

Synopsis on Lifestyle Diseases in Kenya

James Kisaka Waswa

Abstract

Quality in health care is defined as doing the right thing (getting health care services you need at the right time when you need it), in the right way that is (using the appropriate test or procedure to achieve the best possible results); (“Tri-Star horizon medical centre December 2010”)

The institute of medicine defines health care by six attributes:

- Safety – patient should not be harmed by the care that is intended to help them
- Patient centered- care should be based on individual needs
- Timely- waits and delays should be reduced
- Effective – care should be evidence-based
- Equitable- care should be equal to all people

Lifestyle diseases

Lifestyle diseases (also sometimes called diseases of longevity or diseases of civilization interchangeable) are defined as diseases linked with the way people live their life. This is commonly caused by alcohol, drugs and smoking abuse as well as lack of physical activity and unhealthy eating. Diseases that impacts on our lifestyle are; heart diseases, stroke, obesity and type 2 diabetes. The diseases that appear to the increase in the frequency as countries become more industrialized and people live longer. They can include Alzheimer’s disease, arthritis, atherosclerosis, asthma, cancer, chronic liver disease or cirrhosis, chronic obstructive pulmonary disease, type 2 diabetes, Heart disease, metabolic syndrome, chronic renal failure, osteoporosis, stroke, depression and obesity. In the UK the death rate is four times higher from the respiratory disease caused by unhealthy lifestyle. Some commenter maintain a distinction between diseases of longevity and diseases of civilization. Certain diseases such as diabetes, dental caries or asthma appear at greater rates in young populations living in “western “ way; their increased incidence is not related to age, so the terms cannot accurately be used interchangeably for all disease. In Kkenya, non-communicable diseases (NCDs) also known as chronic diseases or lifestyle diseases are not passed from person to person they are long duration and generally slow progression. The four main types of NCDs are; cardiovascular diseases like heart attack, stroke, cancers, chronic, respiratory conditions such as asthma or diabetes share four manger behavioral risk factors, namely; tobacco use, exposure to unhealthy diet, physical inactivity, harmful use of alcohol. That’s why the Kenya Health policy 2012 to 2030 aims at attaining the highest possible standards of health in a manner responsive to health needs of the population. This policy will be achieved through six objectives which includes halting and reversing the rising burden of NCDs reducing the burden of violence and injuries, minimizing exposure to health related factors which have a baring on NCDs prevention and control (Mr James Macharia Cabinet Secretary MOH)

Conclussions and reccomendations