

## Changing into Healthy Life Style

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Degenerative diseases are getting closer to the community. Those do not only happen in urban areas but also the rural areas. Those are caused by unhealthy lifestyle.

Degenerative diseases can be prevented by changing our lifestyle because everyone is able to manage their lifestyle, starting from improving the diet, physical activities, as well as maintaining clean environment.

Cardiovascular is one of the degenerative diseases which still becomes the main problem in Indonesia. As many as 42.3 percents of cardiovascular mortality are caused by coronary heart disease and 38.3 percent are also accompanied by stroke.

Prof. Dr. Budi Yuli Setianto, Sp.PD(K) said the high prevalence of cardiovascular disease is caused by lifestyle. Therefore, an approach towards the community is required.

"We need prevention and rehabilitation, thus they can be back to the community," said Budi Yuli Setianto at Executive Building, Faculty of Medicine UGM on Monday (22/1) during the Winter

Course 2018: Interprofessional Education on Cardiology.

Budi Yuli said there are programs called CERDIK, which is an Indonesian acronym that stands for Daily Health Check, Quit Smoking, Routine Physical Activities, Healthy and Balanced Diet, Enough Rest, and Stress Management, as well as GERMAS which stands for Healthy Lifestyle Movement. However, those programs have yet to be effective to change the community's lifestyle.

Winter Course 2018: Interprofessional Education on Cardiology event was held by Public Health and Nursing Department in Faculty of Medicine UGM. This course was attended by as many as 66 participants who consisted of 46 Indonesian participants and 20 international participants.

The international participants came from B.P. Koirala Institute of Health Sciences (Nepal), National Taiwan University, Universiti Sains Malaysia, Chiang Mai University (Thailand), Nanjing Medical University (China), and International Medical University (Malaysia).

dr. Gunadi, Ph.D., Sp.BA, Chairman of Winter Course 2018, said it is not easy to change into a healthy lifestyle. For example, on smoking habit, various socialization programs had been held for the community, however, it could not change that unhealthy habit.

Therefore, according to dr. Gunadi, strategic ways are required to change the community's lifestyle. Gunadi provided an example of a strategic way that had been implemented in Kulon Progo Regency, where in a seminar they socialised possibilities of impotence that was caused by smoking habit.

"The seminar turned out to be effective, because the people were afraid of impotence and heart disease that might be caused by smoking habit," said dr. Gunadi.

On the other hand, dr. Delvac Oceandy from Manchester University said aside from prevention, early detection of coronary heart disease is also important to be done.

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