

"From Risk to Resilience: Healthy People in Healthy Communities through Lifestyle" at In-Service Training at LBSNAA, Mussoorie.

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Why Health



The time to repair
the roof is when
the sun is shining.

John F. Kennedy

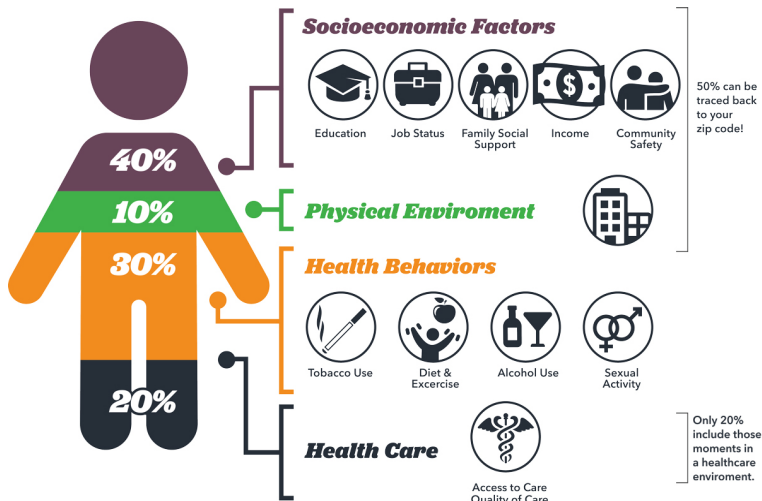
BrainyQuote

- Foremost resource for productivity, happiness
- Limited time opportunity in Demographic Dividend

Measures of health

- Individual level:
 - Physical, mental, social (WHO)
 - Life expectancy
 - Wellness Biomarkers: Biological age vs. Chronological age
 - As per Hath Yoga, good health is freedom from disease, slimness, lusture on face, clarity of voice, brightness of eyes, control over seminal ejaculation, stimulation of gastric heat, purification of subtle energy channels.
 - Why do some people remain healthy despite stress and adversity while others develop chronic disease ?
- Population level:
 - Burden of disease
 - Health system efficiency
 - Why do some countries achieve higher health status at moderate cost to GDP ?

Where is Health Produced in our System ?



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

Social Determinants of Health



Health SDGs



What is Risk ?

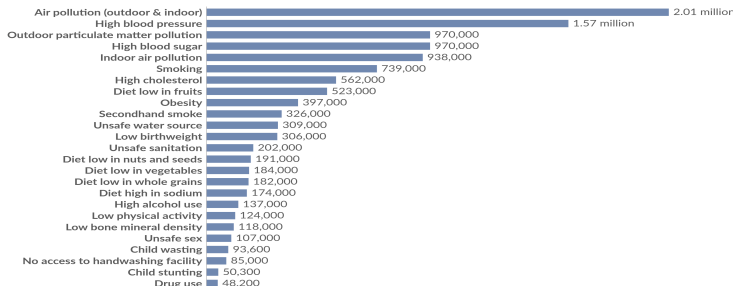
- A characteristic or behavior that increases the likelihood of disease.
- Non-modifiable
 - Age
 - Gender
 - Genetics
 - Family history
- Modifiable
 - Tobacco, Ultra Processed Food (Salt, Sugar, Fat),
 - Alcohol
 - Diet
 - Physical inactivity
 - Stress
 - Sleep
 - Obesity

Risks to Health - India

Deaths by risk factor, India, 2023

The estimated annual number of deaths attributed to each risk factor¹. Estimates come with wide uncertainties, especially for countries with poor vital registration².

Our World
in Data



Data source: IHME, Global Burden of Disease (2025)

OurWorldInData.org/causes-of-death | CC BY

Note: Risk factors¹ are not mutually exclusive. The sum of deaths attributed to each risk factor can exceed the total number of deaths.

1. Risk factor A risk factor is a condition or behavior that increases the likelihood of developing a given disease or injury, or an outcome such as death. The impact of a risk factor is estimated in different ways. For example, a common approach is to estimate the number of deaths that would occur if the risk factor was absent.

Risk factors are not mutually exclusive: people can be exposed to multiple risk factors, which contribute to their disease or death. Because of this, the number of deaths caused by each risk factor is typically estimated separately.

[Read more: How do researchers estimate the death toll caused by each risk factor, whether it's smoking, obesity or air pollution?](#)

[Read more: Why isn't it possible to sum up the death toll from different risk factors?](#)

2. Civil Registration and Vital Statistics system A Civil Registration and Vital Statistics system (CRVS) is an administrative system in a country that manages information on births, marriages, deaths and divorces. It generates and stores 'vital records' and legal documents such as birth certificates and death certificates.

[You can read more about how deaths are registered around the world in our article: How are causes of death registered around the world?](#)

● Individual behaviours + Air Pollution, unsafe water source

What is Resilience?

- The ability to adapt positively despite adversity.
- Resilience is
 - Learned
 - Strengthened
 - Practiced
- Components of Resilience
 - Lifestyle choices
 - Psychological
 - Optimism
 - Emotional regulation
 - Self-awareness
 - Social
 - Support systems
 - Communication
 - Purpose
 - Meaning in life
 - Goals, Values

The Science of Resilience

- Healthy habits improve
 - Brain plasticity
 - Immune function
 - Hormonal balance
 - Emotional regulation
- Lifestyle changes affect both body and brain.
- Mitigation, Preparedness help prevent, better manage risks

Lifestyle: The Biggest Medicine

- Research consistently shows lifestyle influences
 - Cardiovascular disease
 - Diabetes
 - Hypertension
 - Stroke
 - Cancer
 - Depression
 - Dementia
- Lifestyle medicine aims to prevent, treat, and even reverse many chronic diseases.

6 Pillars: Lifestyle Medicine

Six Pillars of Lifestyle Medicine



Health Building Lifestyle Guideline, Questionnaire

Health Building Lifestyle Guidelines

Foods to be totally avoided ^[1]

Food containing high amount of salt, refined sugar, refined cereal and fat.

1. Deep fried → fries, pakoras, samosa, kachori, etc. ^{[2][3]}
2. Processed/ Packaged food → chips, patties, breads, biscuits, sauces ^[4]
3. Confectionery → sweets, chocolates, toffees, cakes, pastries, ice-cream ^[5]
4. Carbonated drinks → soft drinks, sodas. ^[6]
5. Caffeinated drinks → tea and coffee with milk. ^[8]
6. Meat → red meat
7. Alcohol.

Healthy Balanced Diet ^[1]

Eat from the seven food groups (prefer eating locally produced foods) :

1. Vegetables → Seasonal and green leafy vegetables, salads like beetroot, cucumber, radish. Chutney (coriander, mint, chilies, garlic, ginger, Indian gooseberry.) ^[7]
2. Fruits → Seasonal fruits
3. Cereals → Whole wheat, parboiled rice and millets like bajra, jowar, ragi. Fermented cereals, cereal-pulses mix. ^[8]
4. Pulses → Whole Pulses, Beans, Sprouted Lentil and Gram.
5. Dairy → Toned Milk, Curd, Buttermilk
6. Oils & Fats → Cook in little oil, steam or boil the food. Add ghee on top of food ^[9]
7. Sugars → Jaggery, Honey, Dates, Raisins. (In moderation) ^[10]

Adopt a healthy lifestyle ^[11]

1. Walk/ Exercise /Yoga/ Pranayama for at least 30 minutes a day.
2. Daily Sun exposure. ^[11]
3. Maintain a healthy body weight (BMI below 25). Lower abdominal fat. ^[12]
4. Drink adequate water to stay hydrated.
5. Live a stress-free life. Have regular and proper sleep.
6. Abstain from any type of addiction (Tobacco, Alcohol, Drugs, Screen).
7. Meal times should be fixed. Avoid overeating.



Sample Menu

- Breakfast: Dalia or sprouts salad or idli/uttappam/ dosa sambar or upma.
- Mid Morning: One fruit (of the season).
- Afternoon : Chapati/Rice/ Khichdi + dal + sabji + buttermilk + salad+ chutney.
- Evening : Soup + same as lunch but in less quantity.

Prefer having last meal of the day before sunset.

- Source : A traffic light approach to lifestyle change: Health building guideline for NCD outpatients in India, JFMPC, 2026

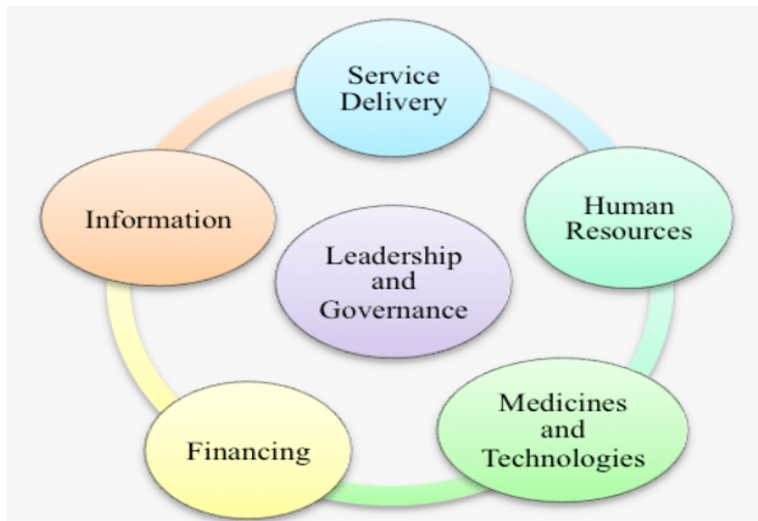
Behavior Change

- Behavior change follows stages
 - Pre-contemplation
 - Contemplation
 - Preparation
 - Action
 - Maintenance
- Healthcare providers should Support, not judge.
 - Competence
 - Opportunity
 - Motivation

India's Public Health Challenges

- **Population: 18% (~1.46 billion people)**
- Stunting (children under 5): 31% (~37 million children)
- Tuberculosis: 26% (~2.8 million cases/year)
- Tobacco users: 21% (~267 million users)
- Cardiovascular diseases: 19% (~5 million deaths/year)
- Hypertension: 16% (~315 million adults)
- Diabetes: 14% (~101 million adults)
- Road traffic deaths: 11% of global road traffic fatalities
- Air Pollution, unsafe water source

Resilient Public Health System: Building Blocks



- Build a system of Healthy Individuals in Healthy Communities

Key Take-Home Messages



- Start small, lead healthy communities
- Join the Wellness movement at <https://lifequality.org.in>