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English Composition 2

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Importance of Health and Nutrition

Part 1: General Analysis

History and Social Impact

The genre that I chose to write about is health. Health is a state of being physically, mentally and socially good in which diseases are not present. Health is extremely important in our lives and in society because it's like the driving force that allows us to do many great things in our lives and in society. An example of this is when we have a daily healthy routine by simply working out at least twenty minutes a day, drinking at least one liter of water per day and making our bed everyday. It helps by motivating and setting our mind to think positively so that we are able to do the bigger things like finishing a big career project or passing a really hard test. According to the newspaper "The Mental Health Benefits of Having a Daily Routine" it states "It can sound counterintuitive but developing a daily routine can help us to feel more in

control of everything, and help us to make room for all that's important. Routine can aid our mental health. It can help us to cope with change, to form healthy habits, and to reduce our stress levels." This is important because it means that people who are mentally lazy (which includes avoidance of deep thinking usually because it's too much effort) can actually help them by just having a healthy routine. It can strengthen their mind and be able to do more things mentally without avoiding them, like meditation. Also having good health can help with our mood and happiness. According to the World Health Organization "Better Health is central to human happiness and well-being. It also makes an important contribution to economic progress, as healthy populations live longer, are more productive, and save more." Around 3300BC humans thought that death and disease were a natural phenomena and nothing could be done about it. They believed that serious diseases were a punishment from a god or the spell cast upon a victim by some enemy and the treatment people usually received was a counterspell or a potion. It wasn't until about 420BC when Hippocrates of Kos (a physician of The Age of Pericles who is considered the "Father of Medicine") stated that diseases have natural causes and can only be understood through empirical study (which is the collection and analysis of primary data based on direct observation or experiences in the field), which later encouraged doctors to look at physical causes of illness and to use objective observation and critical deductive reasoning. Public health is defined as the science of protecting the safety and improving the health of

communities. Public health has been a major concern for people worldwide. The history of public health began in ancient times and it includes quarantine of leprosy victims in the Middle Ages and the efforts to improve sanitation after the 14th century plague epidemics. Also the increasing number of people in Europe led people to be aware of the number of hospitals they have and to establish modern public health agencies and organizations designed to control disease within communities. The well-known people that have worked with this genre are Antoine Lavoisier (“The Father of Nutrition and Chemistry”) who in 1770 discovered the concept of metabolism, the transfer of food and oxygen into heat and water in the body, creating energy. Hippocrates who is considered “The Father of Medicine.” His contributions to medicine include detailed observations of disease and its effects, and an understanding of how health is influenced by external factors like the environment. Lee Jong-Wook who was a South Korean public health doctor. He was the Director General of the World Health Organization. He worked on the Global Programme for Vaccines and Immunizations and the Stop Tuberculosis Program.

Discourse Community

The discourse community that is usually connected to health is the American Healthcare Association which is a non-profit federation of affiliate state health organizations. The goal of this community is to provide quality care and services for frail, elderly, and disable americans. The method that this community uses to communicate with each other is by meetings and

gatherings that they have and by talking face to face when they are on their job. The primary communication that they use is talking to one another when they are doing their service. This discourse community communicates with the outside world by actually talking to the person that they are helping and by promoting themselves through commercials. The language that this community uses is language in the medical field because they know a lot about equipment that they use for certain things or what type of treatment they are going to do with their patients. To join this community one needs to complete an application and a questionnaire, which provides the candidates with the opportunity to outline their qualifications for leadership and to articulate their vision for the association. Also they need to disclose certain information that he or she may be associated with and finally they need to submit a signed Consent and Released form for consent of a background check and 2 professional letters of reference and one letter of reference from the state executives of the state affiliate offices where the person operate facilities.

Rules and Message

The rules and forms of health are to do healthy things such as avoiding excess of stress in your body, nourishing your body with healthy food and having a healthy routine and stick to it for life. Some examples of health include nutrition, exercise, metabolism and medicine. The main message of nutrition is to eat a healthy diet which includes a variety of foods and to drink a lot of water. For exercise is to move your body to keep being active. For metabolism is to eat

healthy to convert food into energy. Lastly, for medicine is to prevent diseases and to ensure people are healthy. All of these examples of health have the same kind of message to taking care of our health by being active and staying healthy.

Focused Analysis

An example of my genre is nutrition. Adelle Davis is an American author and a nutritionist who wrote the book “The Joy of Cooking” in which she explains people how to enrich recipes with nutritious ingredients and also she educates people about the benefits of vitamin supplements, fresh vegetables and whole grains and bread. The intended audience of nutrition is for anyone who wants to live a healthier life by eating the right food. Also people who want to become nutritionists to help other people be healthy by having a healthy diet. Nutrition plays a vital role in our daily lives because the food choices that we make have an impact on our everyday mood. According to “Food and Mood” “For years, the literature has indicated that for men the lower their cholesterol, the more prone they were to depression, because you need cholesterol for your brain and your nervous system to function. There’s an excellent correlation between low blood cholesterol and depression.” The limitations or restrictions that are involved in nutrition are that sometimes people choose to eat unhealthy and make unhealthy choices due to a variety of reasons. Also there are people that do not have access to good nutrition.

According to the book “A National Priority: the Importance of Child Nutrition Programs to Our

Nation's Health" it states "Today, more than 16 million children in this country do not have enough to eat. At the same time, childhood obesity rates have tripled over the past 30 years."

This is important because this indicates that nearly 22% of children in the US don't have food to eat in a country where people dream of living in and it also means that a lot of people in this country are not having a proper nutrition which leads to various health problems in the future which include but are not limited to digestion problems, skin disorders stunted or defective bone growth and even dementia. Also according to the book "Harrison, Globalization, and the History of Health, Medicine and Disease" it states "health is less unequally distributed than some other important things, such as wealth and power. Life expectancy is one measure, albeit imperfect, of that. Populations in the unhealthiest countries today have life expectancies [End Page 698]

roughly half those of residents in the healthiest-but they have far smaller shares of wealth, income, or (if such things could be quantified) power." This means that the healthier you live the more life-expectancy you have. Nutrition is important to society because it helps by building healthy people which leads to building a healthy society which means less people having depression or suffering from other types of mental health disorders. According to the Harvard Health Blog it states "Researchers found that a healthy diet (the Mediterranean diet as an example) was associated with a significantly lower risk of developing depressive symptoms."

Also nutrition is important in other discourse communities because they need good nutritional

breakfast to function well during the day when they are working so they have a higher chance of doing more things and also doing them more efficiently because they will be energetic. Nutrition is important to me because when I go to take classes in college, if I have bad nutrition my brain won't be thinking as it should if I would have good nutrition and it will be tired. Also it is important to me because if I wouldn't eat properly day by day I may someday get a disease or my body wouldn't function. The terms that are most important in this example are carbohydrates, proteins, fat, vitamins and minerals and water. These are the 6 essential nutrients ,along with fibre, that a person needs to consume through dietary sources to maintain optimal health. The WHO (World Health Organization) has divided these essential nutrients into two categories, micronutrients and macronutrients. Micronutrients are nutrients that a person needs in small doses which consist of vitamins and minerals and although the body needs only a small dose of it a deficiency can cause ill health. Macronutrients are nutrients that a person needs in larger amounts, which include water, protein, carbohydrates and fat. A person needs these nutrients because they offer a variety of benefits. These benefits include a boost in the immune system, the strengthening of the teeth and bones and supporting a healthy blood which are all benefits of vitamins. Some of the benefits of proteins are that they form antibodies, to help ensure the growth and development of muscles,bones, hair and skin. Some benefits of fats are cell growth, balanced blood sugar and mineral and vitamin absorption. Some benefits of carbohydrates are to

support the digestive function and to support the immune system. Some benefits of minerals are that they help balance water level and improve healthy skin and hair. Lastly some of the benefits of water are that it helps flushing toxins out, to hydrate the body, to transport nutrients and to prevent constipation which is when a person has three or fewer bowel movements in a week.

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