Risk factor for Non communicable disease

➤ **Risk Factors increase the chances of getting diseases**

There are some risk factor s which affect your health.

① **Presence of Substances in the Environment:** there are some substances present in the Air causing Air pollution. When we inhale air they enter into our body and causing disease.

Example: asbestos fibre: asbestos is the material used in buildings. They enter into our airways and causing cancer.

② **Interaction with others**: interacting with others increased the chances of getting ill

③ **lifestyle** factor have different impact locally, nationally and globally. In Developed countries people who have higher income buy healthy foods.

people of Deprived areas have poor diet and more likely to smoke and less exercise. They have a higher chances of getting disease.

➤ **Risk factor that cause disease Directly**

1- Smoking: Smoking directly cause heart disease, lung disease even lung cancer

2- obesity: it can cause type 2 diabetes by making body less sensitive or resistant to insulin

3- drinking too much alcohol: it can cause liver diseases. Toxic substances of alcohols leak from the gut due to damage of intestines

4- Exposure of some substances or Radiation causing cancer: some substances and rays are causing cancer like X-ray or ultraviolet radiation damage the DNA and causing cancer

➤ **Risk factor can be identified using correlation**

Example: Lack of exercise and height fat linked each other causing Cardiovascular heart disease. It is the resulting High blood pressure and high or bad cholesterol level.

Here is the brief description of risk factor or non communicable diseases