

# Lifestyle: impact on wellbeing and Health

Madalena Gomes da Silva

Lina Robalo

International Course on Wellbeing and Health 2011

The way we “choose” to live our lives... Every little decision counts...

What to wear?

What to have for breakfast, lunch, dinner, during the day? Its quality?

Where to live?

Which school to go to? How to get there?

What do we do after school?

How do we relate to others in our social circle (family/friends/colleagues)?

The air we breath?

The poluters we are exposed to?

Etc, etc, etc, etc, etc ...

## **WHAT IS LIFESTYLE?**

Can the individual person always control all these aspects?



**WHAT DO YOU KNOW ABOUT ASPECTS OF LIFESTYLE WHICH PROMOTE HEALTH?**



**AND WELLBEING... ARE THEY THE SAME?**

# Are we free to make all the choices?

- What can prevent me from choosing the “right” lifestyle?
- What can facilitate the “right” choices?

Emotional (in)stability

(Lack of) Social support

Environment (safe water, heating, clean space, etc)

Life conditions (poverty versus wellness)

(In)adequate Education/literacy levels

Personality (media/peer pressure)

... () ...

# And in Setúbal... what is there?

- **Step 1: Observe**

The **contrasts** you find (colours, smells, landscapes, etc)

The **people** around in the city

Consider their line of work? What professions do you see around you? How many hours people work/study per day?

The different **cultures** you find

The **urban development** (construction, renovating, etc)

**Open spaces** to promote healthy lifestyles (physical activity... healthy nutrition, having the choice)

**Values**

- **Step 2: Take pictures**

(approximately 20)

What is **influencing** people in their **choices** of lifestyle in Setúbal (generally)?

Do you consider that Setúbal offers a good environment to the choice of lifestyle? Are there facilities?

From what you see, do people have a healthy lifestyle? Yes? No? Why?

Are the conditions the same for the different age ranges?

And the different cultures?

And the different ethnic groups?

And the different professions around?

# And in Setúbal... what is there?

## Step 3 – Write down

Write short sentences which express:

opinions, feelings, values, frustrations...

with relation with the choices of lifestyle the people of Setubal have

## Step 4 – Ask questions

**Choose** two aspects of your observation – one that has impressed you positively and another that has impressed you negatively

**Write** down 1 **question** that you would like to ask the Local Council about each of these aspects

# Three very interesting articles on this subject

- Pryde, M.M. & Kannel W.B. (2010) Efficacy of Dietary Behavior Modification for Preserving Cardiovascular Health and Longevity. Cardiology Research and Practice. Volume 2011, Article ID 820457, 8 pages
- Noordman, J. Verhaak, P. van Dulmen, S (2010) Discussing patient's lifestyle choices in the consulting room: analysis of GP-patient consultations between 1975 and 2008. BMC Family Practice 11:87.
- Spring, B. Schneider, K. McFadden, HG, Vaughn, J. Kozak, A. T. Smith, M. Moller, A. C, Epstein, L. Russell, S.W. DeMott, A. Hedeker, D. (2010) Make Better Choices (MBC): Study design of a randomized controlled trial testing optimal technology-supported change in multiple diet and physical activity risk behaviors. BMC Public Health 10: 586.

# Examples...

- What options are there for her?
  - Nutrition...
  - Physical activity...
  - Education/Literacy...
  - Smoking... Drugs ...
  - Teenage pregnancy...



All rights reserved Gianfranco (MAYO)