

**Emerald**

Health and Education

**Foundation**

Health Awareness

Disease Prevention

Waterford City has gotten involved as well, by joining the World Health Organization's Healthy City network, which has linked many agencies and organization together with the one goal of promoting holistic health within our community, which means in some cases rethinking some government policies and directions. The HSE through their Health Promotion arm has been investigating how to promote a healthier Ireland. Lecturers at WIT are challenging students in health promotion as well. A few years ago, a person might find two or three bicycles on the campus at WIT, now it's hard to find a place to park and chain up your bicycle because there are so many.

Have you noticed there is a revolution going on around us? No, I'm not talking about the household tax or water rates protest, but the health revolution.

All around us there are people changing things in obvious ways that will make a big impact on their lives. As the red flags have been raised about the increase of killer diseases, like cancer, heart and blood vessel disease and type 2 diabetes many have taken note and decided to start doing something about it!

There are many people who have started an exercise programme. All around we're seeing people out running or cycling. Even an increasing number of older folks are out on their bicycles. Many people have taken to walking in the evening instead of just sitting in front of the telly.

As interest and demand have increased, the markets are stocking healthier foods for those looking for them. It is possible to get a good variety of fresh vegetables and fruits in most of the major stores now, and many are stocking an increasing inventory of nuts and seeds along with whole grain products. It's also possible to get a good variety of pulses (legumes), excellent and inexpensive sources of high quality protein and fibre. If people were not purchasing and using these items, they would not stock them.

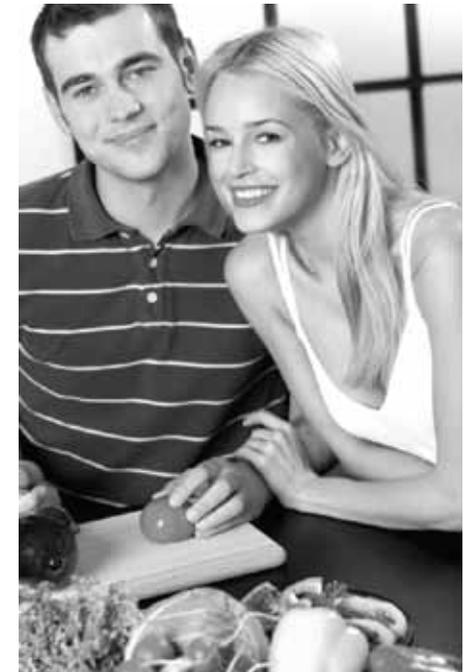
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Waterford Today regularly has a number of articles and columns relating to various aspects of health from a variety of different philosophic directions. There are many new web sites that have been developed relating to various health concerns (One promoting healthier children done by a Waterford man is <http://letsgethealthy.ie/>).

While there may be a variety of opinions and ideas about what actually leads to health, there are some basic lifestyle and attitude aspects that transcends all: If we are to have good health we need to take charge of it ourselves, our diet and activity levels make a

huge difference and prevention of health problems is much better than trying to cure them after they come upon us.

If you have not joined the revolution yet, there is never a better time! While it may not solve the EU's economic problems, it will reduce our national rates of cancer, heart and blood vessel disease and type 2 diabetes, along with mental and emotional problems. all of which will lead to a much higher quality of life for those who become involved--and at the end of the day, that's something no amount of money can buy!



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