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ANALISIS PERILAKU KESEHATAN DAN PERUBAHAN PERILAKU KESEHATAN

1. Identifikasi

Identifikasi perilaku kesehatan yang menjadi masalah pada diri Anda sendiri atau orang-orang di sekitar Anda yang memiliki perilaku kesehatan yang tidak sehat. Identifikasi perilaku kesehatan yang menjadi masalah pada diri Anda sendiri atau orang-orang di sekitar Anda yang memiliki perilaku kesehatan yang tidak sehat.

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Bagaimana pencegahannya?

1. Ketahui obatnya!
2. Bina hubungan harmonis dengan orang tua sehingga perilaku kita lebih terkontrol!
3. Katakan **TIDAK** bila ada yang menawarkan!
4. Komunikasikan kepada petugas kesehatan bila anda memiliki masalah kesehatan termasuk gangguan pikiran!

PERGUBATAN NAPZA MEMERLUKAN WAKTU YANG LAMA DAN BIAYA YANG BESAR...

MENCEGAH LEBIH BAK DARIPADA MENGUBATI...



JANGAN PERNAH MENCUBA!!!

BERANI MENCUBA = BERANI KEHILANGAN MASA DEPAN

MASA DEPAN KITA UNTUK ANAK DAN CUCU KITA

JANGAN BAWA PAKSI KELODOK!

GANGGUAN AKIBAT PENYALAHGUNAAN NAPZA

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Dampak Penyalahgunaan Narkoba

Ketergantungan. Kecanduan adalah yang akan mengakibatkan gangguan fisik dan psikologis, karena terjadinya kerusakan pada sistem saraf pusat (SSP) dan organ-organ tubuh seperti jantung, paru-paru, hati dan ginjal.

Dampak penyalahgunaan narkoba pada seseorang sangat tergantung pada jenis narkoba yang dipakai, frekuensi pemakaian dan situasi atau kondisi pemakai. Secara umum, dampak kecanduan narkoba dapat terakumulasi pada fisik, psikis maupun sosial seseorang.

Apakah yang dimaksud dengan NAPZA...?

NAPZA (Narkotika, Psikotropika, dan Zat Adiktif lain) adalah bahan/ zat/ obat yang bila masuk ke dalam tubuh manusia akan mempengaruhi tubuh terutama otak/ susunan saraf pusat, sehingga menyebabkan gangguan kesehatan fisik, psikis, dan fungsi sosialnya khs. trjd kebiasaan, ketagihan, dan...

Apakah yang dimaksud dengan NAPZA...?

NARKOTIKA adalah ZAT atau OBAT yang dapat menyebabkan penurunan atau perubahan kesadaran, mengurangi sampai menghilangkan rasa nyeri, dan dapat menimbulkan ketergantungan. **Heroin, Morfin, Ekstasi (Ganja, Dope, Maria, Palam, PT), Petidin, Gaja (Gale, Marjutan, Gwang)**

PSIKOTROPIKA adalah ZAT atau OBAT yang berkhasiat psikoaktif melalui pengaruh selektif pada susunan saraf pusat yang menyebabkan perubahan khas pada aktivitas MENTAL dan PERILAKU. **Ekstasi (DTG, Inak, Fantasy Pils, Kandelak), Shabu (Shak, Saku, SS, Ichi), Amfetamin, Katiloon, dll**

Identifikasi Perilaku Kesehatan

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HIV/AIDS



Cara Menghitung Kebutuhan Kalori Tubuh per Hari

Kenapa Anda perlu membahas kebutuhan kalori tubuh Anda per hari? Yah tentu saja sangat penting. Terutama pada:

- Anda yang ingin menurunkan berat badan
- Anda yang ingin menagemukan badan
- Anda yang butuh perawatan penyembuhan penyakit diabetes, kolasterol, dan sebagainya

Yah, inilah ilmu basic yang perlu Anda ketahui, sekiranya Anda termasuk 3 orang yang disebutkan di atas barusan. Sebab, kalori ini adalah energi tubuh kita, manusia. Kalori itu satuan unit energi.

Bila Anda tidak mengontrol berapa kalori makanan dan minuman yang Anda masukan dalam suatu hari, dan tidak pula mengontrol berapa kalori yang Anda butuhkan untuk melakukan berbagai aktivitas sehari-hari Anda, pantastah Anda jadi terheran-heran kenapa tiba-tiba Anda jadi gemuk, atau kurus. Karena persoalan kalori ini, erat kaitannya dengan metabolisme tubuh.

Detail why-nya insya Allah akan kita bahas di artikel lain. Karena tujuan penggunaan data berupa angka kebutuhan kalori tersebut bermacam-macam. Relatif. Maka dari itu, jadi disini kita akan fokus membahas bagaimana caranya menghitung kebutuhan kalori tubuh Anda dalam 1 hari.

Rumus untuk Menghitung Kebutuhan Kalori

Adapun rumus hitungan untuk mengetahui kebutuhan kalori tubuh Anda per hari adalah = **BMR x nilai level aktivitas**

Nah, sebelum Anda bisa menghitung kebutuhan kalori tubuh Anda per hari, Anda harus bisa dulu mengetahui berapa **BMR** (basal metabolic rate) Anda. **BMR** itu adalah energi/kalori yang dibutuhkan selama sehari, dalam kondisi istirahat (nggak ngapain).

- **Rumus untuk mengetahui BMR laki-laki = 66.4730 + (13.7516 x BB kg) + (5.0033 x TB cm) - (6.7550 x usia)**
- **Rumus untuk mengetahui BMR perempuan = 655.0955 + (9.5634 x BB kg) + (1.8496 x TB cm) - (4.6756 x usia)**

Yang mana:
• **BB** disitu adalah **berat badan** Anda, dalam satuan **kg**
• **TB** disitu adalah **berapa tinggi** badan Anda, dalam satuan **cm**
• Dan **x usia** disitu adalah **yah berapa usia** Anda sekarang

Kalau sudah dapat **BMR-nya** berapa, selanjutnya akan kita kalikan dengan nilai **level aktivitas**. Adapun nilai level aktivitas itu adalah:

1. **Tidak aktif = 1.2**. Yang mana mereka tidak berolahraga sama sekali dalam seminggu.

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Cigarettes can cause cataracts by irritating their eyes with the liberation of chemical products in the lung than by the blood flow led to the eyes. Sudden syndrome of the death of baby's death / sudden childhood is also associated with the use of tobacco. Cervical cancer reproduction. Uterine smoking cancer can increase the risk of cervical and uterine cancer, cigarettes also cause fertility problems in women and several complications during pregnancy and the birth of babies. What Geneva 2002 stop smoking now! The benefit stops smoking immediately 6 hours after quitting, pulse and blood pressure back to normal. 1. Additional cigarettes can reduce the estrogen levels that cause early menopause. The mouth and throat cause oral cancer, throat, vocal cords and esophagus. It is more risky to obtain central ears infections that can cause additional complications, such as meningitis and the face of the pairs, for risk smokers 3 times more than those who do not smoke. SAC URINARY: Bladder cancer. Heart disease 1 Between 3 deaths in the world caused cardiovascular disease. Deploping fingers found in cigarette smoke accumulated on the fingers and nails that are left yellow and brown. Smokers run the risk of losing their teeth 1.5 times. 1 day after quitting, reduce the arterial pressure and stronger heart activities of 1 year after quitting, the risk of centralized heart attacks in comparison with active smokers . Cigarettes not only cause lung cancer, heart disease and serious health problems. 23 times greater man. Pancreas: fatal pancreatic cancer. Supposedly the smokers run the risk of Squamus Cutaneous cell cancer, a type of cancer that is going to be tarnished the skin. Smoking wrinkles can cause premature aging on the skin because because The protein is useful to maintain the elasticity of the skin, the vitamin A eroded and the inhibition of blood flow. The content of cigarette smoke is 4000 chemical products of 200 of which are thoracic and another 43 types can cause cancer for the body. 10 years after quitting smoking, the risk of lung cancer decreases half-compared to active smokers. Smoking skin cancer translates into the possibility of greater death accordingly that they aggravate the disease suffered. Encysema emphysema is expanding and damaged airbags in the lungs that reduce the ability of the lungs to vacuum oxygen and CO2 release. To be more effective in equilibrium with a healthy life, physical activity and balanced nutritional consumption. Smoking during pregnancy increases the risk of birth of low body weight and health problems after. \dot{A} , \dot{A} ϵ Do not have to be addicted to smoking. Cigarettes for hair fall weaken the immunologic system, so that the body is more susceptible to diseases, such as lupus erythematosus, which causes hair loss, oral canoe and reduction eruption (Red dots) on the face, the scalp and hands. The eyes of the smoker are at risk three times higher suffer waterfalls that cause blindness. Heart strength of the heart, heart attack, hipertensi \dot{A} "n, behind. Diseases caused by cigarette cigarettes are the main causes of strokes. Falls, which are whitening of the eyepiece that blocks the entrance of light and cause blindness, 40% occurs in smokers. The loss of the audition because tobacco causes sediments to the walls of the blood vessels so that they inhibit the flow rate of blood flow in the inner lob, smokers can lose the audition before people who do not smoke or f \dot{A} Ciles Losing the audience due to infections or hostile sounds. Pregnancy: Infertility, prematurely born, weight less. The investigation estimates that people who start smoking in adolescents (70% (70%. Start at this age) and smoke continuously up to 2 decades or more, you will die 20-25 years before people who never touch cigarettes. The consumption of stomach of tobacco consumption reduces the resistance to bacteria that cause stomach ultrasions, also minimizing the ability of the stomach to neutralize the stomach's acid after eating to undermine the wall of the stomach. Some very dangerous substances are tar, nicotine, carbon monophole (CO) of 4000 cigarette smoke products of 200 chemical products of which they are thoracic and another 43 types can cause cancer for the body. Also rubber, nasal secretion and dry esophagus. 12 hours after quitting, the carbon monophon (CO), leaving the circulatory system and breathing. "Stomach digestive rhoans: stomach cancer and gaustic cancer. The diseases of Beurger's disease also known as this obperostosis is the appearance of inflammation in the artery of the vein and the main nerve of the leg that produces the hampered blood flow and, if left without maintenance, will lead to the Gangrene so that the patient has to be amputated. \dot{A} , \dot{A} ϵ "s skin is better than not dry or kriptut \dot{A} , have a child or a healthy baby \dot{A} , give examples / examples for children for the future. Cigarettes also reduce sperm counts and cause inconvenience (infertility). Smokers are at risk twice as much as these hazards than those who do not smoke. The body of a cancer smoker has been determined that cigarette smoke contains more than 40 types of carcinogens. Psoriasis The development of psoriasis / non-changing inflammation on the skin that leaves aqueous red spots and 2-3 times higher red spots occurs in smokers. Osteoporosis is monophonous carbon, namely, tonic chemical substances found in the exhaust gas and cigarette smoke are tied Fatly in the blood than oxygen, so that the air capacity to lift oxygen. Oxygen 15% in smokers, consequently, the bones of people who smoke lost their density become easily broken / cracked and healing is 80% more. Some studies found that men who smoke increased the risk of being a talented cancer child. You are reading a free preview, is not displayed in this preview. \dot{A} , \dot{A} ϵ Save money \dot{A} , \dot{A} ϵ Do not bother other people with cigarette smoke. Cigarettes cause a rapid pulsing heart, increase the risk of hypertension and arterial blockades that, ultimately, cause a heart attack or a stroke. The smoking teeth are 10 times higher risk of suffering of periodontitis (Enc \dot{A} as burn infection) that damage the tissue and bones. The Health Promotion Center of the Ministry of Health of Indonesia 2. The skin of the smoker becomes dry and wrinkles, especially in the eye of the lips. The possibility of lung cancer in smokers 22 times greater than non-smokers, 2 times higher nose cancer; Tongue, mouth, salivary gland, and 6-7 times greater pharynx; 12 times greater esophagus; Esophagus 8-10 times greater; Larynx 10-18 times more bears; Stomach 2-3 times greater; 5 times more rigid; Bladder 3 times greater; Anus 5-6 times more big. The lungs of women 13 times more likely to get lung cancer. How to stop the cigarettes \dot{A} , - have the determination to stop smoking \dot{A} , throw all the cigarettes owned by \dot{A} , - get away from where I used to smoke / person who is smoking \dot{A} , invited your relatives to stop smoking \dot{A} , - Try to keep it always busy \dot{A} , regular exercise \dot{A} , - regularly eat \dot{A} , - if there is a desire / desire to smoke, replace it by chewing gum by: Annisa Patmawati Damage to sperm of Cigarettes can cause deformation to sperm and damage to your and damage cause abortion / anomaly Every 6.5 seconds died of cigarettes. In severe cases. Severe Tracheotomy to help patient breathing, as an incision for ventilation holes in the throat as air intake in the lungs. Next, some side effects are presented due to cigarettes that are rarely published, from the tip of the hair to another. 5 - 15 years after quitting, the risk of stroke decreases at a non-smoking level. The Gastric Ulcers suffered by smokers is more difficult to care for and heal. Carnative caries affect the chemical balance in the mouth, so that the condition of the mouth is more acidic, forming an excessive plate, making the teeth yellow, thus accelerating the cavities. Some very dangerous substances are tar, nicotine, carbon monophole (CO) Comprehension of cigarettes is a technical object that gives a relaxed effect and suggestion feels more masculine comprehension of cigarettes is a toxic object that has A relaxed effect and suggestion feels more masculine danger of cigarette smoke !!!! Thank you! The purpose of stopping smoking \dot{A} , \dot{A} ϵ maintain health / reduce the risk of being exposed to various diseases. The use of tobacco is one of the greatest risk factors for this disease. The pregnancy / abortion failure occurs 2: 3 times higher in women smokers, the same number is also valid for the birth / death due to the lack of oxygen in the fetus and abnormal pleasant because it is contaminated by Carbon monophonic and nicotine in cigarette smoke. 15 years after quitting, the risk of heart attack decreases at a non-smoking level if it stops before the disease arises. It is believed that smoking cataracts worsen eye conditions. eye.

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