

Lifestyle and behavior to prevent Non-Communicable Diseases

Prof Ivana Kolcic, MD, PhD

Department of Public Health, University of Split School of Medicine

ABSTRACT

Non-Communicable Diseases (NCDs) are the leading causes of morbidity, disability and mortality in the last couple of decades in the world. These diseases are most commonly the product of our behaviors and habits, embedded in our environmental, economic and societal circumstances, also known as our “modern lifestyle”. *De facto*, it could be said that NCDs are man-made or at least man-induced. However, they should not be accepted as our destiny. The large body of knowledge has emerged lately showing that obesity and accompanying type 2 diabetes are not only preventable and treatable, but also reversible by lifestyle intervention (1), the same as atherosclerosis (2), metabolic syndrome (3), and depression (4), to name just a few leading NCDs. This can be accomplished by applying the knowledge, skills, tools and procedures of the new field of medicine – lifestyle medicine (5). The next challenge ahead is to elicit the adoption of the healthy lifestyle by the population at large, and to make such changes sustainable in order to achieve our best possible health (6).



CONTACTS

ikolcic@mefst.hr

ikolcic@yahoo.com



<https://www.lifestylemedicine.org/>

“Lifestyle Medicine is the use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease.”

BIOGRAPHICAL SKETCH

Medical doctor (2003) & Specialist in Epidemiology (2008)

Teaching Epidemiology (2004-), Evidence-Based Medicine (2011-) & Lifestyle medicine (2017-)

Co-director of PhD Program “Clinical Evidence-Based Medicine”, University of Split School of Medicine (2018-)

Participated in numerous domestic and international projects, authored more than 150 scientific papers

CROLMA Founder & Secretary general (Croatian Lifestyle Medicine Association; NGO founded in 2021)

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