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SHAPE OF ECONOMIC GROWTH - FACING FUTURE GENERATION PREVENTING CHRONIC DISEASE



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ABSTRACT:

Today, the youth is taught that the key to better future lies in science, and they are made to do the exultation by contributing to its realization. The inducements to higher salaries have left them with more faith in material than self. On the contrary, we have to make our youth aware of the state of the whole world and the wants of the mankind as a whole; of the precariousness of our exclusive national prosperity and security in the midst of a largely restless world. The World Health Organisation has made the answer abundantly clear. There is a global epidemic of non communicable diseases (NCDs). And the four primary risk factors for these chronic diseases-tobacco, alcohol and poor nutrition are typically initiated during adolescence or young adulthood, setting the stage for later disease. The younger an individual starts smoking and drinking, the greater the risk of addiction and chronic disease later in life. The present paper discussed about the chronic diseases of the youth in present days world. Most of them youth neglect their face from healthy future to unhealthy future. For these

reasons, many of them younger generation affected by cancer, stroke, heart disease, high blood cholesterol, hypertension and alcohol usage are increasing road accidents.

KEY WORDS: Future Generation, Chronic Diseases, Tobacco Smoking, Alcohol Consumption, and unhealthy food habits.

INTRODUCTION:

“My hope of the future lies in the youths of character, intelligent, renouncing all for the service of others, and obedient – good to them selves and the country at large”

-Swami Vivekananda

Economic growth consists of the continuous year –to-year increase in the production, distribution, sale and consumption (throughput) of food, artifacts and services. This is taken to be the only means of increasing wealth, and thereby, human welfare. In the early period, God creates earth, sun, water, all kinds of plants and animals for the use of human. Human are the authority person for exploit the nature for improving their



health. Improved standard of living is lead to different health risks and sometimes unhealthier life-styles. In this paper discussed unhealthier means Chronic Diseases. The rising global population and limits of earth's ability to sustain such a large population is a growing concern for the future. Population growth and demographic changes are also playing a role. In developing countries, aging populations are contributing to some of the rise in chronic disease as people live longer and increase their chances of becoming ill.

Chronic Disease is a long – lasting condition that can be controlled but not cured. Chronic illness affects the population worldwide. Although chronic diseases are among the most common and costly health problems, they are also among the most preventable and most can be effectively controlled. The interests of future generations should be acted upon as direct objects of the present generation's moral responsibility because our behavior today will directly affect their world. Increasing population, escalating consumption, and a rising standard of living are the result of a modern technology that degrades and depletes the welfare of the future society.

The Burden of Chronic Disease:

Tobacco Smoking:

Tobacco is the only legal drug that kills many of its users when used exactly as intended by manufacturers. WHO has estimated that tobacco use (smoking and smokeless) is currently responsible for the death of about six million people across the world each year with many of these deaths occurring prematurely. This total includes about 600,000 people are also estimated to die from the effects of second-hand smoke. Although often associated with ill-health, disability and death from non communicable chronic diseases, tobacco smoking is also associated with an increased risk of death from communicable diseases.

In Shanghai country, China, heavy use of tobacco precipitated a vast shift in mortality patterns in less than 20 years. In the early sixties, infectious disease, respiratory illness, and accidents were the leading causes of death. By the end of seventies, cancer, stroke, and heart disease had taken over as the leading killers in this rural and urban count near the city of Shanghai. Indeed, by 1989, cardiovascular diseases – heart disease and stroke combined – were the leading cause of death nationwide. These illnesses have long been recongnized as killers in industrial countries. Yet 58 percent of the world's 6 million cancer deaths in 1993 occurred in developing countries because of inadequate preventive care and high pollution level. By 2020, the number of new cancer cases will double in developing countries even if current rates of incidence remain the same, solely because of projected increases in the number of people over age 60. The same is true for other life- style chronic diseases: aging populations will increase the total numbers of disease, while greater exposure to risks will increase the rates of disease.

The 1st legislation concerning tobacco in Asian nation was the cigarettes (Regulation of Production, provide and Distribution) Act, 1975, that mandated specific statutory health warnings on roll of tobacco packs in 1975. in keeping with the globe Health Organisation, Asian nation is home to 12-tone system of the world' s smokers (China is home to 27%). Smoking kills 90,000 people every year in India, and unless corrective action is taken soon that number will increase to 1 million smoking – related deaths annually by 2020 and beyond, Smoking kills 900,000 people every year in India, and unless corrective action is taken soon that number will increase to 1 million smoking-related deaths annually by 2010 and beyond,

Table 1: Fitted age- specific rates of current tobacco smoking 2000, 2010 and 2025

Age (Years)	2000			2010			2025		
	Men	Women	Total	Men	Women	Total	Men	Women	Total
15-24	18.6	0.6	10.0	12.7	0.2	6.8	7.7	0.1	4.1
25-39	34.0	3.1	19.3	23.1	1.3	12.6	14.0	0.4	7.5
40-54	48.3	7.8	28.9	32.9	3.2	18.6	19.8	0.9	10.5
55-69	44.8	15.3	29.8	30.6	6.1	18.3	18.2	1.7	9.9
70+	36.4	25.2	30.6	24.7	10.2	16.8	14.8	2.8	8.2

In 2010, WHO estimates that about 13% of India's population smoked (approximately 111,856,400 persons). If tobacco control efforts continue at the same intensity, WHO projects that in 2025 around 8% of the population (approximately 83,514,000 persons) in the age group of 15 to 24 will be smokers. In 2010, 25% of men and about 10% of women smoked in India in the age group of more than 70. By 2025, WHO projects the rate to be approximately 15% for men and 1% for women.

ALCOHOL CONSUMPTION:

Drugs are essentially poisons. Alcohol is absorbed into the bloodstream via small blood vessels in the walls of the stomach and small intestine. Within minutes of drinking alcohol, it travels from the stomach to the brain, where it quickly produces its effects, slowing the action of nerve cells. Approximately 20% of alcohol is absorbed through the stomach. Most of the remaining 80% is absorbed through the small intestine. The amount taken determines the effect. A small amount acts as a stimulant. A great amount acts as a sedative. An even larger amount poisons and can kill. Alcohol is classed as a 'sedative hypnotic' drug, which means it acts to press the central nervous system at high doses. At lower doses, alcohol can act as a stimulant and talkativeness, but drinking too much alcohol at one session can lead to drowsiness, respiratory depression (where breathing becomes slow, shallow or stops entirely), coma or even death.

Alcohol – related traffic deaths in the US were 12,998 in 2007. This is more than three times as many American soldiers who died in combat in the first six years of the Iraq war. There are 1.4 million drunken driving arrests in the US every year. The report stated that 38.3% of the global population consumed alcohol. On an average, an individual over 15 years of age consumed 6.2 liters of alcohol annually. Americans consumed 8.5 to 9.9 liters of alcohol per annum while the Canadians consumed a whopping 12.5liters per annum. The report also states that in 2012, about 3.3 million deaths, or 5.9% of all global deaths, were attributable to alcohol consumption. Alcohol consumption also contributes to about 10 percent of the disease burden due to tuberculosis, epilepsy, hemorrhagic stroke and hypertension heart disease in the world. WHO states that the amount of alcohol consumption has risen in India between the periods of 2008 – 2012. 30% of the total population of India consumed alcohol in the year 2010. 93% of alcohol was consumed in the form of spirits, followed by beer with 7% and less than 1% of the population consumed wine.

During 1992-2012, the per capita consumption of alcohol in India has increased by whopping 55%, the third highest increase in the world, after Russian Federation and Estonia. This is revealed in the report of Organization for Economic Cooperation and Development (OECD). Another worrying trend from India is that the average age of initiation of alcohol use has reduced from 28 years during the 1980s to 17 years in 2007. In India alcohol abuse also amounts to huge annual losses due to alcohol-related problems in work places. Nearly 25% of the road accidents are under the influence of alcohol and it is also a significant risk factor for increased domestic violence.

UNHEALTHY FOOD HABITS:

It's the 21st century and "Junk food" has gone global. For better or for worse, it is now available in all over the world. The development of healthy eating habits is important as the rapid physical growth in adolescence is associated with increased nutritional needs. Junk food doesn't contain the nutrients your body needs to stay healthy. As a result, you may feel chronically fatigued and lack the energy you need to complete daily tasks. Fast food and junk food don't contain adequate amounts of protein and good carbohydrates, your blood sugar levels will drop suddenly after eating, leaving you feeling grumpy, fatigued and craving sugar.

Indian food is assumed to be strongly vegetarian, but it is actually lacking of vegetables. Healthy modern diets have evolved from traditional combination of foods. People who eat a healthy diet today still consume most of their energy in the form of carbohydrates. Junk food joints have become hang-outs for college students and young professionals. We are always under the impression that Indian food is healthy because our primitive ancestors gathered largely vegetarians. However, the Indian vegetarian recipe calls for liberal use of milk, ghee, oil and decreased intake of fruits and vegetables, leading to a higher intake of refined carbohydrate, saturated fat and trans-fat. Measured in terms of calories, between 60 and 75 percent of food energy in a traditional diet comes from fat, usually from animal products. The remaining 5 – 15 percent of dietary energy consists of protein. Dieting is important to take care of it and fuel it with nutrition food so that it may develop to its potential.

Life style choices are one aspect of health that individuals can readily control. And societies can influence and encourage healthy life-styles, and can reinforce the message of prevention. Consumer groups and the media can work to counteract advertising for high-fat foods, for instance. Schools, health clinics, and employers can teach people about the risks of unhealthy food habits. Overconsumption of fats, salt and meat also contributes to less obvious health problems, including high blood cholesterol and hypertension. In developing countries changes in eating habits are occurring mostly among the rich and urban populations, not among average citizens or the poor. Junk food contains large amounts of fat, and as fat accumulates in our body, you'll gain weight and could become obese. The more weight you gain, the more you'll be at risk for serious chronic illnesses such as diabetes, heart disease and arthritis. You could even have a heart attack. The high levels of fat and sodium in junk food can cause high blood pressure or hypertension. Excessive dietary sodium can also have a negative effect on renal function, even leading to kidney disease.

RECOMMENDATION:

Youth of the nation is the growth of the nation. We should know about the duties and responsibilities of the nation. If one youth is destroying her/ his life, it will totally affect the entire growth of the society. The study reveals that the fact of inadequacy or non-availability of resources, and perhaps, lack of direction and effort on the part of authorities concerned, to organize constructive and meaningful group activities for the adolescent and the youth, both, in educational institutions and the community. Reasons other than usual, that may include stresses and strains of the work environment, and casual acquaintances, business associates etc., play a part in the introduction to the habit of drug addiction. One of the best ways to change your drug addiction habits is to maintain surround yourself with positive people, things and experiences.

30-60 minutes spending your time for proper exercise. Exercise will not only boost your physical strength, it will boost you mental health as well.

CONCLUSION:

The study highlights that young people were criticized as not caring sufficiently for others, being lazy, lacking moral and ethical grounding, being irresponsible, eating the wrong things, spending too much time at the computer and taking drugs. What these criticisms had in common was the observation that young people were focused obsessively upon themselves rather than acting as contributors to family and society. Reduction and eventually complete elimination of tobacco use is the global goal. To do this, a tax on tobacco helps, as noted earlier. For anti-smoking efforts to be effective, one underlying cause of the problem- the lack of alternatives to making a living – must also be addressed. Governments can gradually dismantle incentives to grow tobacco and encourage farmers to plant other crops. Each and every countries of the world should be focusing the wealth of the individual and the nations. The countries government should provide higher awareness to the younger generation. According to 2009 drunken driving statistics there were 10,839 traffic fatalities in alcohol-impaired-driving crashes. The effects of alcoholism are physical, psychological and mentally. It also can cause you depression or changes in your behavior that result in problems with your family, friends and with yourself. Junk foods contain high amount of oil, fat and therefore our body finds difficulty to digest. It is a kind of addictive; you get hooked on to it and continue eating it in an uncontrolled way despite the fact that it not healthy. The more you consume, the more difficult you will find to select for healthy food. The younger generation should gradually decrease the eating of junk food and try to eat more homemade foods for their bright healthy future. Parents motivate younger generation to make healthy choices, talk together about how food can help with concentration, performance and feeling good. Healthy food is likely to be more meaningful to youngsters than information about longer- term health risks. You don't depend on others for your changes. You are the cultivator of the younger generation. We should frame a good human character inside of you, that's really changes the global character. You are the mentor of future.

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