

HEALTHY LIVING AMIDST INFECTIOUS DISEASES**Nurul Fitriyah**

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Health is a state of well-being, including physical, mental, and social well-being, not merely the absence of disease, disability or weakness (WHO, 1948). The Law of the Republic of Indonesia Number 36 of 2009 concerning Health defines health as a state of health, physically, mentally, spiritually, and socially that enables everyone to live productively in social and economic contexts. HL Blum (1981) stated that the level of health is influenced by 4 factors, namely the environment, behavior, health services, and heredity. Among these, environmental and behavioral factors play an important role in improving the level of public health. Chirico (2016) further explained that health determinants include personal, social, economic, and environmental factors (including the social and economic environment) that affect the health of individuals and populations. Social and economic environmental factors can involve social networks and support, health services, education, income, and social status. The physical environment includes living environment and workplace condition, and individual characteristics of a person such as genetics, gender, and behavior (Chirico F, 2016).

Illness is a person's subjective assessment of the disease they are experiencing directly, including its impact. Illness is a form of biological reaction to an organism, foreign object, or injury (objective). However, a person suffering from a disease does not necessarily feel pain. Often someone complains of pain even though no disease is found. Breakthroughs to uncover the pathogenesis of a disease and the development of treatments have been widely carried out to fight infections and infectious diseases. Infectious diseases are still the main cause of morbidity and mortality today (IHME Pathogen Group, 2024). In 2021, the top 10 causes of death contributed to 39 million deaths (57%) of the total 68 million deaths worldwide.

The top two groups of global causes of death are cardiovascular (ischemic heart disease, stroke) and respiratory (COVID-19, chronic obstructive pulmonary disease, lower respiratory tract infections). Globally, COVID-19 emerged as the second leading cause of death. Causes of death can be grouped into 3 categories (diseases): communicable (infectious and parasitic diseases, along with maternal, perinatal, and nutritional conditions), non-communicable (chronic diseases), and injuries (WHO, 2024).

Prevention is better than cure. Preventive care in the health care system is important, but risk reduction efforts remain the mainstay for improving health and preventing disease (Hacker and Briss, 2021). Health care in cases of *Chronic rhinosinusitis* (CRS) and dental health are ongoing efforts to prevent illness (Ferguson, 2014).

Lack of knowledge among individuals, families, and communities including teachers and health workers, as well as misperceptions that cause certain stigmas, are often factors that inhibit diagnosis, which have an impact on late diagnosis, resulting in increasing sources of transmission and hampering preventive efforts. The habit of clean and healthy living behavior should be encouraged. Family and community participation plays a critical role in the prevention and early detection of tuberculosis cases (Witdiati et al, 2024). Health workers and school teachers who are well-informed about measles and rubella can contribute to preventing congenital rubella syndrome (WHO, 2015). However, limited human resources, inadequate computer infrastructure, or poor internet connectivity are major challenges in timely reporting and data submission. In cases of dengue fever, preventive efforts through a population-based approach are necessary to enhance public health outcomes (Pratama *et al.*, 2017).

The COVID-19 pandemic still leaves challenges for healthy living in society (Syahida, 2021). The quality of life among COVID-19 survivors often experiences decreased productivity, which is characterized by fatigue, headaches, shortness of breath and other physical disorders (Tarisayi *et al.*, 2023). In many countries, COVID-19 has caused significant disrupted access to healthcare services and treatment among patients, both children and adults. A society with a good level of knowledge can be an important key in preventing disease, including in efforts to seek healthcare services for treatment.

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