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Lifestyle and Health

Martyna Gorzelak¹ Monika Pierzak^{1,2}

¹Doctoral field of Health Sciences, Jan Kochanowski University, Faculty of Medicine and Health Science

^{1,2}Jan Kochanowski University, Faculty of Medicine and Health Science, Department of Surgery and Nursing

Address for correspondence:

Martyna Gorzelak

Podewsie 8

26-070 Lopuszno

tel. 600-442-448

e-mail: martynawychowaniec@o2.pl

ORCID orcid.org/0000-0003-0532-1690

Monika Pierzak

e-mail: monikapierzak03@o2.pl

tel.530-169-219

ORCID orcid.org/0000-0002-4367-4465

Abstract

Admission: The World Health Organization defines lifestyle as a way of being associated with the interaction of man and the conditions, in which he lives, as well as individual behavior patterns, which have been determined by socio-cultural factors and personal characteristics character².

Aim: Aim of the study is to identify the impact of lifestyle on human health in every stage of life.

Lifestyle is defined as all the characteristics of the behavior of a particular individual or community. It refers to behavior occurring in everyday life and those routinely repeated. The lifestyle behaviors include inter alia: attitudes to work and use, leisure, nutrition, clothing and relationships.

Summary: Healthy lifestyle developed among people of all ages, will transfer into later adult health, their children, and the elderly. A healthy lifestyle improves the quality of life in every stage.

Keywords: health, health behaviors, lifestyle

Streszczenie

Wprowadzenie: Światowa Organizacja Zdrowia styl życia definiuje jako sposób bycia związany ze wzajemnym oddziaływaniem człowieka i warunków w jakich żyje, a także indywidualnych wzorców zachowania, które zostały określone przez czynniki społeczno-kulturowe i osobiste cechy charakter².

Cel: Celem pracy jest wskazanie wpływu stylu życia na stan zdrowia człowieka w każdym okresie życia.

Styl życia definiowany jest jako całokształt cech charakterystycznych dla zachowania się danej jednostki lub zbiorowości. Dotyczy zachowań występujących w życiu codziennym oraz tych powtarzanych rutynowo. W skład stylu życia wchodzi zachowania dotyczące między innymi: postawy wobec pracy, sposobu spędzania wolnego czasu, żywienia, ubioru oraz stosunków międzyludzkich.

Podsumowanie: Zdrowy styl życia wypracowany wśród osób w każdym wieku, przełoży się na zdrowie późniejszych dorosłych, ich dzieci oraz osób starszych. Zdrowy styl życia wpływa na poprawę jakości życia w każdym jego etapie.

Słowa kluczowe: zdrowie, zachowania zdrowotne, styl życia

Introduction

Lifestyle is defined as all the characteristics of the behavior of a particular individual or community. It refers to behavior occurring in everyday life and those routinely repeated. The lifestyle behaviors include inter alia: attitudes to work and use, leisure, nutrition, clothing and relationships. Lifestyle is mainly by creating a hierarchy of values and needs but also by tradition, customs and prevailing fashion is influenced by the behavior of the society¹. The World Health Organization defines lifestyle as a way of being associated with the interaction of man and the conditions in which lives, as well as individual behavior patterns that have been identified by the socio-cultural and personal character traits.²

Aim:

Aim of the study is to identify the impact of lifestyle on human health in every stage of life.

Determinants of health

Health according to the World Health Organization's overall physical, mental and social well being and not merely the absence of disease or infirmity. The state of human health is affected by many factors. In 1974. Marc Lalonde distinguished four main groups of factors that influence health:

- Healthcare organization 10%.
- Factors bio-genetic 15%
- Living Environment 20%
- Lifestyle 55%

The organization of health care in the slightest effect on the health of the population. This group includes factors relating to resources and health care organizations. The unit has no direct impact on the organization of health services because it is only the recipient, but the community can improve health services. Genetic Factors bio-by.

¹http://encyclopedia.pwn.pl/haslo/styl_zycia;3980878.html (access 17.03.2017r.)

²Wysocki M. J, Miller M. Lalonde paradigm, the World Health Organization and the new public health. *Overview of Epidemiology* 2003; 57: 505-512.

Lanonde'a only 15% of the impact on public health. This group includes, among others, genetics, development and maturation, aging, mechanisms of adaptive homeostatic regulation. These are the factors on which the individual has no control. Another group of factors over which man has no direct impact is the living environment. Here are decisive factors in the natural environment of human life, such as chemical, physical and psychosocial. The greatest impact on human health is a lifestyle, which includes elements such as physical activity, nutrition, ability to cope with stress, substance abuse, sexual behavior and relationships. This is a group of factors that each person has individual influence through health behavior³. Health behavior is any behavior which, according to current medical knowledge specific cause health effects in people presenting them. They may cause positive health effects, then we are talking about health-promoting behaviors or negative or not healthy. Health behaviors affect the maintenance of health and prevention of disease development to help recovery. Not healthy behavior contribute to the development of diseases and disorders in the emotional, physical and psychosocial⁴.

Lifestyle and Health

Physical activity

Physical activity has a huge impact on public health. In 1995, the World Health Organization, together with other organizations in the field of public health spotted a problem that is growing hypokinesia and low levels of physical fitness citizens. Then they began the promotion of health-enhancing physical activity as a key to modern public health strategies⁵. Physical activity is one of the main factors affecting the physical and mental development of children and the health and quality of life of adults. Low physical activity is a proven cause of many diseases, among other things: obesity,

³Wysocki M. J, Miller M. Lalonde paradigm, the World Health Organization and the new public health. *Overview of Epidemiology* 2003; 57: 505-512.

⁴Gruszczyńska M, Bak M-Sosnowska, plinth R. health behaviors as an essential element of life activity of Poles to their own health. *Hygeia Public Health* 2015; 50: 558-565.

⁵Biernat E, Stupnicki R. Viewed international questionnaires used in the testing of physical activity. *Physical education and sport*, 2005; 49: 61-73.

type 2 diabetes, cardiovascular disease, cancer, and osteoporosis. The rapid development of civilization is the cause of activity limitation of man. Very often chosen instead of physical activities are associated with immobility, ie. Television viewing or computer use⁶. People leading a sedentary lifestyle are more likely to have cardiovascular disease than active people. Limiting physical activity also favors the occurrence of faulty posture in children and adolescents. Positive effects of physical activity manifested m.in .: reducing the amount of adipose tissue while improving the condition of the muscles, the acceleration of carbohydrate metabolism, lowering triglyceride levels and total cholesterol in serum, improved cardiovascular endurance and a reduction in blood pressure. Physical activity improves the body's overall fitness and endurance to fatigue and stress, it enhances the immune system⁷. Against the background of Europe, Poland belongs to a group of societies with low physical activity. With age, the recorded increase in the number of people with a tendency to passive forms of recreation. Children and adolescents also show low levels of physical activity every concern. Measures should be taken to promote physical activity among young people and among adults⁸. Physical activity is the foundation of a healthy lifestyle. Movement through its impact on the body, affects the proper development of the child's psychological and physical health. Physical education is a deliberate process of preparing the child to assume future responsibility for the health, fitness and build their own body, as well as the formation of habits of caring for the body. Physical activity is essential for the proper and comprehensive development: somatic - stimulates the growth of the body, for the harmony of development, reduces the risk of cardiovascular disease, is an important element in the correction and treatment of many diseases and disorders (including: the movement of the circulatory system, respiratory system) . Intellectual - to explore next environmental (physical and social), a variety of objects, events, fosters learning problem solving. Mental - creates situations in which

⁶Charzewska J Wajszczyk B, Chabros B, et al. Physical activity in Poland in different groups according to age and sex: Jarosz M .: Obesity, nutrition and physical activity, health poles. Food and Nutrition Institute. Warsaw, 2006: 311-340

⁷Żołnierczuk-shot D. Health behavior and their relationship to health [in] Kulik TB Latański M (ed): public health. Ed. Helm, Lublin, 2002.

⁸Przewęda R. promotion of health by physical education [in] Karski JB (ed): promotion of health. Ed. Ignis, Warsaw 1999

the child learns to overcome difficulties, coping with fatigue, stress, experiencing successes and failures, controlling emotions. Social - accelerates the development and forms relationships with others, the child learns self-control, cooperation and rules of the social group and the healthy rivalry⁹.

Nutrition

Food security and nutrition are major public health problems. They determine to a large extent on the correct development of physical, intellectual and emotional every human being, and a healthy person is the foundation of a healthy society. It has been shown that many developmental disorders and diseases of old age is the result of a faulty, or excessive no choice and one-sided nutrition, which may be the cause of more than 80 types of diseases. As a result, more than 1/3 of the population in Poland is suffering from various ailments diet related, such as \therefore obesity, coronary heart disease, hypertension, diabetes, osteoporosis, gastrointestinal cancers, tooth decay. Using a balanced diet, i.e., respectively diverse set of foods and drinks in amounts and proportions that provide coverage to the energy requirements of the organism and essential nutrients without causing an excess of any of them, we are able to prevent health disorders resulting from faulty nutrition. Through proper nutrition should be understood regular consumption of such foods that provide the body with optimal amounts of energy and recommended nutrients in the right proportions and with appropriate frequency. Proper nutrition has an impact on human health, well-being, emotional state and ability to learn and work. Nutritional standards determine the amount of energy and essential nutrients, which according to current knowledge, the different groups of the population should receive per one person in a day of food to ensure proper physical and mental development, and full health. Children and adolescents are the population group most vulnerable to the negative effects of poor nutrition. In this century, they reveal a particularly strong adverse effects in the development of somatic caused no choice or poorly balanced nutrition. Nutrition of children and adolescents should be consistent with the current stage of development and physiological. At the age of puberty occurs particularly rapid growth and development of the organism, which is expressed, among others, the so-called leap after the flowering. Satisfy the nutritional needs of young people in this age determines both the

⁹Wojnarowska B. Healthy eating and physical activity. [In] Health Education. Wojnarowska B (red). Oxford University Press, 2008: 294-324

normal course of dynamic development processes, as well as conducive to ensuring good health in the future, most likely to protect against the development of some of the so-called. lifestyle diseases¹⁰. Ensure consumption of at least 4 -5 meals a day while maintaining uniform spacing between them (eg. Every 4 hrs.). The best way to provide young, developing organism of all essential nutrients a varied diet with the appropriate amount of different products from each of the five basic groups:

- cereal products,
- milk and milk products,
- meat, fish, poultry, meats and eggs.
- fruits and vegetables,
- vegetable fats (in limited quantities)

It is desirable to limit the intake of fat in the daily diet while reducing the intake of saturated fatty acids (animal fats), cholesterol, sugar and salt. Products that should be consumed in limited quantities in the diet of young people are: chips (approx. 48% fat), burgers, cheesburgery (38% fat), pizza (33-39% fat) chips, cookies, pies, and other sweets high-fat products¹¹. Snacking between meals can play a positive role in the day-long nutrition and at the same time satisfy a natural need of this age to consume fast food, provided the organization both at home and at school full-fledged alternative to the unwanted "junk foods"¹². The desired products in the nutrition of young people are available. In. fruits, vegetables, juices, milk, nuts (no salt), cereals, vegetable salad with a little vegetable oils. Increased milk consumption and dairy products will ensure proper development and achievement of the highest peak bone mass¹³. Along with the increased consumption of fruits and vegetables, these two groups of products can

¹⁰S .: Ziemiański standards of human nutrition - physiological basis. Ed. Ś. Ziemiańskiego. Medical Publishing PZWL. Warsaw 2001.

¹¹Romanowska- Tołoczko A Lifestyle of students assessed in the context of health behaviors. *Hygena Public Health* 2011; 46: 89-93.

¹²Locksmith J. adolescents self-awareness on healthy lifestyle and diet. *ZdrPubl* 2002 (Suppl. 1): 188-191.

¹³J impression, Ziółkowska B. Eating Disorders. [In] Youth against each other. Impression J Ziółkowska B (eds). Difin, Warsaw, 2009: 51-88.

change the structure of a daily diet of young people in the pro-health¹⁴. Daily exercise and weight control - various forms of physical activity every day or most days of the week, for approx. 30 - 60 minutes. Control of body weight once a month. Water - is recommended to take approx. 1.5 l. Of fluids daily, preferably non-carbonated mineral water, in smaller quantities of natural juices. Grain products - should be consumed several times a day to most meals. It is important that at least half of these products constituted of whole grain or flour with a low degree of processing .: e.g., whole grain breads, cereals (buckwheat, pearl barley, barley), oatmeal. Vegetables - all main meals should include a vegetable side dish. Especially recommended are dark green vegetables (eg. Broccoli, lettuce, spinach), orange (eg. Carrots, pumpkins, peppers), legumes (eg. Beans, pea). Fruit - should be consumed 2 - 4 times a day. It is necessary to consume a variety of fruits and vegetables, because each contains a different set of components needed for good health. Oils and fats - fats should only be a supplement to meals. However, too low volumes can lead to insufficient assimilation of vitamins to be dissolved in fats. Of all the types of fats most of which are derived from fish and vegetable oils (canola, olive oil, linseed, soybean, corn, sunflower). Milk and dairy products - recommended to consume several servings of milk, yogurt, kefir or cottage cheese and cheese. Meat - lean meat species and poultry (without the skin), should be included in the menu 2 - 3 times a week, while red meat several times a month. Try to substitute meat products and fish eggs. Fish, as compared to meat contains more minerals. They should be consumed several times a week. Eggs, like meat, contain almost all the nutrients. They should be consumed several times a week. Sugar and sweets (including sweet cereals and dairy desserts) - is a rich source of energy with low nutritional value. A large share of these products in the daily diet (especially children and young people) contributes to the development of overweight, obesity. They should only be a small addition to food Sugar and sweets (including sweet cereals and dairy desserts) - is a rich source of energy with low nutritional value. A large share of these products in the daily diet (especially children and young people) contributes to the development of overweight, obesity. They should only be a small addition to food Sugar and sweets (including sweet cereals and dairy desserts) - is a rich source of energy with

¹⁴Turlejska H., U. Pelzner, Szponar L., Konecka-Matyjek E .: Principles of rational nutrition-recommended food rations for selected groups of the population. Counseling Center and Training Personnel Sp. z oo, Gdańsk 2004.

low nutritional value. A large share of these products in the daily diet (especially children and young people) contributes to the development of overweight, obesity. They should only be a small addition to food¹⁵. WHO Poland is a country with a relatively frequent incidence and mortality from diseases nutritionally- dependent, so preventive action and nutritional therapy are of particular importance. To reduce and facilitate their practical procedure developed rules for proper nutrition and food rations determining the volume of consumption of products, divided into groups, depending on the age and sex^{16,17}.

Stress

Stress it is defined as a reaction to having to adapt itself to the individual requirements of the situation in which they were found. In most cases stressful situation the patient has a disturbed mental and physical balance, or lack thereof. Any attempt to deal with this situation have the task of restoring the proper balance. For most patients, stress especially long-term has a very negative effect on the body. Stress is the engine of all our activities. It motivates us to work faster and more efficiently. Therefore, a small amount of stress is indicated. The situation that should be cause for concern, the moments in which the stress in our lives occurs more often and longer and longer with us. In this way, it ceases to be a motivator for action and begins to erode our health. With overexposure to stress the fight should begin as soon as possible. Its negative effects can significantly impair the proper functioning of our body. Excessive stress is responsible for, among others, for headaches, back pain and insomnia. One of the effects of stress on health is migraine. It manifests itself through strong and pulsating headaches. Migraine is a painful chore. Persons suffering for her, even for a few days feel so bad that they cannot perform the simplest tasks. What's worse, in the form of headaches migraines are very difficult to eradicate. In most cases, migraine is responsible for excessive stress. Stress significantly burden the human heart. As a result of his actions mechanisms to protect the body against the formation of blood clots they

¹⁵Ostrowska A. Realizacja healthy lifestyle w Polsce. [In] Lifestyle and health issues of health promotion. A Ostrowska (ed) .Instyt FILOZ Socjol Academy of Sciences, Warsaw, 1999: 33-120.

¹⁶A. Gniazdowski health behaviors. Theoretical issues, attempt to characterize the behavior of the health of the Polish society. IMP, Lodz 1990: 83.

¹⁷Cold-Walendzik E Kolmaga A Tafalska E. lifestyle - physical activity, dietary preferences of children completing primary school. Foo Quality Sciences Technol 2009; 4: 195-203.

have a reduced level. Stress is responsible for the production of adrenaline and noradrenaline, which will be present in the body raise his blood pressure. Stress therefore is responsible for the increased risk associated with heart attacks. Another troublesome ailment caused by stress is irritable bowel syndrome. This condition makes it difficult daily life - deprives us of the pleasure of shared meals with friends. Irritable bowel syndrome causes every meal ends with a visit to the toilet onerous. Stress is the cause of many problems with the digestive system, so you want to fight it in advance. Irritable bowel syndrome occurs nervous disrupting the normal intestinal motility. Stress is also a cause of the increased risk of food allergies^{18,19}. The situation of small disturbances of the menstrual cycle can happen to any woman. However, a higher incidence of irregular periods is worth more attention. The causes of this type of disorder can be several, among them one is strong stress. You should know that stress promotes the secretion of the hormone - prolactin, which is considered a co-responsible for the difficulties in getting pregnant. Long-lasting effect of chronic stress is also a decrease in immunity. In this time, we are more exposed to viruses and bacteria, and for this reason we They fall faster all kinds of infections. It is well known that stress contributes to the symptoms associated with the spine. As a result of stress we experience congestion, muscle tension and stiffness of the spine positioned. The result of this state of affairs are the subsequent back pain. Best to get rid of it by relaxing muscle massage. Cumulative stress is the cause of emerging problems sleeping. The most common situation is manifested by difficulty falling asleep, shallow sleep and frequent awakenings during the night. As a result, long-term stress can contribute to chronic fatigue the body. Reduced blood flow through the digestive system, the response to stress. In view of this situation the body is reduced absorption of nutrients - vitamins and minerals. Long term occurrence of such a situation can also result in a deficiency in the body. Chronic stress significantly reduces the overall well-being of man. During this period, we are not only tired but also nervous and irritable. The decrease in mood associated with stress also reveals difficulties with concentration. Stress also acts negatively on our appearance. Then the body releases stress hormones, which contribute to the graying skin, its poor nutrition and even acne and seborrhea. Stress can contribute to hair loss. It is also known reaction nail biting, which also lowers

¹⁸Kulmatycki K. Health and well-being. [In] Health Education. Woynarowska B (red). Oxford University Press, 2008: 343-390.

¹⁹Mazur J, Woynarowska B Kololo H. Subjective Health, lifestyle and psychosocial environment schoolchildren in Poland. Technical Report of the HBSC study IMD 2006, Warsaw 2007.

our physical attractiveness. In many cases, stress causes difficult to rein in attacks hungers. Reaching for food at this time, however, it is not associated with the real needs of the body's nutrients. In such a situation, the food has to act as a sedative. However, in the case of chronic stress can lead to bouts of binge eating obese²⁰. Prolonged stress can cause in our body irreversible changes. In a situation where they can not cope with nervous tension (exercise, relaxation, proper diet, etc.), We should take it to a specialist. For example, go to a psychotherapist to learn to cope with stressful situations.

Summary

Healthy lifestyle developed among the youth will translate into later adult health and their children. Pay special attention to the health education of young people in order to shape them at the appropriate pro-health attitudes.

²⁰Dębska U Bielawska I. It pro-healthy lifestyle, in the context of threats to civilization. AdvExpMedClin 2002, 11 (suppl. 1): 87-90.

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