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The role of lifestyle behaviour change associated with non-communicable disease risk in managing health conditions**Amani Kamal Saqallah**
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Other than activity and exercise, lifestyle practices such as healthy nutrition and not smoking, well established for preventing and managing lifestyle-related non-communicable diseases (i.e., heart disease, cancer, hypertension, stroke, obstructive lung disease, diabetes, and obesity) , are less emphasized in the traditional medical treatment guidelines for addressing chronic disease such as CVD. This review examines the relationships between health & lifestyle behaviors, with special reference to the public health approach, and their clinical & research implications. The review is conducted to synthesize evidence related to lifestyle factors (not smoking, healthy diet, healthy weight, optimal sleep and manageable stress, as well as physical activity) and health, with special reference to public health with public health role. The aim is to support the health behavior change competencies (examination/assessment and intervention/treatment) may need to be included in first-line management of non-communicable disease, either independently or in conjunction with medical therapy interventions. To address knowledge gaps in the literature in UAE & GCC countries, however some systematic research review are indicated: 1) to establish the degree to which adopting healthier lifestyle practices, avoids or reduces the need for conventional treatment ; 2) to establish the degree to which medical therapy interventions prescribed for chronic disease augment the benefits of lifestyle behavior change, 3) to establish whether patients/clients with healthier lifestyles, respond more favorably to usual medical therapy interventions than those who have less healthy lifestyles.

Biography

Amani Kamal Saqallah completed her Master degree in Nutrition Science and Policy with the combination of public health at Tufts University- Boston USA and working toward PhD in public health nutrition. She joined the college of Sustainability Sciences and Humanities (CSSH). Dept of Nature Sciences and Public Health Division at Zayed University as faculty in 2014, and 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. This led to the development of some regulations and guidelines such as Weqaya- CVD prevention healthy nutrition program since 2011 until present. She is also leading nutrition therapy and community nutrition education projects from 2003 and practicing nutrition counseling clinic until present. 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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