- Lifestyle diseases were earlier prevalent among the affluent section of the society.
- Now it is proportionately prevailing among all economic sections and is a “new-normal” disease.

What are lifestyle diseases?

- Lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits of people and are a result of an inappropriate relationship of people with their environment.
- The main factors contributing to lifestyle diseases include bad food habits, physical inactivity, wrong body posture, and disturbed biological clock.
- Lifestyle diseases include, heart disease, and stroke, obesity and type 2 diabetes.
- Diseases associated with smoking and alcohol and drug abuse.
- Regular physical activity helps prevent obesity, heart disease, hypertension, diabetes, colon cancer, and premature mortality.