

Lifestyle-Related Determinants of Chronic Disease

Garry Egger AM MPH PhD FASLM
Australasian Society of Lifestyle Medicine



McGraw-Hill, Sydney
1st Ed 2008

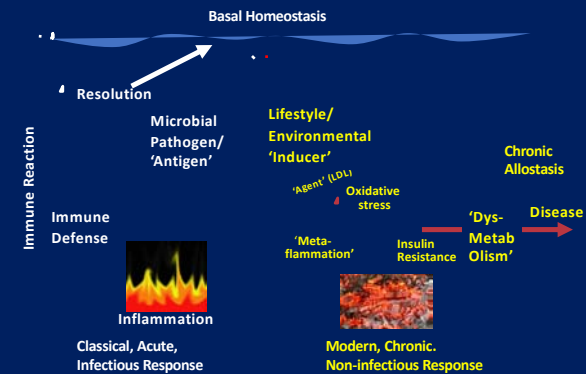
McGraw-Hill, Sydney
2nd Ed 2011

Academic Press, London
3rd Ed 2017

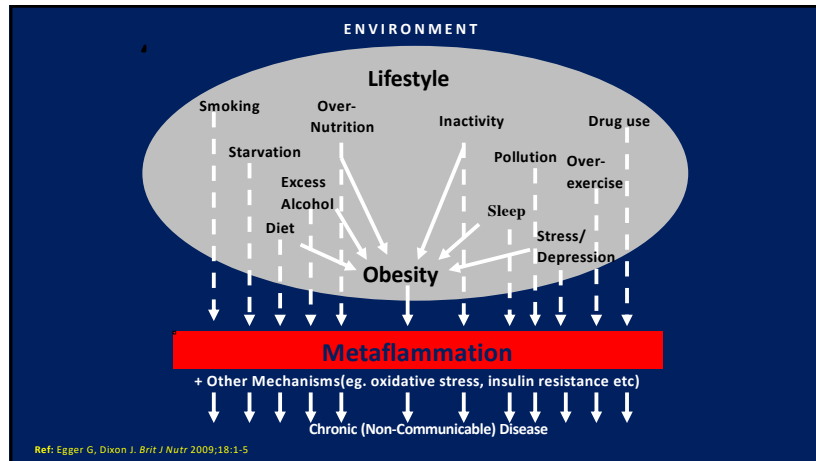
Components of Lifestyle Medicine

1. **Knowledge (the science)**
(ie. what are the lifestyle/environmental 'determinants of chronic disease?')
2. **Skills (the art)**
(ie. what are the skills/practices for changing unhealthy lifestyles/environments?)
3. **Tools (the materials)**
(ie. what tests/devices/equipment can be used to assist changes towards a healthy lifestyle and/or environment)
4. **Procedures (the actions)**
(ie. what sequence of steps needs to be taken to establish a course of action to improve unhealthy lifestyles/environments)

Classical Inflammation vs 'Metaflammation'



Ref: Egger G, Dixon J. *Brit J Nutr* 2009;18:1-5



"Anthropogens":

'Man-made environments, their bi-products and lifestyles encouraged by these, some of which may be detrimental to human health.'
Egger G. *Preventing Chronic Disease*, 2012

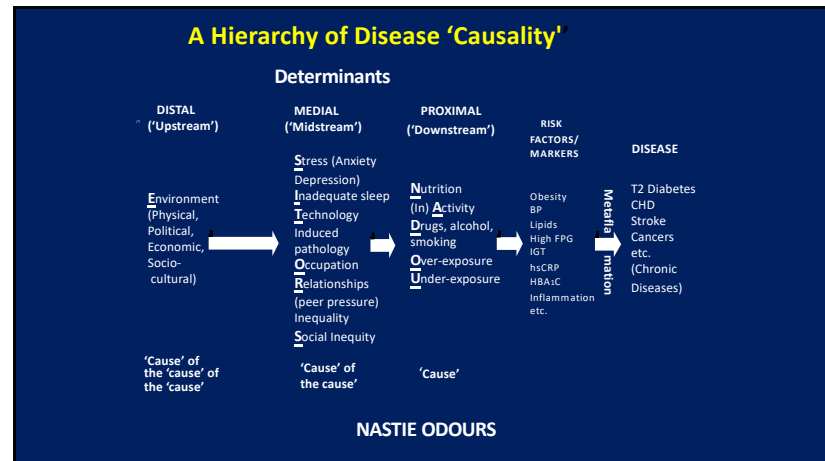
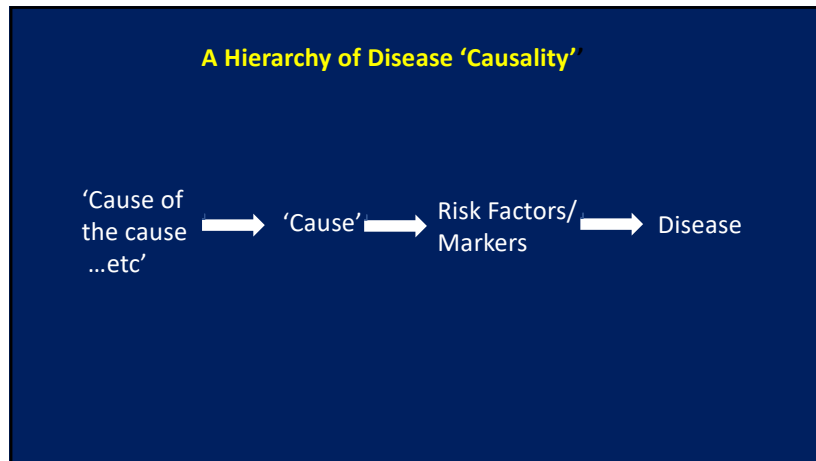
'Clearly, if disease is man-made, it can be man-prevented'

But

To do this we have to look at the 'cause of the cause'and the 'cause of the cause' etc....

Because

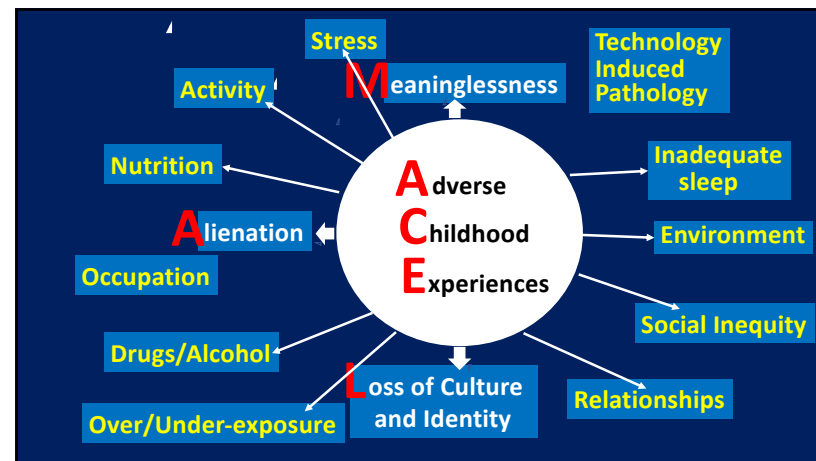
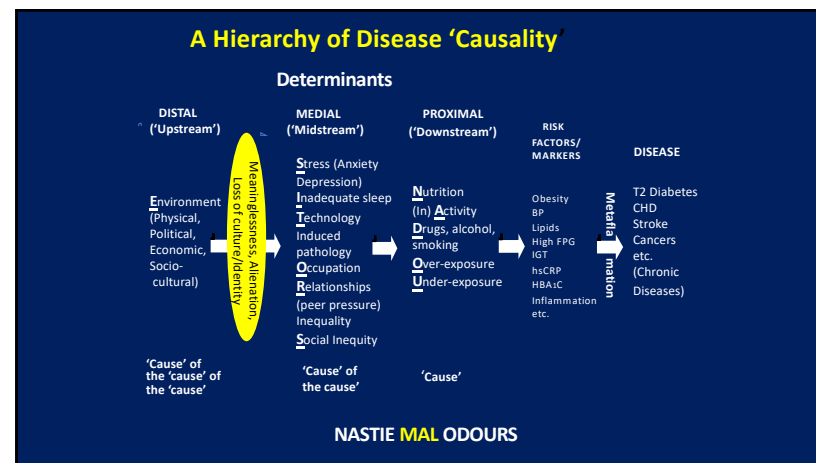
"The major determinants of common disease are economic, industrial and political"
Geoffrey Rose, *'The Strategy of Preventive Medicine'* 1993



Determinants of Lifestyle-Related Chronic Disease

<p>Nutrition - excess energy, fat, sugar, salt etc. ***</p> <p>Activity - inactive leisure &/or work time; sitting ***</p> <p>Stress - 'burn-out', 'brown out', anxiety, depression ***</p> <p>Technology-induced-pathology - adverse effects of technology.*</p> <p>Inadequate Sleep - sleep disorders; sleep time. *</p> <p>Environment - air pollution; endocrine disrupting chemicals, injury.* **</p>	<p>Meaninglessness - 'learned helplessness'***</p> <p>Alienation- from society **</p> <p>Loss of culture/identity *</p>	<p>Occupation - shift work; occupation hazards etc.* *</p> <p>Drugs and alcohol -iatrogenesis; recreational drugs. ***</p> <p>Over exposure - sunlight,radiation. ***</p> <p>Under exposure- light, sunlight. *</p> <p>Relationships - support; social inequality etc. ***</p> <p>Social inequality - ratio between rich and poor. ***</p>
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* Level of evidence of 'metaflammation'

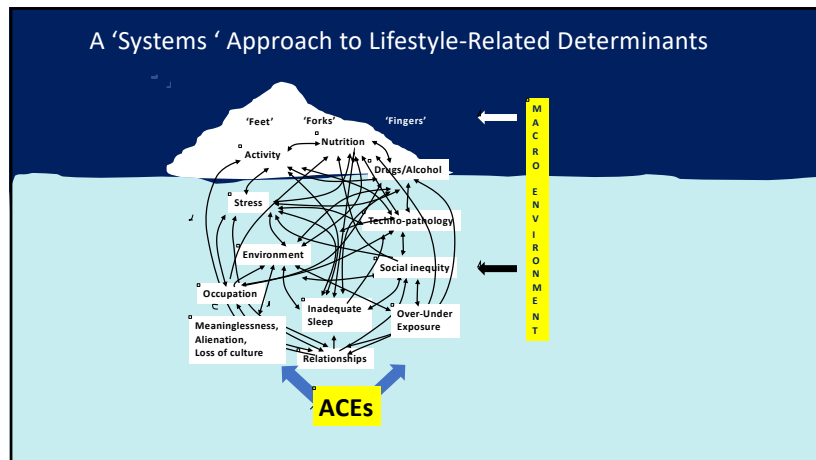
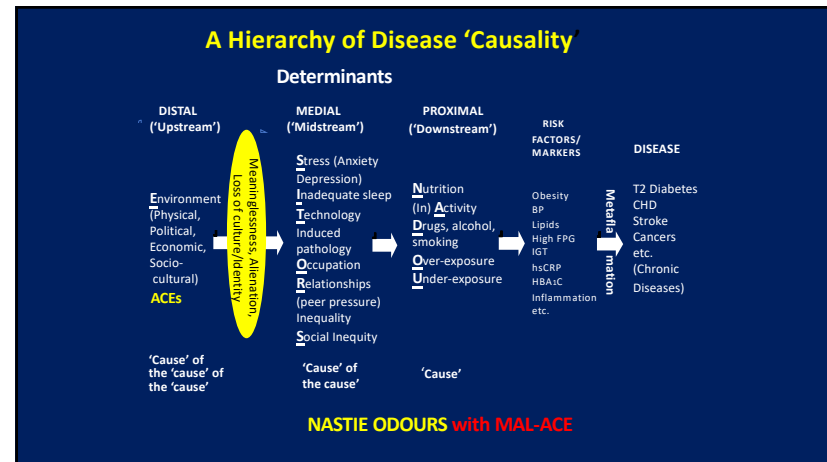


Determinants of Lifestyle-Related Chronic Disease

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I nadequate Sleep – sleep disorders; sleep time.	R elationships – support; social inequality etc.
E nvironment - air pollution; endocrine disrupting chemicals, injury.*	S ocial inequality – ratio between rich and poor.

with

M eaninglessness	A dverse
A lienation	C hildhood
L oss of Culture/Identity	E xperiences



THE END (For you)
JUST ANOTHER STEP (For Lifestyle Medicine!)