

FIVE MOST COMMON HEALTH ISSUES

A **health issue** arises when the body's natural metabolism is disrupted or fails due to a pathogen, contaminant, or other factor contributing to a health condition classified as a disease. Occasionally, these problems may be inherited, meaning the patient may receive the gene responsible for the illness from their parents. In this article, we will discuss the five most common health issues.

Physical Activity and Nutrition

According to research, maintaining an **active lifestyle** can help avoid or postpone several ailments, including heart disease, diabetes, and some types of cancer, as well as alleviate depression and elevate mood. Growing older frequently accompanies inactivity, but it doesn't have to. Check with the senior centres, shopping centres, and nearby churches or synagogues for information on walking and exercise activities. If you live alone, your eating habits could be better than your exercise routine. Eating foods **high in nutrients** and avoiding empty calories from candies and sweets is essential for healthy ageing.

HIV/AIDS

Seniors over [50 account for 11–15% of AIDS](#) cases in the United States. Adults over 50 experienced a greater than two-fold increase in AIDS between 1991 and 1996 compared to younger adults. Older adults have weakened immune systems, are less likely to use condoms, and experience similar symptoms to those of old age, such as rashes, weariness, weight loss, and swollen lymph nodes when they have HIV. Once more, misconceptions regarding ageing and drug and sexual activity usage prevent this issue from being widely acknowledged. As a result, seniors are underrepresented in research, clinical medication trials, preventative initiatives, and therapeutic activities.

Mental Health

A person in a mental health condition can manage life's stressors, reach their full potential, learn and work effectively, and give back to their community. It is essential to both our well-being and has intrinsic and instrumental value.

Ageing does not cause dementia. Disease, drug responses, infections, issues with vision and hearing, malnourishment, diabetes, and renal failure can all lead to dementia. Dementia comes in numerous forms, some of which are transient, such as Alzheimer's disease. Accurate

diagnosis leads to assistance and management. Depression is the most prevalent mental health illness in later life. Suicide is a possible outcome of geriatric depression if treatment is not received. This is an unexpected fact: White men in their later years have a greater suicide rate than any other age group, including teenagers.



Environmental Quality

Government studies have shown that low-income and racial/ethnic minority populations are more likely to reside in locations where they confront environmental concerns, even though pollution affects all of us. Older adults are more likely than the population to live barely above the poverty line.

Events linked to **climate change** or **environmental pollutants** can significantly affect human health. Asthma, hearing loss, dehydration, heart disease, and other health problems are closely related to air and noise pollution and heavy metals like mercury.

Substance Abuse

Drugs and alcohol are the most common substances abused. These are two areas that we don't typically identify with elders. Still, just like young people, seniors may self-medicate with alcohol and drugs, both legal and illicit, which can have detrimental effects on their health. Seniors may also consume alcohol and mix drugs, either purposefully or unknowingly. Many medical professionals neglect to inquire about potential substance usage among elders due to preconceived notions about them.

CONCLUSION

A health issue arises when the body's natural metabolism is disrupted or fails due to a contaminant or other factor contributing to a health condition classified as a disease. The most common health issues include physical activity and nutrition, HIV/AIDS, mental health, environmental quality and substance abuse.

Healthcare workers should, therefore, protect their safety and that of the people they care for. Patients should also be actively involved in their care by providing accurate information about their health and medical history and communicating well with their health providers.

REFERENCES

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