

# Chapter - 1

## Health and Diseases

---

### Answer the following questions

**1. How can we prevent indirect transmission of communicable diseases?**

**Ans.** The following measures help in prevention and control the spread of communicable diseases:

1. Personal hygiene
2. Food and water hygiene
3. Environmental sanitation
4. Vaccines
5. Treatment of diseases using medicines
6. Isolation of patients with communicable diseases
7. Education and awareness

**2. What steps are required at the individual and society level to prevent communicable diseases?**

**Ans.** The following steps are required at the individual and societal level to prevent communicable diseases:

1. Personal hygiene
2. Food and water hygiene
3. Environmental sanitation
4. Vaccines
5. Treatment of diseases using medicines
6. Isolation of patients with communicable diseases
7. Education and awareness

**3. List major risk factors for non-communicable diseases.**

- (a) .....
- (b) .....
- (c) .....
- (d) .....
- (e) .....

**Ans.** Major risk factors for non-communicable diseases -

f) Unhealthy Diet

g) Physical Inactivity

h) Tobacco Use

i) Alcohol Use

j) Stress

**4. Why are young people suffering from heart diseases now-a-days? Give reasons. Can you suggest some ways to prevent these?**

**Ans.** Young people nowadays have unhealthy diet and physical inactivity. Some also use tobacco and Alcohol. Some are suffering from stress and anxiety. All these affect the body and may result in heart disease. We can try to prevent it by having healthy diet and regular exercise.

**5. The obesity among children and adolescents is becoming a major cause of concern for the parents and health personnel. What can be done to prevent overweight and obesity?**

**Ans.** A sedentary lifestyle and lack of exercise may result in obesity. We can try to prevent obesity and overweight by having a healthy diet, adequate sleep, regular exercise, and also the use of Ayurvedic, Homeopathy and Unani medicine

**6. Why are adolescents more vulnerable to HIV infection? Give reasons.**

**Ans.** During the process of growing up, important physical, physiological, psychological and social developments take place among adolescents. They are very curious about many feelings which attracts them to the opposite sex. Thus, they may end up doing something without having much knowledge about it. Hence, adolescents are more vulnerable to HIV infection.

**7. List some ways in which you can manage your anxiety and stress.**

**Ans.** One needs to learn to cope with stress in a healthy way by doing meditation and yoga and diverting attention by observing healthy mental habits like listening to music, reading, writing poems, pursuing a hobby, etc.

**8. Why do you need to make exercises an integral part of your life style? How can you do it?**

**Ans.** Exercise helps you to fight many diseases by staying fit. A fit person is less likely to fall sick. Exercise helps us to relieve the stress and feel free. It is good

for people so that they do not gain unnecessary weight. We can do exercise at home, in the garden or even at the gym.

**9. Prepare a table as shown below showing communicable diseases, ways of it is transmission and its prevention and control.**

Sr. No.	Name of the Communicable Disease	Ways of transmission	Prevention and Contro

**Ans.** Communicable diseases can be classified on the basis of the causative organisms. The modes of transmission can be classified as direct and indirect transmission. The measures like personal hygiene, food and water hygiene, environmental sanitation, etc. help in prevention and control the spread of communicable diseases.

**10. Prepare two slogans each for generating awareness about prevention of HIV among your peer group and community.**

**Ans.** Adopting a responsible sexual behaviour is essential in protecting oneself from the menace of HIV and facilitate to live a healthy, happy and productive life. It is equally important to avoid drug abuse, especially through needle-sharing. We must educate the youth as they are more vulnerable to these type of diseases. Sex education should be included as a part of the curriculum. Parents should break the stigma and talk about these things with their children. These will thus help in the prevention of HIV disease.