



Physical Health and Young People

TIPS TO ACHIEVING GOOD PHYSICAL HEALTH

BENEFITS OF MAINTAINING GOOD PHYSICAL HEALTH

HEALTH CALL!!!

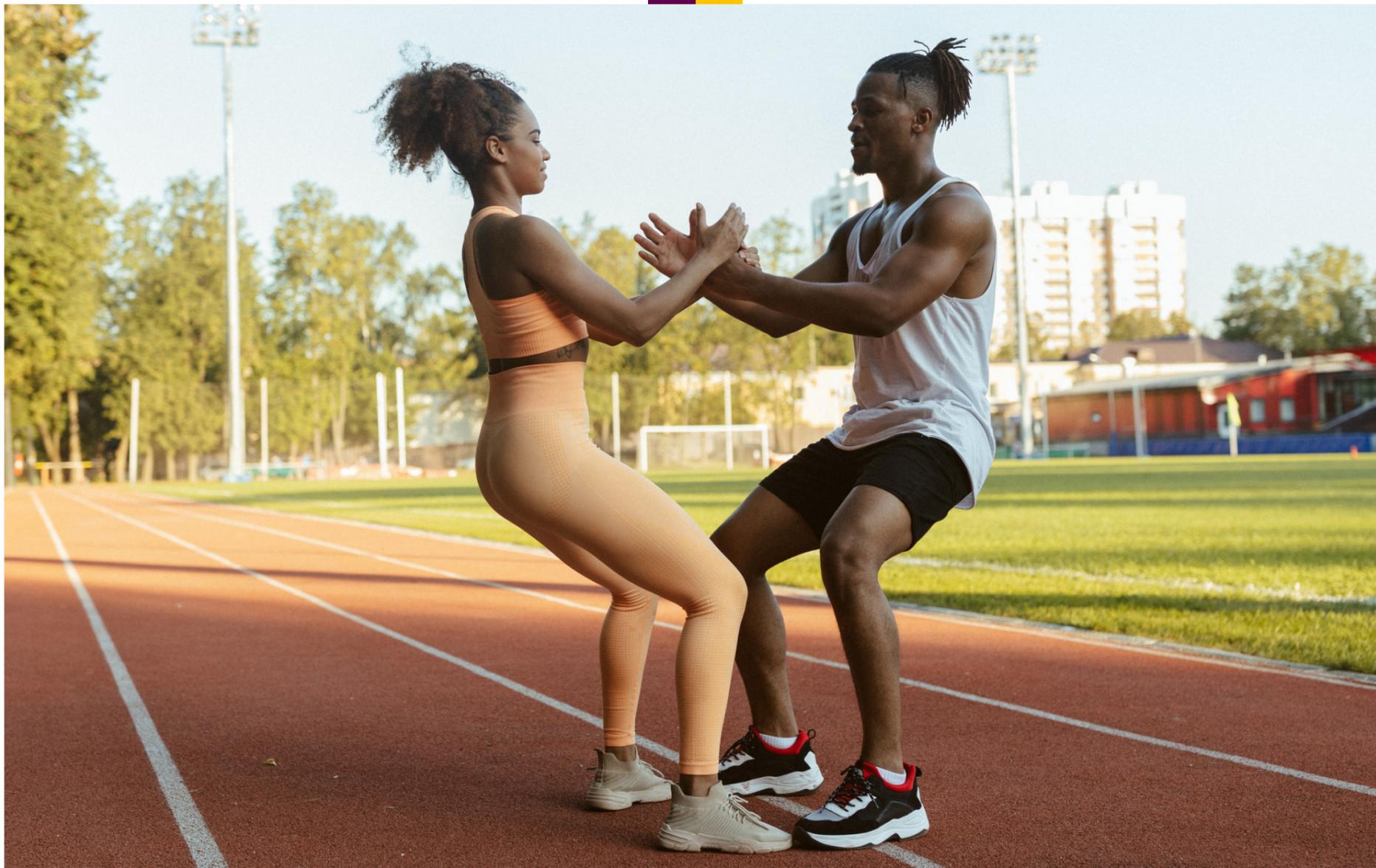
To  where our welcome is a health call

WHO WE ARE

We are BUZZ, a publication of Society for Family Health (SFH). SFH is a leading public health NGO in Nigeria, working in partnership with the government, local and international donors and partners in the delivery of health programmes aimed at malaria prevention and control, delivery of safe water systems, prevention and treatment of HIV& AIDS, improvement of maternal, neonatal and child health services and access, expansion of family planning access, provision of tuberculosis prevention & treatment services, etc.

BUZZ is our youth-focused newsletter that brings you updates on all our youth programmes and interventions, it is also aimed at informing donors and youth-led organisations of the opportunities to partner with SFH. This newsletter will be providing general tips for living a healthy, youthful, and productive lifestyle.

In this seventh edition of BUZZ, we aim to provide information on Addressing **Physical Health and Young People**.



DID YOU KNOW?

- Waist trainers may help you lose weight temporarily, but can cause more harm to your health?
- Yes, waist trainers may help you lose weight, but most of this weight loss is water weight which is why weight loss caused by waist trainers is temporary.

DEFINITION OF TERMS

Physical Health: is defined as the normal functioning of the body at all levels to perform daily tasks.

Physical Activity: refers to any bodily movement produced by skeletal muscles that requires energy expenditure.

Physical Fitness: is an individual's ability to execute daily activities with optimal performance, endurance, and strength.



What is Physic Health?

By Jessica Conno, Harmony Jo-Amadi & Preston Nwokorie

According to the World Health Organization (WHO), physical health is a key component of being healthy, and to be considered healthy, individuals must be physically capable of performing daily tasks and activities.



Physical health represents one dimension of total well-being and can also refer to the state of the physical body and how well it operates. To be physically healthy, there is the need to be physically active. Physical activeness includes physical activities such as walking, cycling, wheeling, and jogging. Engaging in physical activities regularly helps us maintain physical health by building the body's resilience and endurance to perform sports and exercises ranging from moderate to vigorous intensities. The ability to do this is known as physical fitness.

Being physically fit depends on how well a person fulfills each of the components of being healthy. These fitness components are:

Cardiorespiratory fitness

Cardiorespiratory performance varies in individuals. It indicates how well the body can supply fuel during physical activity through the body's circulatory and respiratory systems. Activities such as swimming, brisk walking, jogging, and cycling help improve cardiorespiratory endurance for sustained periods and inadvertently make the heart-healthy in the long run. People who regularly engage in these activities are more likely to be physically fit in terms of cardiorespiratory endurance. It is important to begin these activities slowly and gradually increase the

1. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
 2. Medical News Today. What does being physically fit mean? Accessed from: <https://www.medicalnewstoday.com/articles/7181>
 3. Five steps to improved physical health. Accessed from: <https://www.unitedway.org/blog/five-steps-to-improved-physical-health>

Muscular strength

Relates to our ability to move and lift objects. It is measured by how much force we can exert or how much weight we can lift for a short period. Exercise such as cycling, push-ups, sit-ups, squats, lunges, weightlifting, running, and hill-climbing, help to build muscle strength.

Muscular strength does the following to the body;

- Improves balance
- Enhances posture
- Increases coordination
- Prevents injury
- Reduces fat
- Protects bone health
- Eases pain

Body composition

This is an important component of the physical fitness of an individual. It describes the amount of fat, bone, water, and muscle in the body and it varies from individual to individual. Some benefits of maintaining a healthy body composition include:

- Normal blood pressure level
- Improved quality of sleep
- Improved mood and self-confidence
- Increased energy and endurance throughout the day
- Reduced pain in joints, hips, and lower back
- Improved blood circulation — leading to lower risk for heart disease

Flexibility

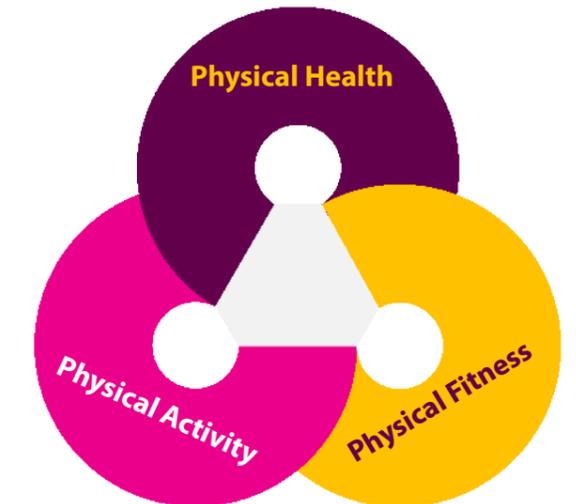
This is another essential component of physical fitness. It is defined as one's ability to perform a range of movements across a joint. Flexibility is important because it prevents joint injuries and enables you move more comfortably throughout the day. It is also important to note that flexibility varies in different individuals, consistent and sustained physical activity can help improve flexibility over time.

Muscular endurance

This component of physical fitness relates to the ability of a muscle to exert force consistently and repetitively over a while. Building muscular endurance, enables us to perform physical tasks for a longer period. Engaging in activities such as walking lunges, plank, bodyweight squats, and sit-ups are ways of training and building muscular endurance.

Health benefits of muscular endurance training include:

- Increased metabolism as physical tasks can be completed for longer
- Reduced fatigue when exercising
- Good posture
- Fewer injuries
- Better sporting performance



The figure above shows the interrelationship between physical health, physical activity, and physical fitness. Because of how connected they all are, to achieve one, the others must be involved.

Tips to Achieving Good Physical Health

By Jessica Conno & Preston Nwokorie

1. Live an active lifestyle through participation in daily physical activities and regular body exercises. Physical activities help to improve mood, boost energy, reduce risk of Non-Communicable Diseases, and promote better sleep.
2. Practice good nutrition by eating a healthy balanced diet to fuel the body.
3. Engage in proper hygiene practices and disease prevention.
4. Maintain a good sleep hygiene of 8 hours plus every night
5. Medical self-care when need arise.

DID YOU KNOW?

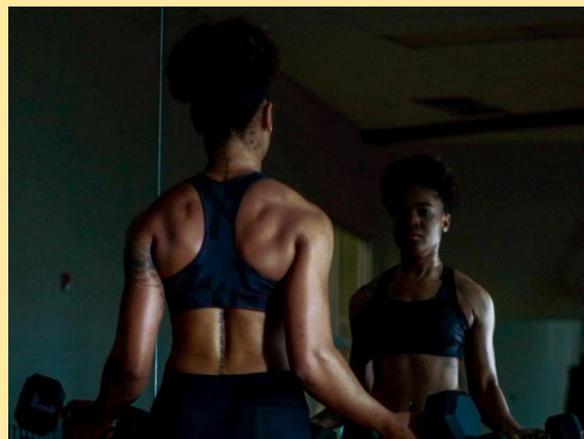
- Physical activity contributes to preventing and managing non-communicable diseases such as cardiovascular diseases, cancer, and diabetes¹
- Physical activity ensures healthy growth and development in young people
- More than 80% of the world's adolescent population are insufficiently physically active.

Benefits of Maintaining Good Physical Health

By Harmony Jo Amadi & Jessica Conno

People with good physical health have their body functions and processes working at their peak. This is not only due to the absence of disease or infection but largely due to a combination of an active lifestyle, proper nutrition intake, adequate rest, and medical treatment when necessary. Some of the benefits of maintaining good physical health include:

• **Physical benefits** (Controlled weight and Development of strong bones) Young people constantly experience quick and varied changes in their weight, height, and physical strength. Due to these changes in body mass, there is need a to be physically active, have adequate rest and proper nutrition in order to maintain good body weight.



Additionally, maintaining good physical health through proper ingestion of a nutritious diet rich in calcium in combination with regular exercise strengthens the bones thereby reducing the risk of fragile bones (osteoporosis) later in life. Regular physical activity also strengthens the muscles, causing the bones to adapt by building more cells thereby building a stronger musculoskeletal system to support our every movement.



• **Increased life span** Physical activity in combination with adequate sleep, proper diet intake, good hygiene practices, and reduced substance use, reduces major mortality risk factors of Non-communicable diseases (NCDs) such as diabetes, cancer, obesity, cardiovascular, and respiratory diseases etc. thereby increasing our life span.



• **Mental and emotional benefits,** Adolescence and youths come with so many responsibilities ranging from, academic pressure in school through test grades, social pressure especially with regards to making friends and personal/family pressures from trying to figure our lives out in relation to future careers, these pressures come with a lot of stress that can affect our emotional and mental health.

A poor state of health in these areas can in turn affect our physical body and its normal functions hence, physical activity/exercise can relieve this stress through improved mood which is stimulated and maintained from the release of 'happiness hormones' called endorphins. Other mental health benefits include; improved cognitive performance, enhanced body image, increased self-esteem, reduced depression, and anxiety symptoms.

DID YOU KNOW?

- Waist trainers may help you lose weight temporarily, but can cause more harm to your health?
- Waist trainers may help you lose weight, but most of this weight loss is water weight which is why weight loss caused by waist trainers is temporary.
- Waist trainers constrict breathing and weakened abs and this is harmful to the health.

Poor Physical Health Affects Other Dimensions of Health

Inability to care for one's physical health can affect the other aspects of health. Some examples of how physical health can impact the other elements of health can be seen in:

- Insufficient or lack of sleep which can deteriorate the body function during the day and reduce work productivity thereby influencing occupational health or wellbeing.
- A person's feelings about his/her physical body can affect their self-esteem and self-confidence, consequently affecting their emotional and/or mental health.
- People with a low self-esteem or self-confidence often have difficulty maintaining healthy relationships with people around them. This can affect their social and mental health as it has been shown that having a good social network is associated with healthier endocrine and cardiovascular functioning.

Physical Health, Non-Communicable Diseases and Young People

By Harmony Jo-Amadi

Non-communicable diseases (NCDs), also known as chronic diseases, are non-transmissible diseases of often long

duration. Examples of NCDs include mental health conditions, stroke, heart disease, cancer, diabetes, and chronic lung disease. The onset of NCDs are driven primarily by behaviours that often start during childhood and adolescence including physical inactivity, unhealthy diet, tobacco use and harmful use of alcohol, they have the potential to impact child and adolescent health and bring about negative health outcomes in adulthood.

NCDs have been termed "a silent epidemic" by WHO. These diseases are often the results of not maintaining a sustainable physical health routine (adhering to the components of physical health as previously mentioned).

STATISTICS

- Records from WHO show that among the 36 million deaths recorded annually as a result of NCDs which documents to 63% of global deaths, 14 million people die too young.
- Low and middle-income countries such as Nigeria bear 86% of the burden giving rise to estimated cumulative losses of \$7trillion over the next 15 years as of 2019.
- Cardiovascular diseases seem to be the most fatal out of the various NCDs accounting for about 17.5 million deaths annually with high blood pressure being the main reason. According to Youth and NCDs Data Center, an interactive data and visualization tool focusing on the four key risk factors launched by Population Reference Bureau (PRB):
- 23.1% of boys and girls in Nigeria are suffering from the aforementioned NCDs that is a value of about 47,703.

Research has also shown Non-Communicable disease (NCDs) in young people to be as a result of unhealthy related behaviours which affect the physical health. This can be seen from the World Health Organization 2018 report which estimated that 70% of premature deaths

during adulthood are as a result of negative health-related behaviours. Such behaviours include; physical inactivity, substance use, poor sleeping habit, and poor eating and drinking habits, initiated in childhood and adolescence.

Further researches have likened adolescents with low levels of physical activity to have a higher risk of hypertension or high blood pressure and adolescents who live a sedentary lifestyle have a higher risk of obesity. Obesity in turn poses an elevated risk of several non-communicable diseases (coronary heart disease, diabetes, stroke, asthma, and several cancers). In addition, excessive substance use like alcohol, marijuana etc. can cause changes in the central nervous system that could lead to depression among adolescents and youths.

As indicated in the introduction of this article, physical health is considered to be the most visible of all dimensions of health. It should be the central point of your overall well-being and it should not be taken for granted. Exercising more, eating a balanced diet with appropriate amount of nutrients, reducing alcohol recreational drugs and tobacco intake, practicing meditation or ensuring that you take breaks during tedious, repetitive and rigorous activities that can amount to stress such as work and practicing elements of self-care can make a huge difference in the physical health of young people.

DID YOU KNOW?

- Globally, one in five deaths among adolescents are caused by non-communicable diseases

Body Image/ Positivity and Self Esteem

By Jessica Conno



What is body image?

Body image refers to how people see themselves when they look in a mirror. Body image can be influenced by a number of social factors, such as culture, the media, and interactions with family and friends. It often adapts to reflect new information, people, and experiences.

A negative body image is when people feel that they need to improve their bodies because they are unhappy with the way their bodies look. A negative or unhealthy body image can contribute to low self-esteem and cause persistent anxiety which can affect our mental health and in turn deter physical health.

An acceptable body image does not develop in isolation. They can arise from socio-cultural, personal and familial factors that convey positive and negative messages about the body. The media, our peer groups, and family members can all influence a person's body image by encouraging people, even from a young age, to believe that there is an ideal body standard that one needs to work hard to attain. The fashion industry also sets an unhealthy example when they employ underweight models to display their products. Discrimination based on race, size, ability, gender orientation, and age

also play a role in our perception of our bodies. Exposure to daily microaggressions at work and in society can cause people to feel that they do not measure up to these Arbitrary standards or that they are somehow lacking. Illness, surgeries and accidents can also have an impact e.g. Skin conditions, a mastectomy for breast cancer, or a limb amputation can cause person to rethink how they appear to themselves and to others. All of these factors can impact a person's mental and physical well-being.

Most people have experienced the desire to modify some aspect of their appearance. They may dislike the color of their hair, the size of their nose, or the presence of a scar. In many cases, these perceived imperfections do not create significant anxiety and have little impact on a person's overall sense of self. Individuals who accept their bodies without dwelling on perceived flaws can be said to have a generally positive body image.

What is Body Positivity?

Body Positivity is the idea of people feeling happy with, and proud of their body. This helps people accept themselves regardless of body weight or shape and also understand that their sense of self-worth does not depend on their appearance.

What is Self-esteem?

Self-esteem is how we value and perceive ourselves as a whole. It's based on our opinions and beliefs about ourselves. Self-esteem involves an evaluation of one's overall worth and is generally not limited to the physical body. Nevertheless, the way people think and feel about their bodies is often strongly connected to their overall view of themselves.

Tips to Improving Body Positivity and Developing Your Self Esteem

Many people think getting in a better physical body shape will make them like their body better. Truth be told, it does not always work that way. Most often the best way is to start by accepting your body, finding the things you love about it and taking good care of your body. When you love your body, it is easier to treat it right. Below are some steps that can help you develop your self-esteem:

1. Accept Your Body

To accept your body is to acknowledge the fact that nobody's perfect and everyone has unique distinguishing features. Everybody wants to be liked and accepted just as they are and that is absolutely true for everybody. See your body the way it is, be less of a critic and be more of a friend of yourself.

- **DO NOT body-shame yourself.** When you make harsh comments about your own body, it hurts your self-esteem. This is true whether you say it out loud or think it to yourself. It hurts just as much as if someone else said it. Be kind and be respectful to yourself, even if you have things to work on.

- **Build a better habit.** Do you have a habit of putting your body down? To break that bad habit, build a good one in its place. Tell yourself what you like instead of what you don't. Keep doing it until it becomes a habit.

- **Find things to like about your looks.** Maybe you like your hair, face, or hands. What about your shape, shoulders, or legs? Your eyes or your smile? Tell yourself what you like and why. If you get stuck, think of what your good friends like about how you look. Accept those things. Know that there's lots to like about you and give yourself the permission to feel good.

- **Focus on what your body can DO.** There's more to your body than your looks. When you play a sport, walk, run, dance, swim — that's your body in action. Your body is there for you when you stretch, reach, climb, or jump for joy. When you carry things, build things, or give someone a hug. Be amazed. Be thankful.

- **Be aware of your body.** Do not ignore your body as you go through the day. Learn to breathe slowly and calmly as you move and stretch. Learn to tell when your body needs food or rest. Enjoy the way your body feels when you walk, run, and play.

2. Take Care of Your Body/ Build your physical health

- **Eat healthy food.** Eating right, gives you the energy you need to get through each day and boosts your body image and physical health. When you treat your body right, you feel good about yourself.

- **Get adequate rest.** Learning how much sleep you need for your age and getting to bed on time improves your physical health and body image.

- **Physical activity.** Exercise can boost a person's confidence in their strength and agility and contribute to their mental and physical well-being. It can also reduce feelings of anxiety and depression.

- **Keep to a healthy weight.** Keeping a healthy weight is good for you. It gives you a better body image, and helps you feel good about your body. It also reduces the risk of non-communicable diseases. Keeping a healthy weight is key to maintaining good physical health.

Caring for your body is the next logical step that follows acceptance, but it is often easier said than done. It also often requires commitment and a consistent routine. That said, if for whatever reason you have days when you fall off your routine, it is important that you are kind to yourself, pick back where you left off and get back to being consistent.

A few tips like ensuring you eat healthy foods, staying physically active especially through exercise can help boost your confidence and contribute to your overall mental and physical well-being, maintaining a healthy body weight in line with your physical health goals and getting adequate sleep, (I mean, think about how grumpy and out-of-sorts you were the last time you got poor sleep) will contribute significantly to your physical health.

Spotlight: Improving Access to Non-Communicable Diseases Management in Nigeria (Access-N) Project

By Babatunde Abiodun Amoo

The Society for Family Health in response to the need to manage non-communicable diseases (NCDs) in Nigeria, implemented a project that focused on strategic behaviour change communication for NCDs in communities and improving the quality of NCDs services delivered by health care providers in private and public health sectors. The project titled 'Improving Access to NCDs Management in Nigeria' (Access-N) sought to empower communities to make informed and healthy choices, increase disease knowledge, improve care seeking behaviour, and facilitate access and linkage to available treatment options, products and services working in the private and public health sectors.

Two key NCDs namely cardiovascular disease and type 2 diabetes (T2D) were the key focus of the Access-N project interventions. The project's activities were implemented in 14 selected Local Government Areas (LGAs) across Imo and Kaduna States for a period of one year, January – December 2020. The interventions deployed by the project empowered communities with disease knowledge, prevention information, treatment options, and strengthened referral services.

The project adopted a mix of approaches to reach its targeted beneficiaries. The approaches included:

Community Awareness/ Mobilisation:

This was implemented in the Access-N project communities through 42 Interpersonal Communication Agents (IPCAs) who were trained to penetrate communities and create awareness, increase knowledge and facilitate better understanding of the promoted NCDs. In each state, 21 agents conducted behaviour change communications to address myths and misconceptions and barriers such as low risk perception that hinder desired behaviour change. Persons reached by the community mobilization team (also referred to as contacts) with perceived risks were referred for further education and diagnoses at selected health facilities within the communities.

Facility Based Intervention

We worked with 70 select trained facilities on a hub and spokes approach. The spokes which included PHCs, Community Pharmacies and PPMVs were trained and supported to provide disease education and basic diagnoses and refer to hubs for confirmatory diagnosis and management services.

Mobile Outreaches:

The community mobilisation team conducted outreaches at least once a month in each of the seven implementing LGAs. The activities during the outreaches included disease awareness, education and sensitization, health talk (Covid-19 messaging), screening of community members for blood sugar and blood pressure and referrals made to the nearest health facility. The primary aim of the outreach was to increase disease awareness as well as increase demand for NCD medications and then refer to implementing facilities.



Achievements

- A total of 152,390 contacts were reached with hypertension and diabetes messages through both community awareness creation and facility-based intervention activities. A total number of 120,937 contacts were reached through community demand creation while 31,453 contacts were reached through facility-based activities. In Kaduna state, 87,733 contacts were reached; while 64,657 contacts were reached in Imo State.
- A total of 10,902 referrals were made to health facilities (Hubs) from both community demand creation and spokes. Of this number, 6527 referrals were for hypertension while 4375 referrals were for diabetes.
- A total of 30,734 contacts were screened under the project. Of this total number, 21,676 were screened for hypertension while 9,058 contacts were screened for diabetes. This captured all the screening done both at the communities and facilities.
- Among the 21,676 individuals screened for hypertension, 5,241 (24.18%) were found to have SBP ≥ 140 mmHg or DBP ≥ 90 mmHg while among the 9,058 individuals screened for diabetes, 1586 (17.51%) were found to have a blood glucose level > 11.1 mmol/l (199.8mg/dl).



Health and Wellness



prescriptions wellness hygiene volunteer financial no smoking biking mental spiritual
 reliable activities goals church exercise laugh debt free eating healthy hydrate
 give back intellectual physical coping social pray therapy walking savings
 emotional yoga swimming balance occupational responsibility Stress

Exercise



- | | | | |
|----------------|---------|-----------|-----------|
| AEROBIC | ENERGY | ROW | TENNIS |
| ANAEROBIC | FIT | RUN | TENSION |
| BLOOD PRESSURE | GOAL | SCHEDULE | TRAINER |
| BMI | GYM | SKI | TREADMILL |
| CALISTHENICS | HIKE | SPRINT | WALK |
| CALORIES | IPOD | STAIRS | WARM UP |
| CARDIOVASCULAR | JOG | STRENUOUS | WATER |
| CLUB | MAT | STRETCH | WEIGHTS |
| COOL DOWN | MUSCLE | SWEAT | WORKOUT |
| DANCE | PULSE | SWIM | YMCA |
| ELLIPTICAL | ROUTINE | TARGET | YWCA |

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SFH Youth-Focused Newsletter

STAY IN TOUCH

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Your comment or question might just be included in our next publication.

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Dr. Jennifer Anyanti
Deputy Managing Director Programmes.
Society for Family Health
janyanti@sfhnigeria.org

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