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## The role of lifestyle behavior change associated with non-communicable disease risk in managing health conditions

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Lifestyle practices such as healthy eating and not smoking besides physical activity and exercise are well established for preventing and managing lifestyle-related non-communicable diseases (i.e., CVD heart disease, hypertension, stroke, cancer, diabetes, and lung disease), but are less heightened in the medical treatment guidelines for addressing chronic disease such as CVD. This systematic review examines the relationships between lifestyle behaviors and public health, with special reference to the public health approaches, initiatives and their clinical and research. This study is conducted to create evidence related to lifestyle factors (such as not smoking, healthy diet, healthy weight, physical activity with taking good sleep and controlling stress in to account) with health condition and with special reference to public health role. The aim is to support the health behavior change skills, interventions and prevention. This may need to be included in the first-line management of non-communicable disease, either independently or in combination with medical therapy interventions as required. To address knowledge gaps in the literature in UAE and GCC countries, however some systematic reviews are absorbed to find answers to the following research questions; what are the lifestyle, behavioral, social and economic factors associated with managing lifestyle-related non-communicable diseases (i.e., CVD heart disease, hypertension, stroke, cancer, diabetes, and lung disease among UAE nationals; what are the identified concerns that could be addressed to lessen obesity in UAE; and what are specific recommendations for preventing NCDs in UAE. The systematic review has shown that adopting healthier lifestyle practices might reduce or even avoids the need for medical treatment intervention. Besides, the review is recommending to consider the need to study the degree to which medical therapy interventions prescribed for chronic disease may enhance the benefits of lifestyle behavior change, and there is also a need to know whether people with healthier lifestyles, respond more positively to usual medical therapy interventions than those who have less healthy lifestyles.

### Biography

Amani Kamal Saqallah completed her graduation from King Faisal University, Saudi Arabia specialized in medical nutrition therapy and Master's degree in Nutrition Science and Policy with the combination of Public Health at Tufts University- Boston USA and is working toward PhD in Public Health Nutrition. She joined the College of Sustainability Sciences and Humanities (CSSH) in the Department of Nature Sciences and Public Health Division at Zayed University as faculty in 2014. She is an active member of Abu Dhabi health authority HAAD Nutrition task force since 2011 where she directed her role to nutrition policy and CVD prevention. She is also leading nutrition therapy and community nutrition education projects from 2003 and practicing nutrition counseling clinic. She has an affiliation with the emirate strategic research center, and she has recently had the position of "public health ambassador" which has been innovated by Abu Dhabi health authority to serve the public.

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