

## Healthy Lifestyle and Health Behaviors: The Key to Mental Wellness, Disease Prevention, and a Better Life

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### Abstract

The daily routines and decisions that affect a person's physical and mental health are referred to as lifestyle and health-related behaviors. Diet, exercise, sleep habits, substance abuse, and stress reduction are some of these activities. While harmful lifestyle choices raise the risk of diseases including diabetes, obesity, and cardiovascular disease, healthy lifestyle choices can avoid chronic illnesses, enhance quality of life, and extend longevity. Health-related behaviors are influenced by

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social, psychological, and environmental variables. In order to improve public health outcomes and motivate people to incorporate sustainable, health-promoting habits into their everyday lives, it is crucial to comprehend and promote healthy lifestyles.

**Keywords:** Healthy Lifestyle; Health Behavior; Nutrition; Mental Health; Physical Activity; Stress Management; Chronic Disease Prevention; Alcohol; Obesity.

### Introduction

Let's take a quick look at the best strategy for enhancing people's health. For instance, the impact would be enormous if children vaccinations were given top priority by the international community. Or maybe if we ensured that everyone had access to clean water, the effect would be much bigger. Improving mental health is one aspect that is frequently disregarded. In fact, if mental health got the attention it needs, traditional physical health would significantly improve. For instance, among other illnesses, major depressive disorder probably plays a role in at least diabetes and heart disease (Module 29). Many factors of health are out of our personal control. Our health is greatly impacted by both genetic predisposition and environmental exposure to dangerous or infectious chemicals. On the other hand, by concentrating on the things we can manage, we can significantly improve our health. This idea is well-founded and grounded in the scientific principles of behavior, physiology, and human mental processes rather than being New Age. Recall that the brain governs the entire body, and the mind is just the brain. This mind-body connection can be understood in at least two ways. The first is to think about how psychological stress contributes to physical sickness. People's physical health would improve if they learnt how to successfully manage stress. Because it also reduces other controllable disease risk factors like obesity, substance abuse, and sleep deprivation, managing stress may be the best thing we can do. For instance, the kind and quantity of food we consume as well as the amount of activity we engage in are undoubtedly important aspects of leading a healthy life. Since most individuals have heard that it causes physical illness, it currently has a very poor reputation. But we worry that many people are not aware of the overwhelming evidence. However, it's simple to overlook the fact that stress can occasionally be advantageous and even required. First, let's define. Imagine having a discussion with a friend who is whining about her present circumstances. "I have to work until midnight, I have four exams in the next two days,

and my car is broken down," she explains. I'm really anxious. In common speech, the term "stress" is typically used to describe the environment. Exams, for instance, are stressful. However, for psychologists, situations or occurrences are stressors, and our reaction to them is stress. It takes more than simply wordplay to make this distinction. To put it simply, one person may experience stress from the same event while another may not.

The stress is not brought on by the event itself. Think about a traffic issue. A lot of individuals detest traffic. They frequently experience tension, anxiety, panic, and anger after an hour of driving at ten miles per hour on a highway (Hennessy et al., 1999). The fact that some people genuinely appreciate heavy traffic would surprise these folks. They view it as one of the rare chances of the day to spend time alone without obligations to their families, jobs, or schools (Goodin et al., 2005). They unwind while listening to music, a podcast, or an audiobook. People who detest traffic would experience less stress if they could learn to view it as others do rather than as a cause of anxiety. Undoubtedly, certain general features of situations tend to make them anxious. In addition to protecting against non-communicable diseases (NCDs) like type 2 diabetes, heart disease, stroke, and some types of cancer, a nutritious diet also helps prevent malnutrition in all its manifestations. Eating a diversified diet that incorporates items from every food group is crucial (Dwivedi et al., 2017). Healthy eating practices start early. Maintaining a healthy body weight can also be facilitated by a nutritious diet. Selecting a diet that is adequate, varied, and balanced is a crucial first step in leading a healthy lifestyle (Lichtenstein et al., 2006). For the first six months of life, exclusive breastfeeding is advised to promote the best possible health, growth, and development. Breastfeeding should continue after six months, and supplemental foods that are safe, varied, and high in nutrients should be introduced (Segura et al., 2016). Salt and sugar should not be added when preparing these dishes. Since breastfeeding is still a vital source of nutrition and immunological protection, it is advised until the child is two years old and older (Vassilopoulou et al., 2021). Any form of tobacco is lethal. At least 250 of the more than 7,000 compounds found in smoking tobacco products, including hookahs, are known to be harmful or carcinogenic (van et al., 2023). Smokeless tobacco products can lead to major, occasionally fatal health issues. The average lifespan loss for

lifetime smokers is at least ten years. Almost every organ in the human body is impacted by tobacco use or secondhand smoke exposure, which has a detrimental effect on health throughout life. See the WHO/Europe fact sheet on this page for additional details on the negative effects of tobacco use. Over 200 illnesses and other hazards, including as liver disease, cancer, cardiovascular disease, tuberculosis, HIV/AIDS, traffic accidents, violence, and suicide, are directly associated with alcohol usage (Charuni et al., 2024). The chance of getting sick, getting hurt, or dying is directly correlated with the amount of alcohol taken in each of these situations: the more alcohol drunk, the higher the risk (Rehm et al., 2017).

### Healthy Lifestyle

A lifestyle is a way of life that people, organizations, and countries embrace and that is influenced by certain political, economic, cultural, religious, and geographic situations. It describes the traits of a region's residents at a specific moment and location. The World Health Organization states that lifestyle has a correlation with 60% of aspects pertaining to personal health and quality of life. Unhealthy lifestyles can result in disease, disability, and even death for millions of individuals. Careful consideration should be given to the connection between lifestyle and health. Everybody's life has changed significantly in the present day. Among the symptoms of unhealthy lifestyles that have become the norm include malnutrition, poor eating habits, smoking, drinking alcohol, abusing drugs, and stress. Citizens also have to deal with new difficulties. One significant issue that endangers people's physical and mental health, for instance, is the excessive and inappropriate use of emerging IT technologies like the internet and virtual communication networks. There are various ways that this impact shows up. In certain ethnic groups, consanguinity is a major lifestyle factor that contributes to genetic problems. Excessive drug usage is a major contributor to unhealthy lifestyles in various nations. Urban lifestyles frequently result in nutritional issues, such as eating fast food and other unhealthy foods, which raises the risk of conditions like cardiovascular disease. Addiction is viewed as an unhealthy way of living. According to a long-term survey, 30% of individuals between the ages of 18 and 65 frequently smoke. In Iran, this type of medicine use is prevalent and is regarded as an unhealthy way of living. Self-medication, sharing medications, using medications without a prescription, prescribing

excessive amounts of each medication, using unnecessary medications, illegible handwriting on prescriptions, ignoring medication contraindications, ignoring the negative effects of medications, and failing to explain their effects are some detrimental behaviors associated with medication use. Technology abuse can lead to bad outcomes. For instance, sleep habits may be disturbed if computers and other devices are used till midnight. Addiction to mobile phones is associated with depressive symptoms (Loef et al., 2012).

### Health Behavior

People with mental health issues have access to a range of support and treatment choices. Helplines, podcasts, and webinars offer instant access to resources and information. Mental health treatments, including inpatient and outpatient, are offered nationwide to address mental health needs in addition to self-help alternatives. Every individual need a customized treatment approach because every mental health condition is unique. In order to help their recovery, a teen with an eating disorder from a difficult background may require an inpatient or outpatient eating disorder specialist or program. In order to conquer their addiction and rehabilitate, a person with an opioid addiction may require a treatment or service for substance use disorders. The idea of the mind-body link, a mutually beneficial interaction that has a significant impact on our general health, is at the core of behavioral health. This link emphasizes how our mental, emotional, and behavioral states affect our physical health and vice versa. For instance, physical symptoms like headaches, digestive issues, and sleep difficulties might be signs of chronic stress, a frequent mental health problem. People can see the close relationship between their mental and physical states when they comprehend the mind-body connection. By recognizing this link, we open the door to patient-centered, holistic healthcare strategies that treat the body as well as the mind. Fostering resilience, controlling stress, and advancing emotional well-being all depend on incorporating behavioral health into our wellness practices. Physical health problems can be made worse by untreated mental health difficulties, and vice versa. By putting behavioral health first, we can dismantle the boundaries separating physical and mental health, promoting a more comprehensive and successful approach to wellbeing.

Let's acknowledge the deep link between our body and mind as we set out on this path to behavioral health. At Positive Reset Eatontown Mental Health Clinics, we firmly believe that behavioral health may improve general wellbeing. We may adopt a more comprehensive approach to health that enables people to flourish psychologically, emotionally, and physically by comprehending the mind-body connection.

Stress management and resilience are enhanced by including behavioral health into wellness routines. Physical ailments can deteriorate if mental health issues are not addressed. Putting behavioral health first results in a more comprehensive strategy that enhances mental and physical health. Anxiety, sadness, PTSD, and substance use disorders are common problems. Each of these may have an impact on relationships and day-to-day activities. Better coping mechanisms and improved living choices can result from addressing these problems with behavioral health therapies. Behavioral health clinics offer stress-reduction methods like mindfulness, cognitive behavioral therapy (CBT), and relaxation practices. People can create healthy coping strategies that lower stress levels and increase emotional stability by learning to identify and change thought habits. A key component of behavioral health is therapy, which provides a secure setting for individuals to examine their feelings and ideas. In order to help their clients make better decisions and improve their mental health, therapists employ evidence-based methods to help them comprehend their feelings and behaviors (Noar et al., 2008).

### **Nutrition**

These substances give organisms nutrients (separated into macronutrients and micronutrients) that can be digested to produce energy and chemical structures; malnutrition can result from an excess or shortage of a necessary nutrient. Human nutrition is the primary emphasis of the exact science of nutrition, or the study of nutrition. While some people can make their own nutrients by eating fundamental elements, others need to eat other living things in order to get pre-existing nutrients. Carbon, energy, water, and other components are necessary for all life forms. Animals eat other living things to get complex nutrients including proteins, lipids, and carbs. To replace gathering and enhance human sustenance, humans invented agriculture and cookery. Both the soil and the atmosphere provide nutrients to plants. An organism

needs nutrients to survive, grow, and procreate since they give it energy and building blocks. Overconsumption of macronutrients raises the risk of acquiring a number of noncommunicable diseases (NCDs), such as type 2 diabetes, stroke, hypertension, coronary heart disease, osteoporosis, and some types of cancer. It also contributes significantly to obesity. Additionally, nutrients can be categorized as either essential or nonessential; essential nutrients are those that the body is unable to produce on its own. Organisms can be categorized based on how they get their energy and carbon. Autotrophs are organisms that make their own nutrients from carbon from inorganic elements like carbon dioxide, whereas heterotrophs get their nutrients by eating carbon from other organisms. A nutrient cycle is a biogeochemical cycle in which organic matter is exchanged for inorganic matter as it moves through the soil, organisms, air, or water. While the flow of mineral nutrients is cyclical, the flow of energy is unidirectional and non-cyclic.

The water, carbon, nitrogen, phosphorus, and sulfur cycles are examples of biogeochemical cycles that are carried out by living things and natural processes. After being absorbed or ingested, nutrient cycles enable these vital components to return to the environment. Changes in oxygen levels, temperature, and ecosystem functioning could occur in the absence of adequate nutrient cycling. The act of searching the environment for nutrition is known as foraging. The following usage of resources might also be included in its definition. While certain species, like plants and fungi, spread out to find nourishment, others, like mammals and bacteria, are able to orient themselves. Foraging can be either systematic, where the organism may go straight to a food source, or random, where the organism looks for nutrients without using a particular technique. Taste and other methods of nutrient detection enable organisms to control their intake of nutrients (Carbone et al., 2012).

### **Mental Health**

The focus has shifted over time from mental illnesses to mental health and wellbeing. Unlike mental illnesses, the concept of mental health and well-being is important for society at large. The World Health Organization (WHO) describes health as "a state of complete physical, mental, and social well-being and not merely the absence of disease" (WHO, 2020). Although defining mental health is crucial, improving it is not always

required. There might be too many differences in values amongst countries, cultures, socioeconomic classes, and genders to reach a consensus on a definition. Race, ethnicity, and genetics all have complex effects on mental health and wellness. Racial and ethnic social factors that result in disparities in access to mental health treatments and resources may have an impact on mental well-being. Genetic traits can affect a person's susceptibility to certain circumstances, but experiences and interactions with the environment are more important. For example, the "diathesis-stress" idea highlights the relationship between genetic predisposition and stresses. Culture has a significant impact on people's perceptions of well-being, which in turn influences coping strategies, social support systems, and emotional expression, all of which have an impact on an individual's mental health.

The concept of "social capital" is largely responsible for the present surge in interest in health promotion and social connectedness. Social capital is also impacted by social and economic conditions. Over the past 20 years, studies have shown how social capital, economic growth, the effectiveness of social service systems, and community development are all related. There is continuous research and debate on the connections between social capital, physical health, and mental health as well as the feasibility of promoting mental health to support social capital. The ability to see the world from a new perspective, considering social and environmental factors as well as connected social groups, is what gives social capital its strength. Compared to aggregated individual health outcomes, this perspective on networks of people interacting with their environment can explain a greater variety of collective results.

Mental health may be impacted by the phases of mental illness, which often involve relapses and remissions. The number, frequency, and duration of relapses can all have an impact on mental health diversity. It is crucial to understand and address mental health and public mental health, despite the fact that defining well-being has been the subject of much debate and discussion in recent years. The medical paradigm of health does not include well-being because it is not a diagnostic notion. People's subjective well-being and the factors that affect it are known to vary widely. Mental well-being is closely related to both the WHO's comprehensive and positive definition of health and Seligman's positive psychology approach. Public health faculties in the UK define mental

well-being in a similar way. Social characteristics that either facilitate or impede social inclusion are inextricably tied to well-being.

It is evident that a number of challenges, including trauma, poverty, unemployment, and other unfavorable socioeconomic circumstances, can significantly influence the emergence of mental health issues. On the other hand, quality of life is a more comprehensive idea that includes many facets of an individual's existence, including their physical and mental health, social connections, surroundings, and personal objectives. It shows how satisfied a person is with their general situation in life and how likely they believe they are to fulfill their goals (Hunt et al., 2010).

### Physical Activity

The World Health Organization defines physical exercise as any skeletal muscle-driven movement of the body that requires energy expenditure. Walking, cycling, using a wheelchair, playing sports, participating in leisure activities, and playing games are common methods to stay active that are enjoyable for people of all abilities. communicable diseases (NCDs) and other health problems. Healthcare systems are strained by sedentary lifestyles and physical inactivity, which also contribute to the rise in NCDs. Increasing physical activity will improve health and wellbeing and help achieve various Sustainable Development Goals as well as the global NCD targets. But this will require further pledges and investments from Member States, as well as non-state actors' creativity and contributions, intersectoral cooperation and coordination, and continued WHO supervision. Physical inactivity is one of the primary risk factors for dying from non-communicable diseases. A person's risk of dying is 20% to 30% higher if they don't get enough exercise. Both the risk of stillbirth and birth weight are unaffected by physical exercise.

The recommendations stress that everyone benefits from muscular strengthening, all age groups should limit their sitting time, and any quantity of physical activity is better than none at all. According to the WHO Guidelines on Physical Activity, Sedentary Behavior, and Sleep for Children Under 5 Years of Age, young children under 5 years of age should spend no more than in sedentary screen time or restricted activity, as well as the amount of time that they should spend sleeping or engaging in physical activity during a 24-hour period for their health and well-being. The latest WHO

recommendations on physical activity and sedentary behavior for all age groups are summarized in an infographic. By carefully reviewing scientific evidence and consulting experts, the WHO develops guidelines. Preparations are already underway for the publication of the next set of proposals in 2030. The WHO closely monitors trends in physical inactivity. A recent survey found that 1.8 billion persons, or nearly one-third (31) of all adults worldwide, do not engage in physical activity. This suggests that individuals do not meet the global standard of at least 150 minutes of moderate-intensity exercise per week. Regulations that ensure access to non-motorized transportation, bicycling, and walking transportation, expand opportunities for physical activity in workplaces, schools, childcare facilities, and health services, and enhance the availability and accessibility of community sports and open public spaces are a few examples of these recommendations. It takes a team effort, coordinated across several government ministries at all levels, to implement effective programs to raise levels of physical exercise encompassing employment, sport and recreation, education, transportation, health, and urban planning. In order to promote the implementation of policies and solutions suitable for each nation's cultural and social context, non-governmental organizations, varied sectors, stakeholders, and disciplines must also participate on a national and local level. Policies that promote, facilitate, and encourage physical exercise for everyone should be prioritized in order to address discrepancies in levels of physical activity (Bize et al., 2007).

### **Stress Management**

There are several different effective stress-reduction strategies. They can include tactics that enhance cognitive and emotional performance, but they typically involve actions that enhance physical health, such as diet and exercise. Many health and epidemiology researchers have recently shown a great deal of interest in the mindfulness-based approach to stress reduction. By learning to change their reflex conditioning, they can go from automatically reacting or worrying about the future to responding in a more measured and adaptable way while paying more attention to the here and now. There is a wealth of evidence in the scientific literature that suggests people can become more aware via practice, which will increase their ability to completely integrate feelings, ideas, and sensations as they emerge. MBSR interventions have been modified for a broad

spectrum of individuals, including healthy university or medical students as well as those with chronic or crippling diseases. Some people are more naturally inclined to be mindful. These people typically have better physical health, experience fewer physiological symptoms like pain, and utilize fewer medical resources when they have not engaged in mindfulness training therapies. In a variety of demographics, both medical and non-medical, mindfulness has been linked to lower levels of anxiety and sadness. A genetic tendency may give rise to the trait of mindfulness. The personality characteristic of mindfulness was found to be 32% heritable in a recent epidemiological study of teenage twins. In fact, a study of MBSR in college students found that although improvements in psychological outcomes and mindfulness can be shown in participants generally, the effects may be more noticeable in those who initially had higher levels of mindfulness as a personality attribute. Even people with high levels of mindfulness as a personality attribute can benefit from mindfulness training, according to these findings. Standard MBSR programs have demonstrated promise in reducing physiological dysregulation, such as inflammation, autonomic activity, and reduced stimulation of the hypothalamic-pituitary-adrenal (HPA) axis. When exposed to hypoxic settings, healthy adult men who were better able to concentrate on the here and now also showed lower levels of emotional discomfort and autonomic reactivity (heart rate). The connections between mindfulness practices and central nervous system (CNS) function that have been documented in the literature may be due to neural correlates this evidence of common brain circuitry points to, at least partially, processes via which mindfulness practices might help those who struggle with stress management or long-term psychiatric suffering. By teaching techniques that foster a nonjudgmental, present-moment awareness. The original goal of Mindfulness-Based Stress Reduction (MBSR) was to alleviate chronic pain sufferers' suffering. Three formal mindfulness practices seated meditation, gentle yoga, and the "body scan," a technique for focusing attention are taught over the course of eight weeks. Hatha yoga encourages awareness of posture and movement through mild movement and stretching sequences. Informal mindfulness exercises are also recommended, in which individuals develop awareness of the current moment, regardless of how pleasant or unpleasant it may be. The goal is to teach participants how to deal with stressful situations in a skillfully receptive rather than

habitually reactive way by encouraging them to interact with each moment's experiences as they emerge. People can learn to change their reflex conditioning with practice, moving from automatic reactions or future-focused thoughts to more measured, adaptive responses that are more conscious of the present (Gorman et al., 2012).

### Chronic Disease Prevention

The good news is that many chronic conditions can be avoided, postponed, or lessened by making small lifestyle adjustments like quitting smoking, eating a healthy diet, getting the recommended amount of exercise, and getting the necessary screenings. Because chronic diseases are caused by a variety of causes, finding the best treatments is difficult. The ability to promote prevention and implement comprehensive health promotion strategies that target a variety of individuals, locations, and behaviors is crucial to finding solutions to improve conditions, behaviors, and other determinants of health. Organizations in the public, corporate, nonprofit, and charitable sectors must work together to improve their ability to offer services ranging from prevention to treatment in order to combat this epidemic of chronic illnesses. In order to improve the social determinants of health and health equality, the Health Equality Guide for Public Health Professionals and Collaborators focuses on how to collaborate with non-traditional partners to create community-specific treatments. Cancer survivors can use Livestrong at the YMCA, which offers free assistance in maintaining healthy lifestyles via exercise and following cancer screening guidelines to lower the chance of recurrence.

The Diabetes Self-Management Program, an evidence-based intervention created by Stanford University, focuses on individuals with type 2 diabetes who take part in seminars intended to give them self-assurance in controlling their symptoms. The YMCA Diabetes Prevention Program is designed to help those who are at high risk of acquiring diabetes adopt and maintain healthy lifestyles in order to lower their risk of getting the condition.

Over 100 organizations throughout the state, including youth groups like Teens Against Tobacco Use (TATU) and Kick Butts Generation (KBG), have joined with the Tobacco Prevention and Control Program. These groups promote and encourage middle and high school kids to either never start smoking or give it up. Motivate the First State

is the first public-private collaboration that uses the power of competition, social connections, and philanthropy to empower Delawareans to make better health decisions and encourage behavior change. Over 58,000 hours have been devoted to physical activity and other healthy behaviors since Motivate the First State registered 3,126 participants in June 2015, with 79% of them continuing to be actively involved. Instead of emphasizing the dangers of continuing at current consumption levels, the social marketing campaign "One Less" focuses on the health advantages of consuming fewer sugar-filled beverages. All DeIDOT-owned or maintained facilities, as well as all state Department of Health and Human Services facilities, adopted the program. By offering a positive, enjoyable, and attainable message coupled with an alternative, positive health outcomes were attained. Sales stayed consistent as participants in the "One Less Challenge" reported consuming fewer sugar-filled beverages and embracing other healthful habits. Adults in Delaware who qualify can get cancer screenings funded by Screening for Life (SFL). In order to promote change in the healthcare system, SFL works with Quality Insights (QI) to increase the screening rates for colorectal, breast, and cervical cancer at Federally Qualified Health Centers (FQHCs). The usage of clinical decision support systems incorporated into providers' electronic health records has been enhanced by SFL, QI, and FQHC. To guarantee that cancer screenings are carried out at the appropriate time for every patient, screening protocols, staff training, workflow improvements, and patient reminders have all been devised. People with undiagnosed diabetes and hypertension now receive better care thanks to the Diabetes and Heart Disease Prevention and Control Program. Delaware healthcare professionals are assisted in enhancing patient health outcomes through partnership with Quality Insights. The standards of care for prediabetes, diabetes, and hypertension are taught and taught to providers. At Federally Qualified Health Centers (FQHCs), patient coordinators support patients during the screening procedure for colorectal, breast, and cervical cancer. By putting patients in touch with services that provide transportation and translation, as well as by tackling other typical obstacles, these coordinators also try to eliminate obstacles to cancer screening. At FQHCs, patient coordinators and health promoters help patients with additional screenings for chronic conditions like type 2 diabetes and hypertension. Additionally, they link Delawareans to programs for

managing and preventing chronic diseases, including the Diabetes Prevention Program, the Diabetes and Chronic Disease Self-Management Programs, and the Delaware Smoking Cessation Helpline(Bauer et al.,2014).

### AlcoholConsumption

Drinking beverages that contain ethyl alcohol is referred to as alcohol consumption. Alcoholism, blood alcohol content, drinking habits, drunkenness, and hangover are related subjects. A magnifying glass is held by a hand over the Absolute Vodka label, emphasizing the words "80 PROOF" with question marks in the background. Wine, beer, and spirits are examples of alcoholic beverages.Gastric secretions in the stomach dilute alcohol when it is consumed. The majority of the alcohol travels through the pylorus and into the small intestine, where it is rapidly absorbed, although a tiny amount diffuses straight from the stomach wall into the bloodstream. But before it reaches the small intestine, the stomach breaks down up to half of the alcohol. In general, a young woman's stomach breaks down less alcohol than a young man's because the gastric secretions of young.The enzyme alcohol dehydrogenase (ADH), which breaks down alcohol before absorption, is found in lower concentrations in young women. Alcoholic beverages with carbonation, like champagne, or those combined with soft drinks, like sparkling water, are typically absorbed faster than those without carbonation. The rate of absorption can also be influenced by other elements, such as the consumer's emotional state. Alcohol is dispersed throughout the body according to the water content of the different organs and tissues; it is more concentrated in the brain and blood than in muscle or fat. Body fluids significantly dilute alcohol that has been absorbed.Because women differ in size, body water to body fat ratio, and gastric ADH levels, the same amount of alcohol will cause higher blood levels in women.Numerous factors can impact the rate of alcohol absorption. When a powerful alcoholic beverage is consumed on an empty stomach, for instance, the pylorus may spasm, impeding the beverage's transit into the small intestine and delaying absorption. As soon as alcohol is absorbed, the body starts getting rid of it. A tiny amount is eliminated through sweat and a tiny percentage is exhaled through the lungs. A tiny amount is removed by the kidneys and builds up in the bladder before being expelled in urine. Nevertheless, these methods only remove 2 to 10% of alcohol. At least 90% of the alcohol that is ingested is

removed by metabolic processes, mostly in the liver. The enzyme ADH, which is found in liver cells, works on ingested alcohol as it travels through the bloodstream to the liver. The highly poisonous chemical acetaldehyde is produced from the alcohol molecule. As a result, NAD is converted to NADH, which can only be used for the same reaction once it has undergone its own oxidation. The transient decrease in accessible NAD appears to operate as a restriction to the rate at which alcohol can be metabolized, even though ADH appears to always be present in adequate quantity for the initial step of alcohol metabolism. An average-sized man would consume about 15 milliliters, or half an ounce, of alcohol every hour. To put it another way, the body can process roughly one conventional drink of wine, beer, or alcohol every hour. Alcohol functions as a nutrient since it contains about 7.1 calories per gram (Roerecke et al., 2017).

### Obesity

Obesity is a medical disorder where extra body fat builds up and can have detrimental consequences on health. It is classified as a disease by several organizations. Long-term weight loss is uncommon, despite the fact that many obese persons attempt to lose weight and frequently succeed. A multimodal strategy is needed to prevent obesity, encompassing medical, social, community, family, and individual interventions. Exercise and dietary modifications are the primary therapy that medical professionals advise. Increasing dietary fiber intake and decreasing energy-dense foods, such as those heavy in fat or sugar, can enhance the quality of one's diet.

The World Health Organization highlights that these dietary decisions should be made using the most readily available, reasonably priced, and accessible options because the disease is a societal responsibility. In addition to lowering caloric intake, metabolic surgery causes long-term alterations in the release of gut hormones that control hunger and metabolism. With rising rates in both adults and children, obesity is one of the major preventable causes of death globally. This is more than twice the number of adult cases (and four times the number of kid cases) reported in 1990. Women are more likely than men to be obese. In many places of the world, obesity is stigmatized. On the other hand, obesity is seen favorably in some societies, both historical and contemporary, as a sign of fertility and prosperity. Obesity is considered an illness by the World Health Organization, the United States, Canada, Japan, Portugal,

Germany, the European Parliament, and medical associations including the American Medical Association.

Some don't, such as the UK. In addition to height and weight, measures of childhood obesity also consider age. The World Health Organization defines obesity in children aged 5 to 19 as having a BMI that is two standard deviations greater than the age-specific median (about 18 for a five-year-old and 30 for a 19-year-old). The WHO definitions have been altered by several organizations. Class II and III obesity, or class III obesity alone, are separated into other groups in the surgical literature, the precise values of which are still up for controversy. Because it ignores differences, BMI is currently seen as outdated in many countries between people in terms of lean body mass, especially muscular mass. Despite having minimal fat, people who participate in physically demanding jobs or sports may have high BMI readings. For instance, the BMI metric classifies 1 in 4 NFL players as "extremely obese" and more than half as "obese" ( $BMI \geq 30$ ). Nonetheless, their average body fat percentage of 14% falls within a healthy range. Similar to this, sumo wrestlers are typically classified as "severely obese" or "very severely obese" based on their BMI. However, a study of college-aged sumo wrestlers discovered that 40% of them were no longer classified as obese when body fat percentage was used in place of BMI; this was explained by their extremely high lean body mass

(Jantaratnotai et al., 2017).

### Conclusion

In conclusion, general health and quality of life are greatly influenced by lifestyle and healthy practices. Healthy behaviors including eating a balanced diet, exercising frequently, getting enough sleep, and managing stress can greatly lower the risk of chronic illnesses and enhance mental well-being. On the other hand, bad habits can cause major health issues and reduce life expectancy.

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