in the U.S. (Centers for Disease Control and Prevention, 2020)
- Obese individuals spend about \$1,500 more on medical care for themselves than people of healthy weight. (Healthcare Cost and Utilization Project, 2012)
- Obesity-related medical costs could rise by \$48 to \$66 billion per year by 2030. (Harvard, 2020)

Health in Vietnam



TOP 11 HEALTHIEST COUNTRIES

Life expectancy

Has risen by two years for males and females in Vietnam between 2000 and 2012.

Immunization

In 2019, around 95 percent of children in the age group of 12 to 23 months were immunized against measles in Vietnam. In the same year, the world's share of children immunized against measles in this age group was at around 85.7 percent.

Cardiovascular disease

In 2017, cardiovascular disease caused the highest number of deaths in Vietnam at 201.14 thousand deaths.

Health in Vietnam



TOP 11 HEALTHIEST COUNTRIES

Weight problem

The rate of overweight and obese children is 26.8 percent in urban areas, 18.3 percent in rural districts and 6.9 percent in mountainous regions.
3.6% adults are obese

Smoking

The prevalence of smoking among females in Vietnam was at one percent in 2016.

COVID-19

As of June 28, 2021, there have been 15,740 total infections of coronavirus in Vietnam.

Interesting health facts



Laughter

Laughing is good for the heart and can increase blood flow by 20 percent.

Skin

Your skin works hard. Not only is it the largest organ in the body, but it regulates your temperature and defends against disease and infection.

Interesting health facts



Exercise

A lack of exercise now causes as many deaths as smoking.

US life expectancy

The US spends almost three times more on healthcare than any other country in the world, but ranks last in life expectancy among the 12 wealthiest industrialized countries.

Gum

Chewing gum makes you more alert, relieves stress and reduces anxiety levels.

Chocolate is good for your skin; its antioxidants improve blood flow and protect against UV damage.

Even at rest, muscle is three times more efficient at burning calories than fat.

Drinking at least five glasses of water a day can reduce your chances of suffering from a heart attack by 40%.



Interesting health facts

Thank You

