



Chest
Heart &
Stroke

Health and Wellbeing

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.

When we think about our health, we often focus on what we can do to improve our physical wellbeing. However, it is important to also consider our mental and social wellbeing and what steps we can take to ensure that we are looking after these aspects of our health also.

Risk Factors

Risk factors are conditions or habits that increase your risk of developing conditions such as heart disease, diabetes and stroke. There are both modifiable risk factors which can be changed and non-modifiable risk factors which cannot be changed.

Non-modifiable risk factors include:

- **Age**
- **Gender**
- **Ethnicity**
- **Personal History**
- **Family History**
- **Other health conditions e.g. diabetes**

Modifiable risk factors include:

- **Nutrition**
- **Physical Activity**
- **Alcohol**
- **Smoking**
- **Stress**
- **Sleep**

To manage our modifiable risk factors, there are 7 steps you can take to improve your health and wellbeing.

7 Steps to Wellbeing



1. Eat a Balanced Diet

Using the Eatwell Guide, a healthy balanced diet should contain a variety of different foods in correct portions, to achieve a wide range of nutrients and to help us maintain a healthy weight, reducing the risk of obesity.



2. Maintain a Healthy Weight

Being overweight can lead to a build-up of a fatty material in your arteries increasing the risk of high blood pressure and cholesterol which could lead to a heart attack or stroke. It is therefore important to eat healthily and keep physically active.



3. Keep Physically Active

Adults should aim to achieve 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity per week, and strength training two or more times per week to improve both physical and mental wellbeing.



4. Moderate Your Alcohol Intake

No more than 14 units of alcohol each week with several alcohol-free days. Binge drinking is classified as over 8 units in a single session for men and over 6 units for women. Alcohol increases the risk of weight gain and atrial fibrillation.



5. Stop Smoking

Smokers often use cigarettes to help cope with stress. The nicotine acts as a sedative on the brain reducing anxieties but also releases adrenaline which increases your heart rate, breathing and blood pressure, increasing the risk of chest, heart and stroke illnesses.



6. Manage Your Stress Levels

Stress can have a positive impact by helping us become more productive. However extended periods of stress and the negative way we cope with stress can lead to high blood pressure, weight gain, and an increased risk of heart attacks and strokes.








7. Get Enough Sleep

Sleep plays an important role in supporting physical and mental health by boosting your immunity, supporting brainning function, maintaining weight, reducing the risk of diabetes and improving cardiovascular health.

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