



WORLD HEALTH DAY 2023



“HEALTH FOR ALL”



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World Health Day 2023



OUTLINE

- Introduction
- Health for all– what does it mean?
- Strategy for Health for all
- Key components of Health
- Why Nutrition?
 - How to ensure good nutrition
- Way forward
- Conclusion





Introduction

WHO is the United Nations agency that connects

- nations,
- partners and
- people

to promote

- health,
- keep the world safe and
- serve the vulnerable

– so everyone, everywhere can attain the highest level of health.

❖ Founded in **1948**: 75 years old



**World Health
Organization**





Intro....contd



- Health For All** is a goal of the World Health Organization
- Popularized since the 1970s
- Envisions securing the health and well being of people around the world





Intro...contd

Basis for the World Health Organization's primary health care strategy to

- promote health,
- human dignity, and
- enhanced quality of life.



Worldwide,

High-level dialogue on **Health for All: strengthening primary health care to build resilient systems.**





Health For All, What does it mean?

What is Health?

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

Golden Question

- Can everyone be in complete
 - Physical
 - Mental
 - Social well-being?





Health For All, What does it mean?

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





Health For All, What does it mean?

- ❑ Resources for health are evenly distributed
- ❑ Essential health care is accessible to everyone.
- ❑ People use better approaches for **preventing illness**
- ❑ People alleviate unavoidable disease and disability.

It means that

Health begins at home, in schools, and at the workplace





Health For All, What does it mean?

- ❑ Health is to be brought within reach of everyone in a given country.
- ❑ **Personal state of well being**, not just the availability of health services
- ❑ A state of health that enables a person to lead a socially and economically productive life.
- ❑ Removal of the obstacles to health: the elimination of
 - **malnutrition**
 - **ignorance**
 - **contaminated drinking water**
 - **unhygienic environment**





Health For All, What does it mean?

It is beyond purely medical problems such as a

- lack of doctors,
- hospital beds,
- drugs
- vaccines





What is the strategy of health for all?

According to WHO, 'Health for All' does not mean

- An end to disease and disability
- Doctors and nurses will care for everyone.



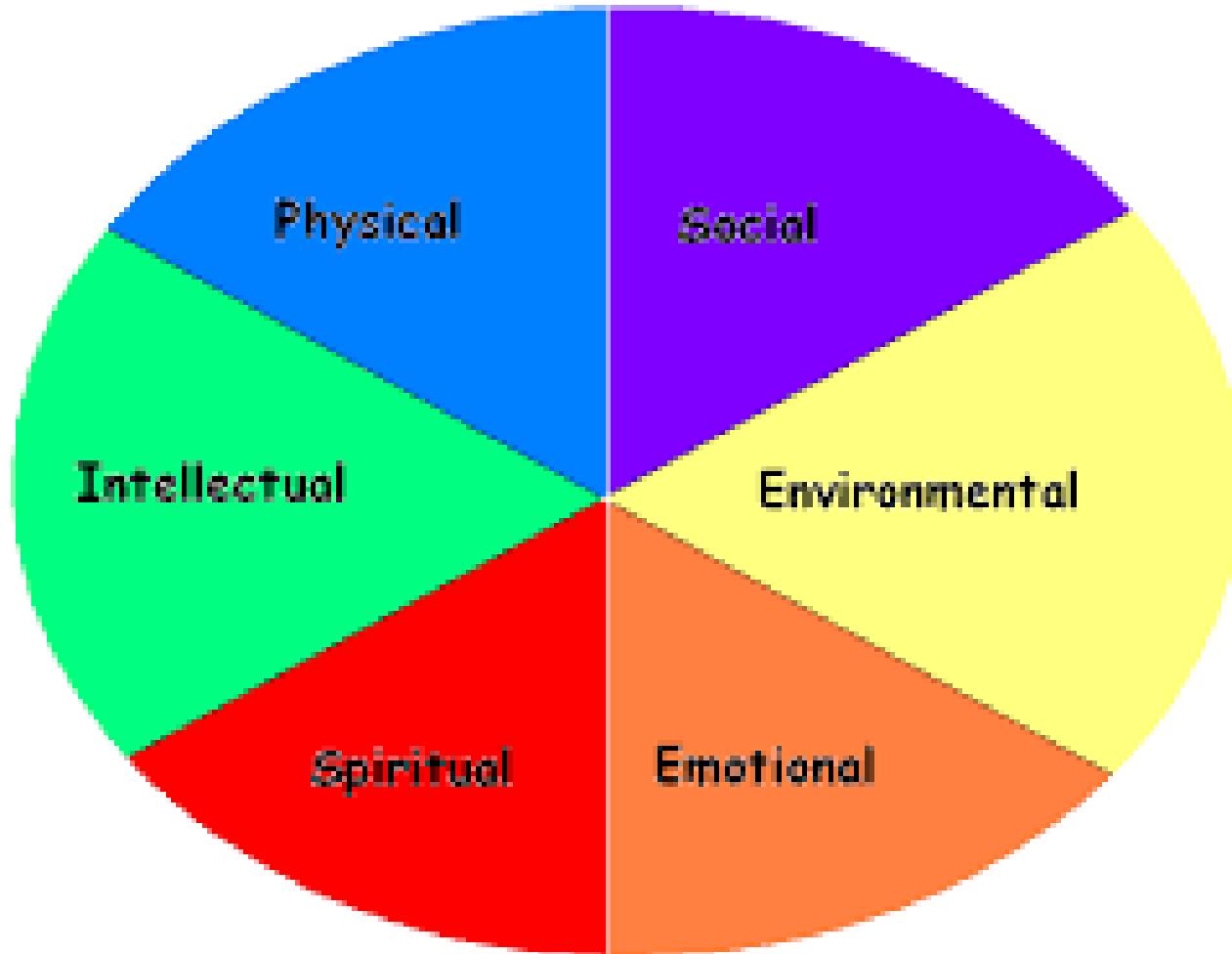
It means that

- Resources for health are evenly distributed**
- Essential health care is accessible to everyone.





What are the 6 key components of health?



Physical

- **Fitness**
- **Nutrition**

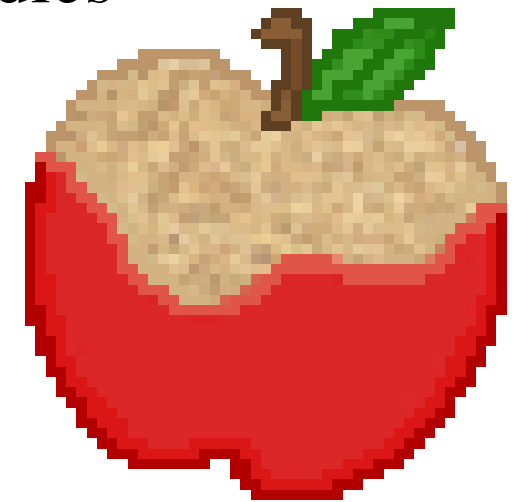




PHYSICAL FITNESS AND NUTRITION

Why Nutrition?

- ❑ Powerful system of immunity and self-healing within our bodies
- ❑ more perfect than science can ever synthesize
- ❑ **we must willfully put the right elements into our mouths**
- ❑ People do not get sick from deficiency of drug, we get sick from a deficiency of the vital nutrients





- ❑ The only guaranteed health insurance available is **DIET and EXERCISE.**
- ❑ We must be the keepers and caretakers of our own bodies

When people get sick, they run to a doctor who prescribes drugs instead of a change of lifestyle.





Curative Medicine



Preventive Medicine (Nutrition)



Rehabilitative Medicine (Nutrition)





“willfully put the right elements into our mouths”





Meal Planning



Balanced Diet



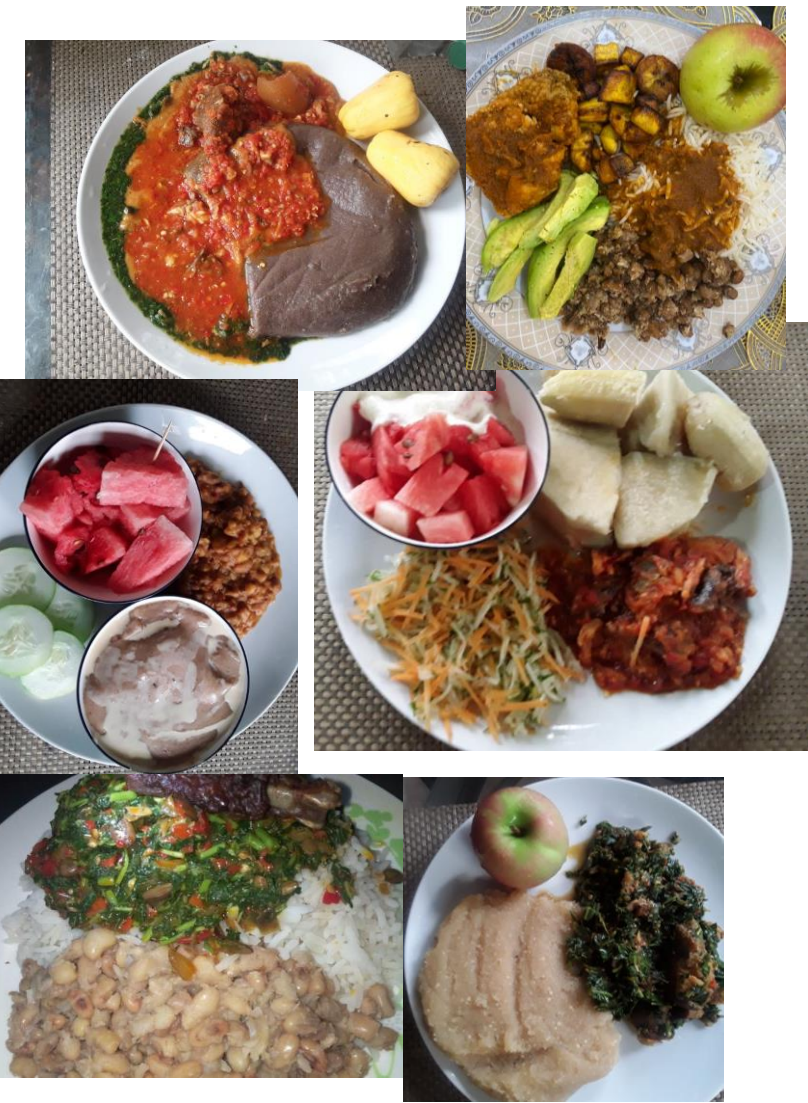
Adequate Nutrition





Easiest ways to assess quality of food

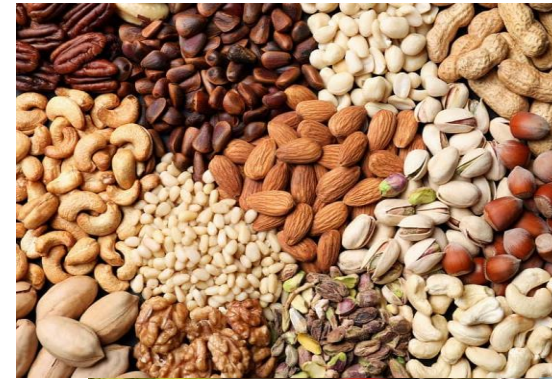
- ❑ Check different types of food groups in the plate.
- ❑ Count different types of colours in the food plate.
- ❑ These colours indicate sources of micro nutrients such as Vitamin A and beta carotene.



Eat Enough Dietary Fibre

Benefits

- Weight control
- Constipation and Diarrhea relief
- Hemorrhoid prevention
- Colon cancer prevention
- Diabetes control
- Blood lipids and cardiovascular control





Avoid Sugar

- ❑ Sugar is an immune system suppressant
- ❑ Neutralizes our body's immune system.
- ❑ Immune system given to us by our creator protect us from germs, viruses and bacteria.
- ❑ Sugar affects our brain, causing emotional upset.
- ❑ End product of all carbohydrate foods is glucose (sugar).
- ❑ Refined sugar should be drastically reduced in diets.





Reduce Fat intake

Implication of Excess Consumption

- Thickening of the walls of arteries- Atherosclerosis
- Heart attacks and strokes
- Hypertension
- Incidence of cancer of the breast, colon, prostate and ovary
- Obesity
- Diabetes mellitus
- Gallstones.





What happens if we don't eat right?

- Disease
- Low vitality
- Loss of quality of life
- Loss of spiritual and mental clarity
- Early death





What to do to eat right?

Moderation! Moderation!! Moderation!!

Variety! Variety!! Variety!!!



- Quantitative terms
- Qualitative terms
- It should provide adequate energy and protein.
- It should provide micronutrients (vitamins and minerals) in sufficient quantities to maintain good health.
- It should be safe and free from contaminants, parasites and toxins which may be injurious to health.
- It should be culturally acceptable and, in addition,
- should satisfy the palate and be capable of providing pleasure to the consumer.





Way Forward

Ten dietary guidelines/rules for healthy eating

1. Eat a variety of foods.
2. Watch your fat intake.
3. Eat little portions of carbohydrate.
4. Eat plenty of vegetables and fruits.
5. Maintain a healthy body weight.
6. Cut down on salt intake.
7. Drink a lot, but be careful with alcohol.
8. Don't "graze" all day.
9. Put food hygiene and food safety high on your agenda.
10. Read food labels carefully.





Conclusion

If someone is ill, the medical community is taught three basic treatments

- ❑ **Drug:** all drugs are toxic
- ❑ **Radiation:** burning of affected and unaffected cells
- ❑ **Surgery:** Cutting off affected part

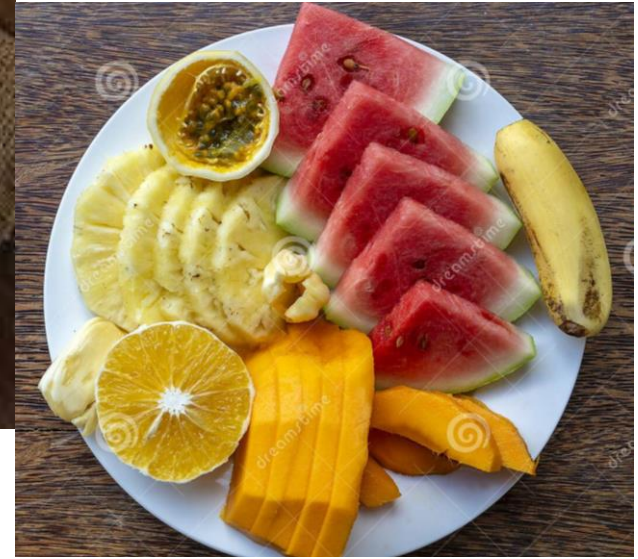
If the three did not work, they give it a name – **Terminal Disease.**

That will never be your portion.





Be wise!



Be watchful!



Be careful!







Questions ???

