

Remedies on emerging lifestyle diseases

This paper sets out to explore how universal health care can enhance food security to sustain the development of a society. It focuses on the preventive health care and emerging lifestyle diseases. Lifestyle diseases are those ailments that are linked with the way people live their life; physical and nutritive aspects. They are caused majorly by alcoholism, drug abuse, smoking, lack of physical activities and unhealthy eating habits. The objective of this paper is to explore how food security can be used as a preventive measure to emerging lifestyle diseases. Universal health care are ideals that relate to social and economic progress. Universal health care can mean different things in different contexts. The minimum of it being that no individual or family should suffer financial hardship while accessing quality medical services. This will be achieved by sampling relevant literature written on food security, health care and lifestyle diseases. Food security can serve as a vital means of improving the health and welfare of citizens and lay the foundation for economic growth. A healthy population translates into a productive and stable nation. Therefore, food security exists when all the people at all times have access to sufficient, safe and nutritive foods that meet their dietary needs and food preferences for an active and healthy life.

Keywords: *Food Security, Universal Health Care, Remedy, Lifestyle Diseases*