

To Promote Healthy Lifestyle on Campus

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It's time for higher learning institutions to promote healthy lifestyle for all its members of academic community. The healthy lifestyle can be started by walking while on campus or by not smoking.

This was said by Prof. Mark Alan Graber, MP., MSCHE, FACEP, when giving a public lecture at multimedia room UGM on Friday (27/10). As family doctor expert and primary health service expert from University of IOWA, USA, Alan Graber explained efforts to having a healthy lifestyle at the university.

"To live healthy means to eat plenty of vegetables and fruit while reducing meat. In many countries research has been conducted and there are many similarities that arise. They want to promote healthy lifestyle for its members," he told students, doctors, and lecturers from Faculty of Medicine UGM.

According to Alan Graber, to promote a healthy lifestyle, family doctor or primary health services doctor act as support for the members of society to live a healthy life.



"With the support to live healthy, the life expectancy of society will get higher. The rate of mortality in mothers and babies will decrease while the satisfaction level of people will increase," he said.

UGM Medical lecturer, dr. Mora Claramita, MPHE., Ph.D., said alongside the lecture that it was not easy to promote a healthy lifestyle on campus because of the temptation from many varieties of snacks on offer, lunch options, or refreshments between meetings.

"Let alone fruit and vegetable. There is not much choice on offer, moreover for vegetarians. But speaking on facilities, it's pretty good at UGM with the bike facilities. While in terms of smoking, only some faculties have banned smoking, but not the entire campus," she expressed her concerns.

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