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France, Dietary Diseases

France: Alimentation Plus Saine, Durée de Vie Plus

Have you ever thought about how other countries deal with sickness and disease? You know all about how it works in your country of residency and citizenship. You know all about the healthcare, the currency, the laws, the culture, the food you eat, the agriculture, your prescriptions. However, in other countries, these are completely different. Take France for example, which is fairly different from my place of citizenship, the United States. France is a country in Western Europe, including medieval urban areas, high towns and Mediterranean sea shores. France has a population of 66.99 million people. It has a land area of 643,901 square kilometers. France is a lot bigger than numerous individuals think, it's the third biggest nation in Europe after Russia and Ukraine. *(IHME 2019)*

According to Britannica, France's broadened economy is driven by the travel industry, assembling, and pharmaceuticals. The major agricultural items from France among the top makers on the planet are sugar beets, wine, milk, beef and veal, oats, and oilseeds. The medicine services framework in France comprises a completely incorporated system of open clinics, private emergency clinics, specialists and other therapeutic specialist organizations. However, France faces issues of increasing expenses of doctor prescribed drugs, expanding joblessness, and an enormous maturing populace. *(Statista 2019)* Costs identified with the healthcare services framework in France refer to 10.5% of the nation's GDP and 15.4% of its open consumption. Accordingly, healthcare isn't actually accommodated for everybody. *(Encyclopedia Britannica Aug 2010)*

Today, there are 490,000 farms in metropolitan France. The average farm size is 135 acres. This is much smaller than the average farm size in America, which is 444 acres. France's atmosphere is separated into four climatic zones. The oceanic climate of western France brings normal rainfall. Central and eastern France's continental climate harbors cold winters and sweltering summers. Mediterranean climate of south-eastern France consists of dry summers, with precipitation from October to April. France's mountain climate brings snow for three to six months out of each year. *(Expatica Jan 2019)*

The typical family size is 3 people per household (two parents, and a child). The current fertility rate for France in 2019 is 11.171 births per 1000 people, or 1.851 births per woman, a 0.05% decline from 2018, so families are typically small. MANY families in France suffer from food insecurity. *(Statista 2019)*

Food is a significant piece of life in France, which makes it likewise a significant piece of French culture. While the British are known for evening tea and Americans are known for their unlimited smorgasbords, the French grasp long, lingering dinners that contain a few courses. Food culture is fundamental to the elements of everyday life in France. Nourishments that are a staple of the French eating regimen incorporate full-fat cheddar, butter, bread, fresh fruits and vegetables, frequently fish or chicken rather than red meat, wine, and chocolate. *(Eldridge 2019)* You could say that the typical meal is fairly healthy in France. Families in France often shop at markets that sell brands of food. *(BDJ Team 2019)*

Something that goes into play with proper healthcare is EDUCATION. Families have access to FREE education in France (as long as you're a citizen and have proof of residency), and it is required by law that children ages 6-16 attend school. Subsequent to finishing obligatory French instruction, an understudy can consider advanced education courses in France. Families also have access to health care, and it's affordable, because their healthcare prices are 21% of their income. Opposed to the United States, where healthcare costs twice as much. (*Expatica 2019*)

Water in France is indeed clean, and safe for drinking as well as other purposes. Five years ago, 98% of France had access to clean drinking water. (*Statista 2019*) France readily has toilets, electricity, telephones, roads, and plenty of local markets available. Water supply and sanitation in France is widespread and of good quality. (*France ONU*)

FOOD INSECURITY is highly affected by occupations and levels of education. About 3 Million individuals in France are unemployed, 10.2% of the workforce. Only 28.3 percent of France are college graduates. (*Statista 2019*) Having high levels of education with degrees and diplomas to show for it, are necessary for earning a living with a high paying career in France. Most high end occupations require college degrees, or diploma's for people to qualify. However, there does happen to be barriers for accessing nutritious food. Food insecurity in France, currently influences 1 out of 9 individuals around the world. (*Expatica 2019*)

Malnutrition is likewise a genuine and persevering issue. Over the most recent three years, the SOFI report has concentrated all the more explicitly on the connections between food frailty, struggle (*SOFI 2017*), environmental change (*SOFI 2018*) and easing back financial development (*SOFI 2019*). The image painted by SOFI is not kidding: presentation to progressively mind boggling, frequent and serious atmosphere occasions dangers sabotaging the advancement made in the battle against appetite and lack of healthy sustenance. Additionally, environmental change has negative outcomes on the sustenance of weak populaces including lower quality supplements and food assorted variety, impact on water and sterilization and sanitation dangers. (*France Diplomacy 2019*)

There are three principle types of malnutrition. These principles are, undernutrition, micronutrient inadequacies and obesity. In 2018, around the globe, interminable ailing health affected 22% of children matured under 5, for example 149 million. Given these developing figures, there is a genuine danger of not accomplishing Sustainable Development Goal planner for ending hunger by 2030. (*France Diplomacy 2019*)

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Now that I have painted the complete picture of France, AND it's pros and cons. It's time that the directed issue is addressed:

Most Dietary diseases remain incurable. Though still, scientists have yet to release a cure for some of them, such as cancer. Dietary diseases are killing the world, death rates increase. Lung Cancer is ranked number four, as what causes the most deaths in France, and is the leading cause of premature death in France. People that smoke are more likely to be affected by this. *(BDJ Team)* According to the Centers for Disease Control and Prevention, Lung Cancer could be prevented by avoiding smoking. Dr. Eldridge, MD of Verywell Health, says that diets high in natural products are related with a lower danger of lung disease, and truth be told, the National Cancer Institute has evaluated that even apples can lower the risk of lung cancer by 50%. *(Eldridge 2019)*

France's leading cause of death in general, is Alzheimers disease. According to Dr. Graff-Radford MD of Mayo Clinic, living a healthy life may play a role in lessening your danger of different kinds of dementia. "Avoiding smoking, controlling vascular risk factors, including high blood pressure, high cholesterol and diabetes, and eating a balanced diet, such as the Mediterranean diet." Some trends are improving, worsening, and staying the same. *(CDCP 2019)* A study by the Institute for Health Metrics and Evaluation, shows that the causes of deaths are primarily because of Alzheimer's disease, Ischemic heart disease, strokes, Lung Cancer, and Colorectal Cancer. Since 2007, Ischemic heart disease descended from France's leading cause of death, to the second leading cause of death. This was a 32.8% change. Meanwhile, Alzheimer's has risen from the second leading cause of death (2007). *(CDCP 2019)*

Diets do NOT contribute to this data. Unhealthy diets and daily intake can cause these diseases to occur or get worse. However, the trends change based on cures, treatments, and medical assistance. Some of the chronic diseases listed, definitely have a cure. However, why would scientists, doctors, or researchers release a cure? Treatment centers and hospitals are money making businesses. With that being said, doctors make good money off of these sick patients that walk into their facilities seeking cures. Treatments and cures are not the same thing, so patients eventually will need more and more treatment. Which means, they're giving these facilities more and more money. If doctors cured diseases, such as cancer, the money is LESS CONSISTENT. Very corrupt system.

Dietary diseases affect rural populations far more than urban areas. France is more urban than rural, so immediate healthcare is not really an issue in urban areas. *(IHME 2019)* However, France's rural areas are what is known as "healthcare deserts". According to journalist Matthias Blamont, in spite of the fact that France appreciates notoriety, it has a maturing populace and a deficiency of doctors, particularly in rural areas. It's gotten to the point where President Emmanuel Macron has put rural France at the core of an update of the medicine services framework which he declared on Sept. 18, 2018, promising more cash and specialists for what he called "social insurance deserts" in territories outside large urban areas. *(Blamont 2018)*

Health care suppliers exhort individuals with diabetes, for example, to eat less sugar, starch, and fat. They prompt individuals with coronary illness to eat less fat and salt. In any case, numerous patients think that it's hard to change what they eat. This report looks at the difficulties of patients, like maintenance. Around the globe our weight control plans are getting progressively comparable. This leaves us helpless against nourishment emergencies on the off chance that one of our worldwide breadbaskets falls flat.

Especially given that 1 in 6 French people suffer from a chronic disease and 9 million people are declared as Long-Term Affection. (*IHME 2019*)

Finally, Restorative and financial examinations by the health system to those who are suffering, is **what I recommend the most**. This solution seems the most effective, if it is done by health care professionals who care about their patients. Sure, people can manage their own balanced diet. But 9 times out of 10 the person is more likely to crack once they've had a long enough diet. Take someone who smokes for example, they probably can stay away from smoking for a little while, but once they begin to have withdrawals, they'd return to smoking. Health care professionals can properly give savvy intercessions on a large scale. Cultural norms and behaviors that are considered in this solution, is definitely religion, where certain foods, and practices are prohibited in honor of that religion. Significant religions rehearsed in France incorporate Christianity, Islam, Judaism, and Buddhism, among others, making it a multi-religious nation. So, pork, for instance, is removed from some of their eating regimens. This obviously is regarded, when specialists consider patients' diets. With this solution, dietary disease would be sure to decrease and properly be treated in France!

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