



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

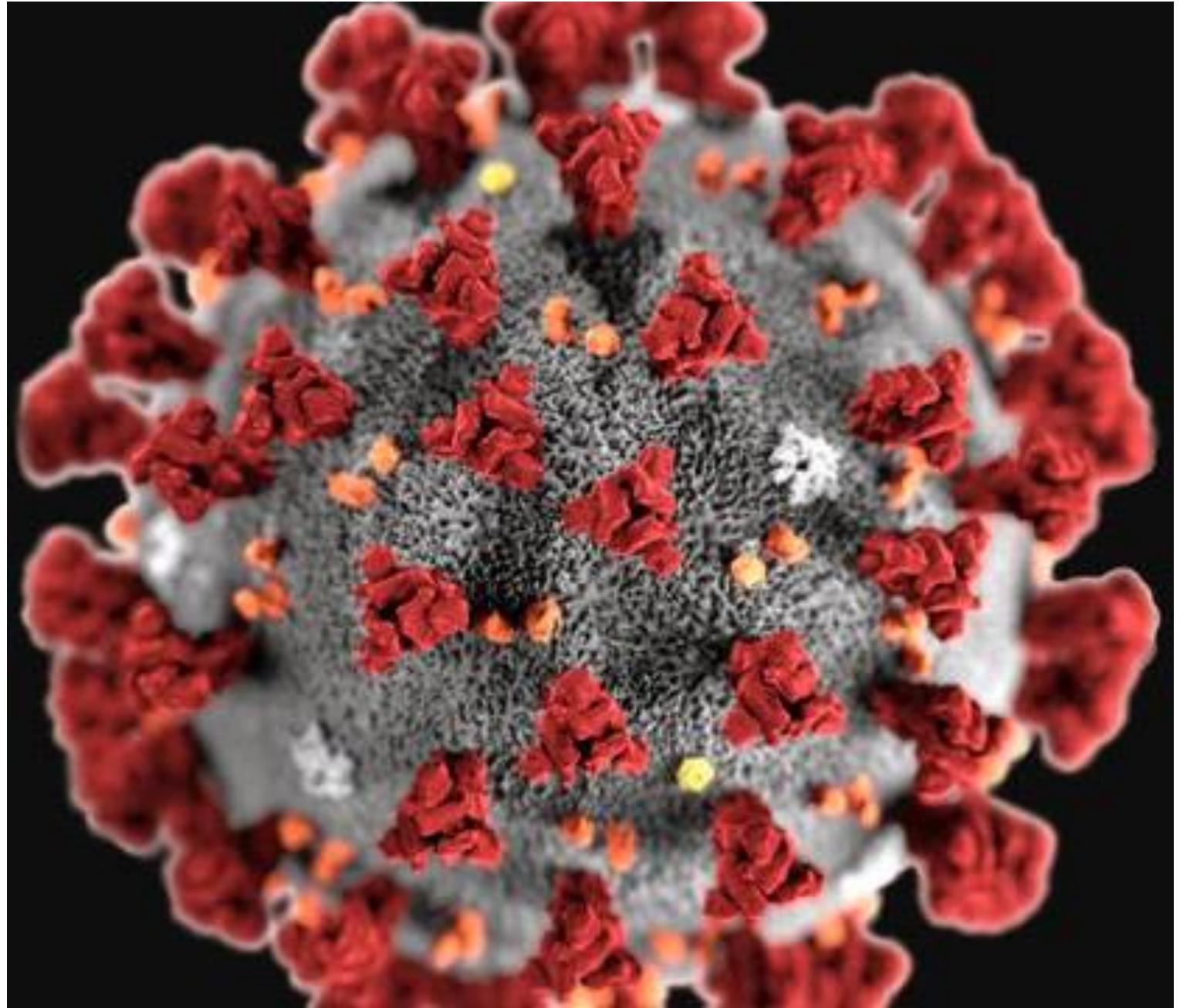
In the name of Allah, the Most Merciful, the Most Kind

GAYA HIDUP OTAK SEHAT 2021

ANI HASIBUAN, dr, SpS

FAKULTAS KEDOKTERAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH JAKARTA

WORLD PANDEMI 2020





COVID-19 Response

Asia Pacific region

Situation report #23 | 22 February 2021

World Vision is responding to the impact of COVID-19 in **17 countries** in the Asia Pacific, especially in places where children and families are the most vulnerable.



COVID-19 CASES: 13,913,848 DEATHS: 220,324

(COVID-19 case and death figures. Source: [WHO](#), 17 February 2021)



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People reached

16,106,189

Men 4,471,765

Women 4,744,122

Children 6,890,302

Boys 3,479,494 Girls 3,410,808

(Based on figures as of 19 February 2021)

Countries in the Asia Pacific region continue to grapple with the impact of the surge in new COVID-19 cases, including the new coronavirus strains, that forced governments to implement stricter lockdown measures. Asian economies are still struggling, resulting in higher unemployment rates and/or decline in working hours.¹ While much has been done to help communities build back better and plan for long-term recovery, the threat of a new variant and the increasing cases of COVID-19 calls for urgent attention to still provide life-saving essentials to the hardest hit areas.

Several parts of the region were also confronted with natural disasters, such as fires, typhoons, earthquakes, and flooding, which rendered thousands of people, including children, homeless and more vulnerable to the coronavirus. Protection and education issues remain a challenge and a key focus for the humanitarian community to address. There is a need to look into the changes and patterns of vulnerabilities and gaps and zoom into the challenges faced by schools, protection service actors, and health-care facilities in the recovery phase.

¹ <https://www.donorconnect.org/en/2021/02/19/covid-19-impacts-on-children-in-the-Asia-Pacific-region/>

Key concerns



The COVID-19 pandemic has exposed a sharp digital divide along gender lines in Asia, with girls facing more hurdles than boys in accessing the internet while also suffering the brunt of rising online abuse. We call on governments and all stakeholders to update, reform, and enact legal frameworks on online harassment and violence against all girls and young women in consideration of specific intersectional characteristics, such as race, age, disability, ethnicity, sexual orientation, identity, and expression.



In light of the COVID-19 vaccine roll-out, national vaccination plans need to have specific mapping of vulnerable populations apart from health workers, the elderly and people with underlying conditions. Plans need to be specific in including refugees and populations living in the urban hotspots.

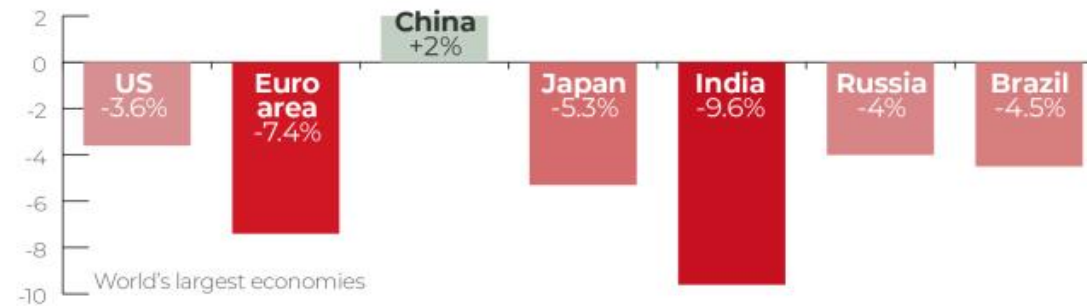
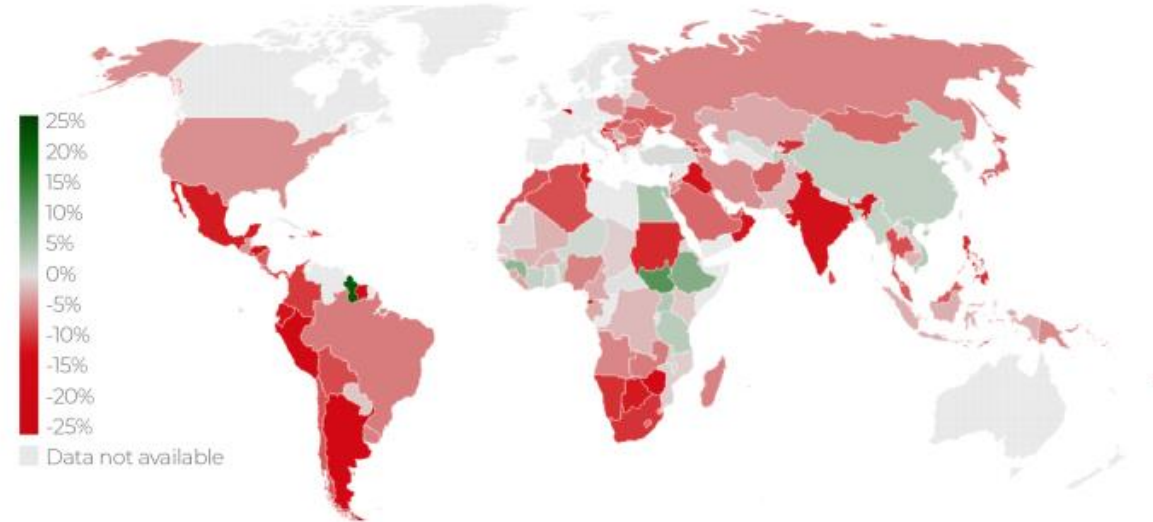


National vaccination plans need to ensure community engagement and representation in coordination structures created for vaccine roll-out and count. They must include faith leaders and should be backed with long-term and sufficient funding.

COVID-19

Trillions wiped out

In 2020, **global economy shrank by 4.3 percent.** Every major economy except for China's shrank over the course of 2020.



Source: WorldBank | January, 2021

إِنَّ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ وَأَخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ لِأُولِي الْأَلْبَابِ ۝ ١٩٠ الَّذِينَ
يَذْكُرُونَ اللَّهَ قِيَمًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ رَبَّنَا مَا
خَلَقْتَ هَذَا بَطْلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ ۝ ١٩١

Sesungguhnya dalam penciptaan langit dan bumi, dan silih bergantinya malam dan siang terdapat tanda-tanda bagi orang-orang yang berakal. (yaitu) orang-orang yang mengingat Allah sambil berdiri atau duduk atau dalam keadan berbaring dan mereka memikirkan tentang penciptaan langit dan bumi (seraya berkata): “Ya Tuhan kami, tiadalah Engkau menciptakan ini dengan sia-sia, Maha Suci Engkau, maka peliharalah kami dari siksa neraka”
(Ali Imran : 190 – 191)

Manulife Asia Care Survey 2020

Understanding customer concerns and aspirations during COVID-19

A healthier, fitter Asia

Since the outbreak of COVID-19



50%
found ways
to be more
physically
healthy



33%
began to track
their mental
well-being

In the next 18 months

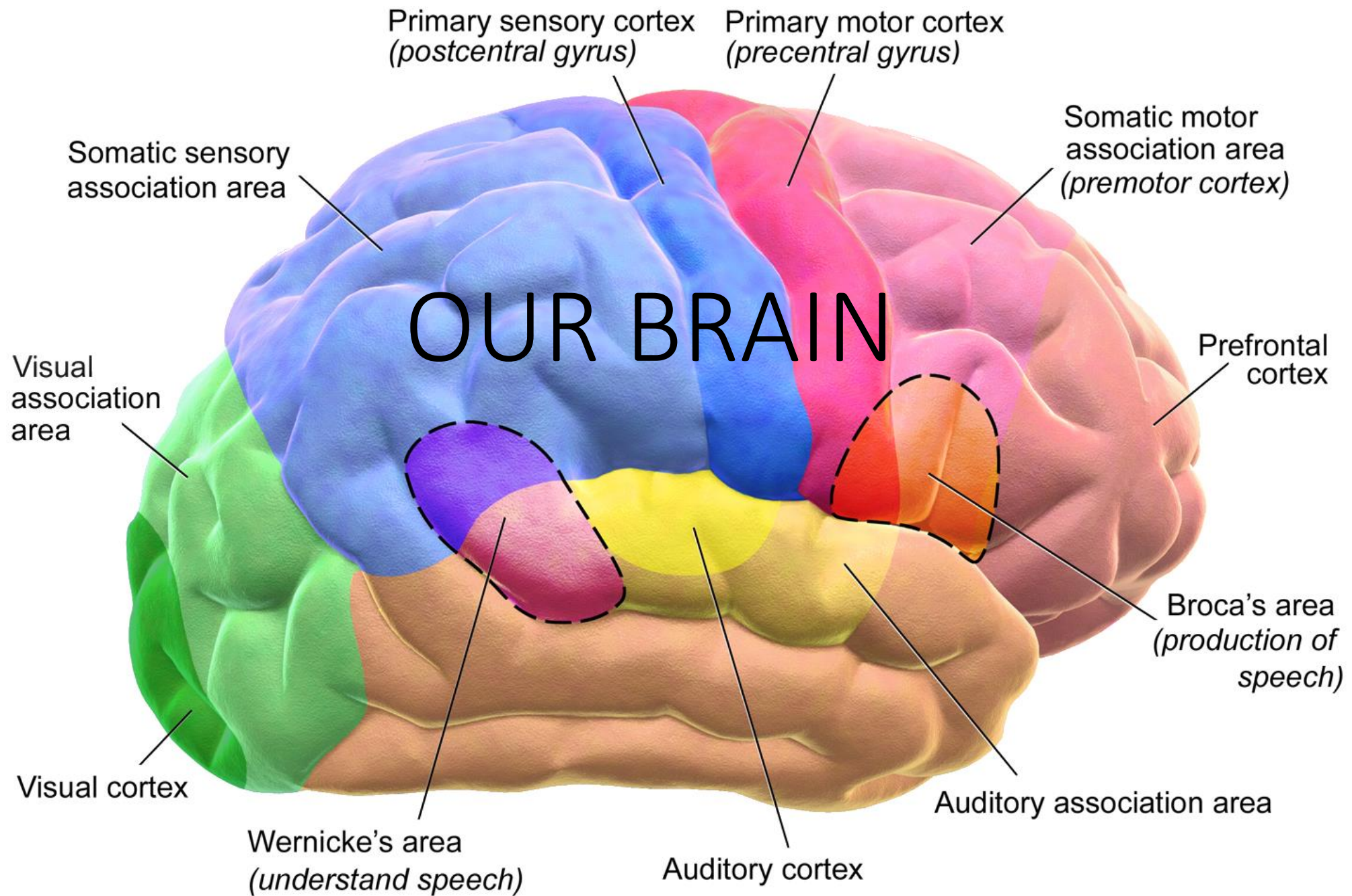


41%
expect to maintain
a physically
healthier lifestyle

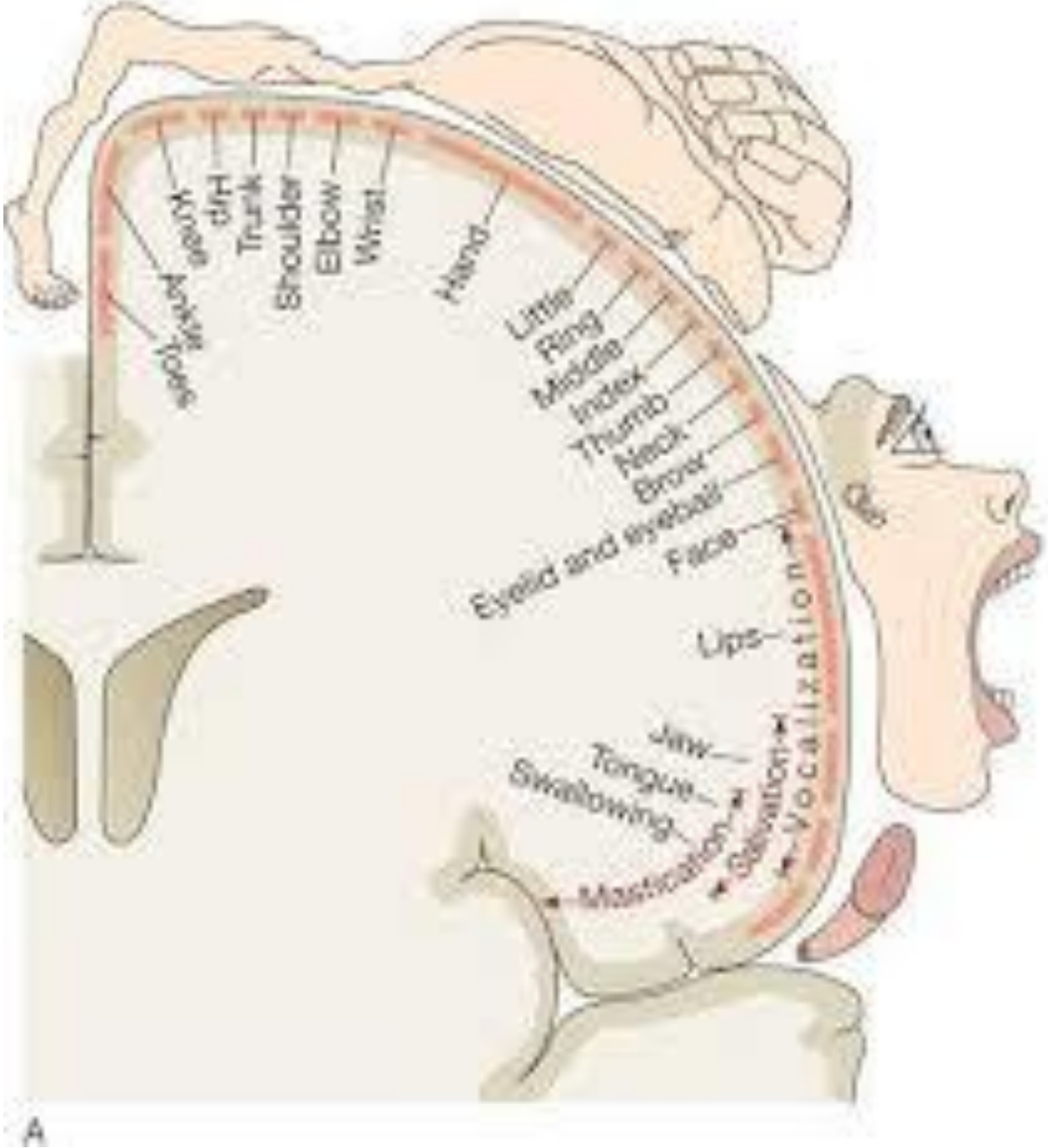


24%
intend to
incorporate
mental
well-being into
their lifestyle

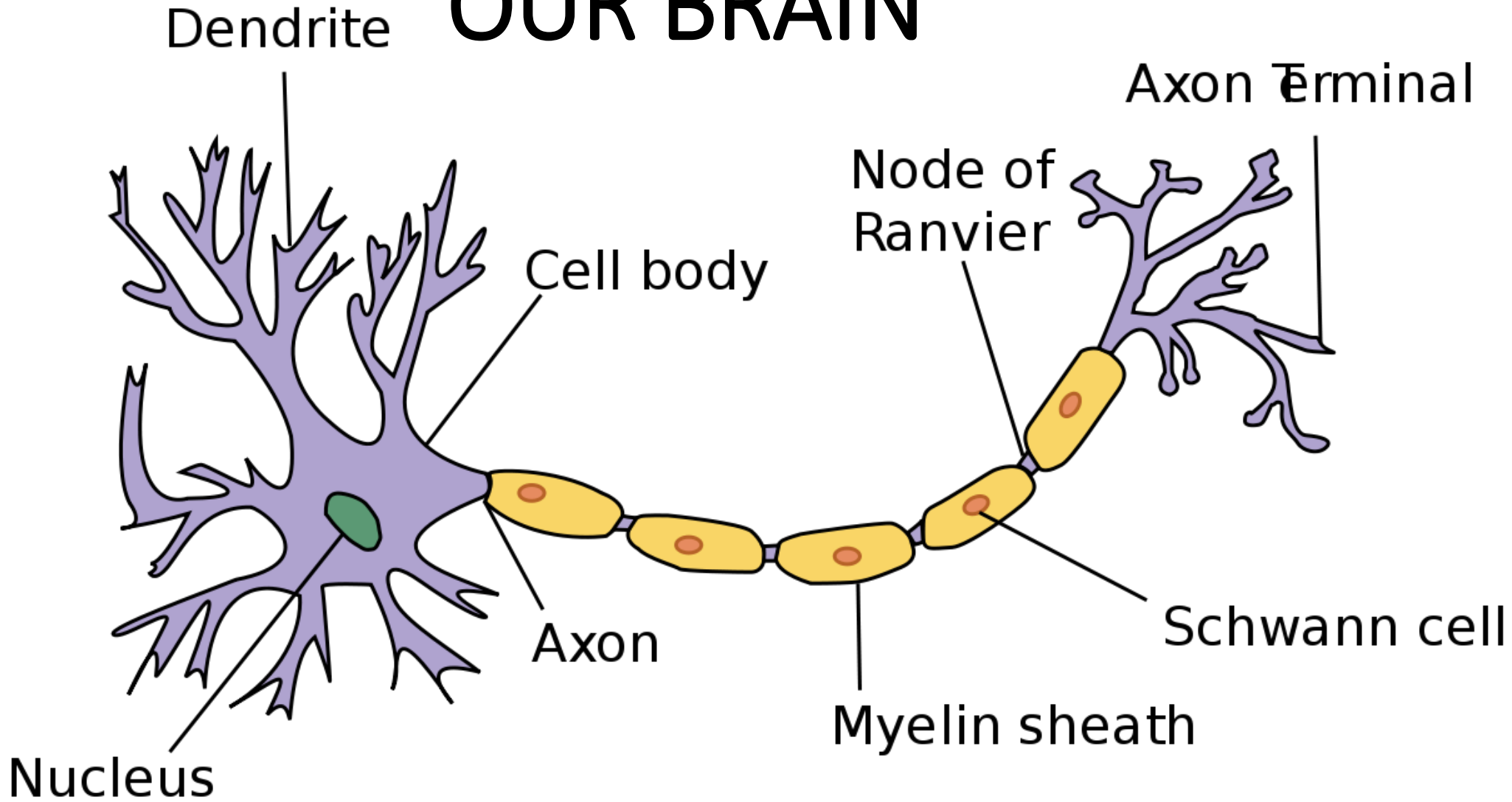
WHAT
COVID
GIVES FOR
US



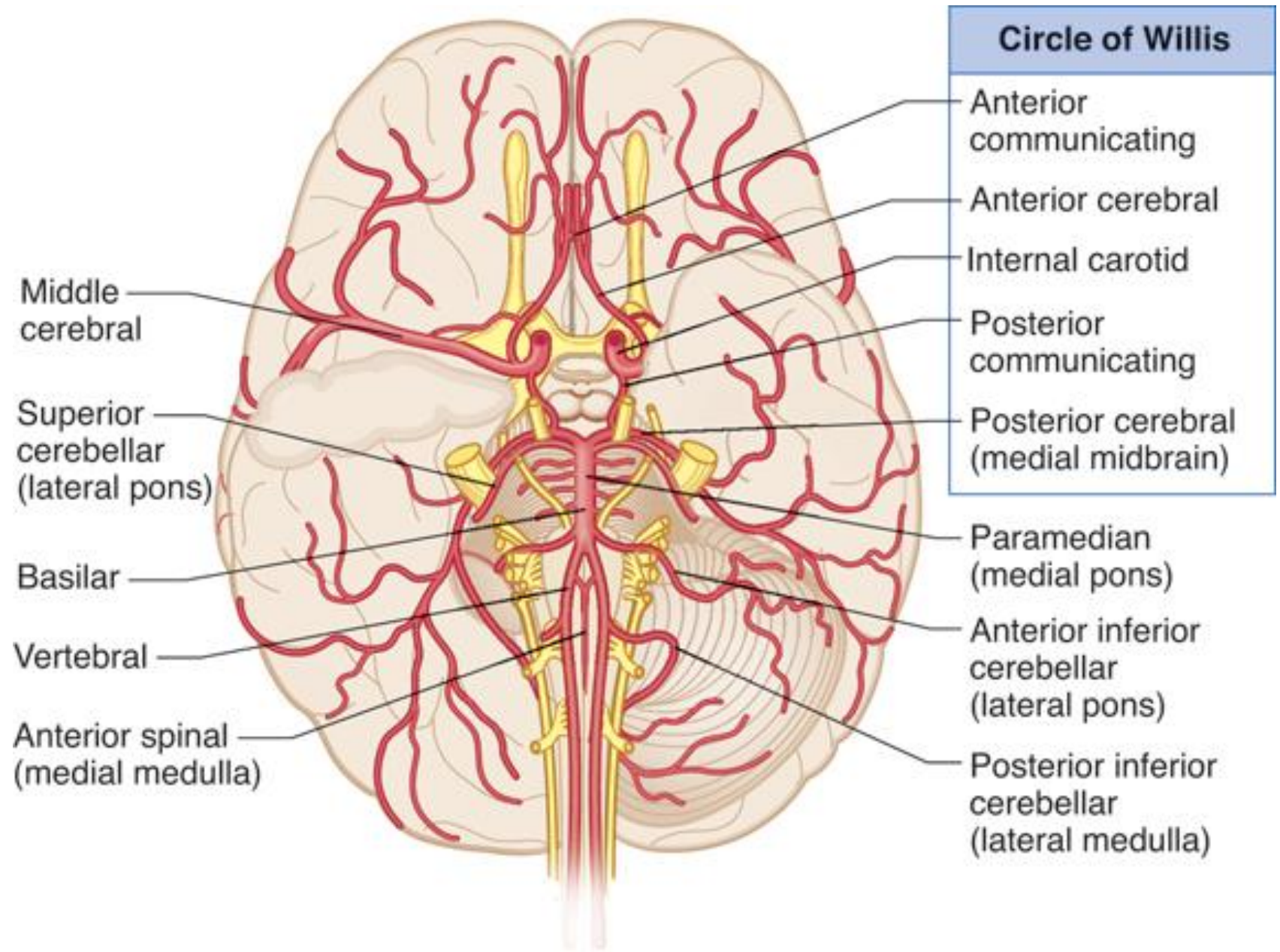
Homunculus Cerebri



OUR BRAIN



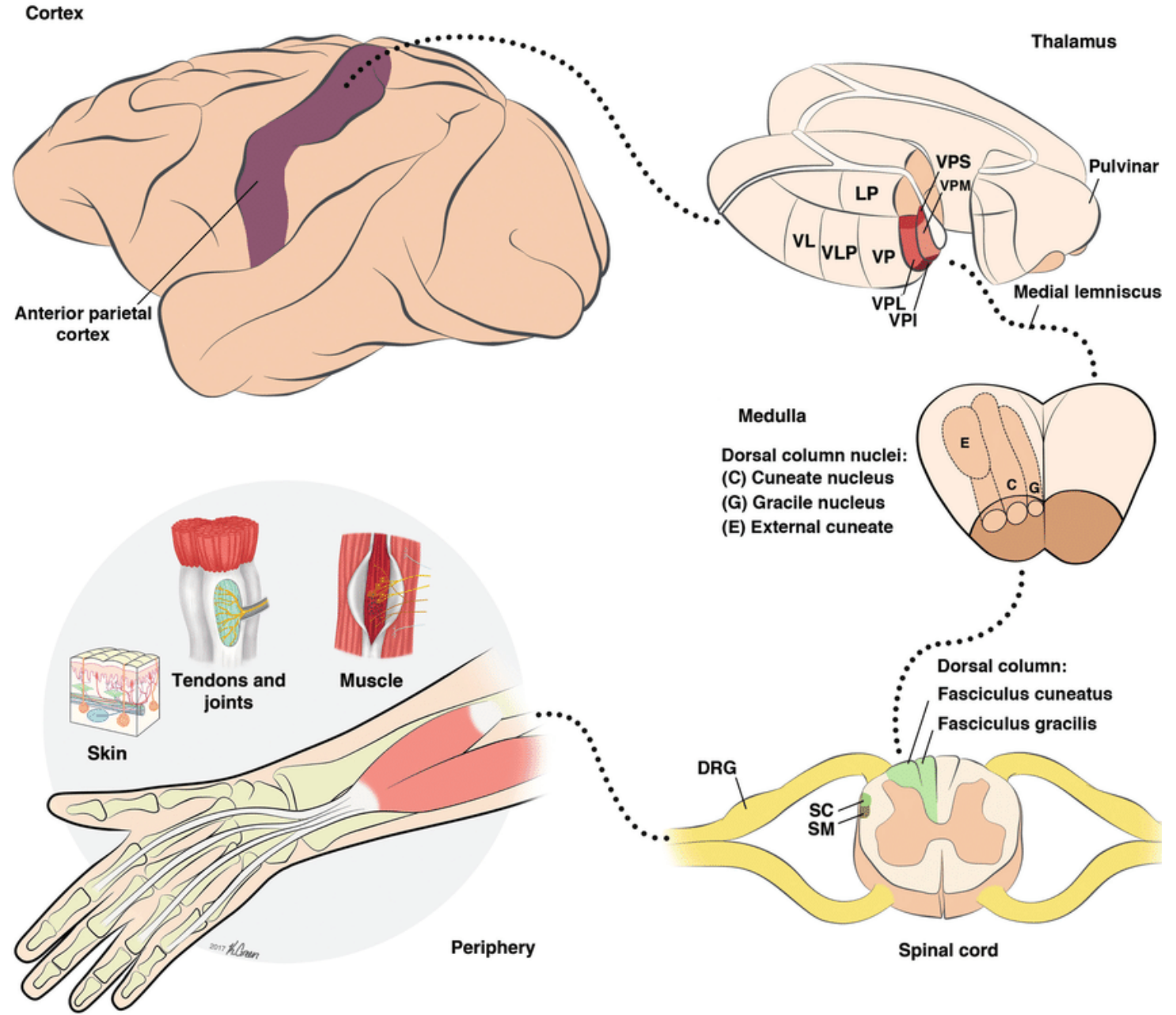
OUR BRAIN



CIRCULUS WILISSI

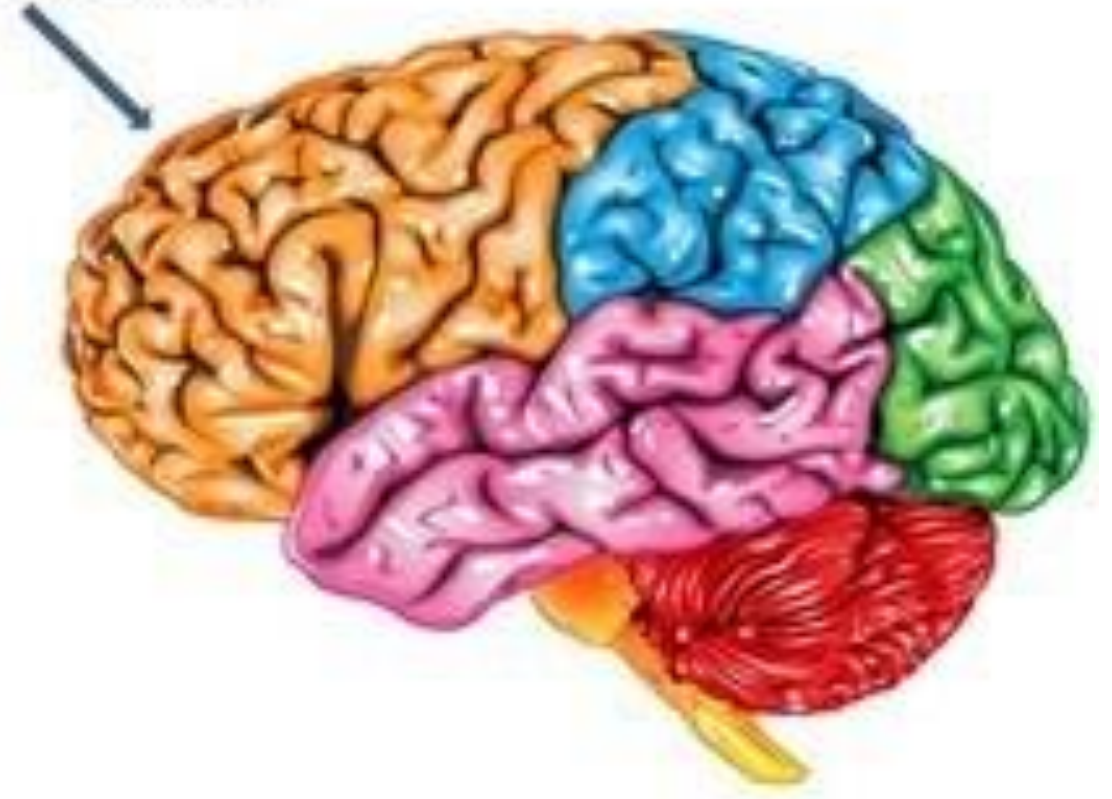
OUR BRAIN

SENSORY PATHWAY



Inhibisi
Executive Function
Social Value

Frontal Lobe



THE HIGHEST CORTICAL FUNCTION

KALBU

أَلَا وَإِنَّ فِي الْجَسَدِ مُضْغَةً، إِذَا صَلَحَتْ صَلَحَ الْجَسَدُ كُلُّهُ، وَإِذَا فَسَدَتْ فَسَدَ الْجَسَدُ كُلُّهُ، أَلَا وَهِيَ الْقَلْبُ

“Ketahuilah, sungguh di dalam tubuh itu ada segumpal daging. Jika daging tersebut baik, baiklah seluruh tubuh. Jika rusak, rusaklah seluruh tubuh. Ketahuilah, segumpal daging itu adalah kalbu (jantung).” (HR. al-Bukhari dan Muslim)

LATAR BELAKANG

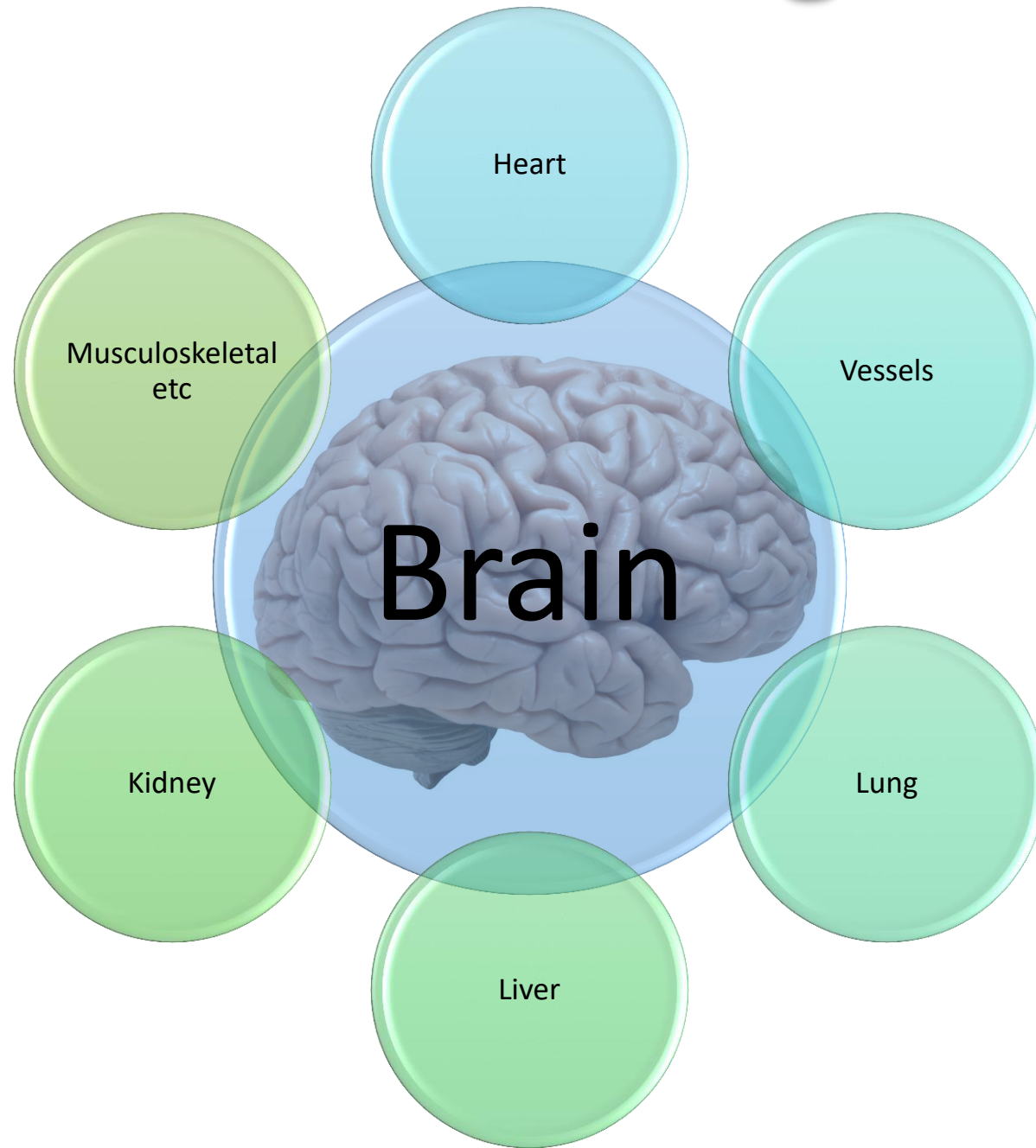


Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO 1948)

MEN SANO IN CORPORE SANO

Over the next 10 to 15 years, people in every world region will suffer more death and disability from such non-communicable diseases as heart disease, cancer, and diabetes than from infectious and parasitic diseases

Latar Belakang



LATAR BELAKANG



Seluruh organ yg ada dalam tubuh manusia adalah organ hidup yang sangat dipengaruhi oleh lingkungan

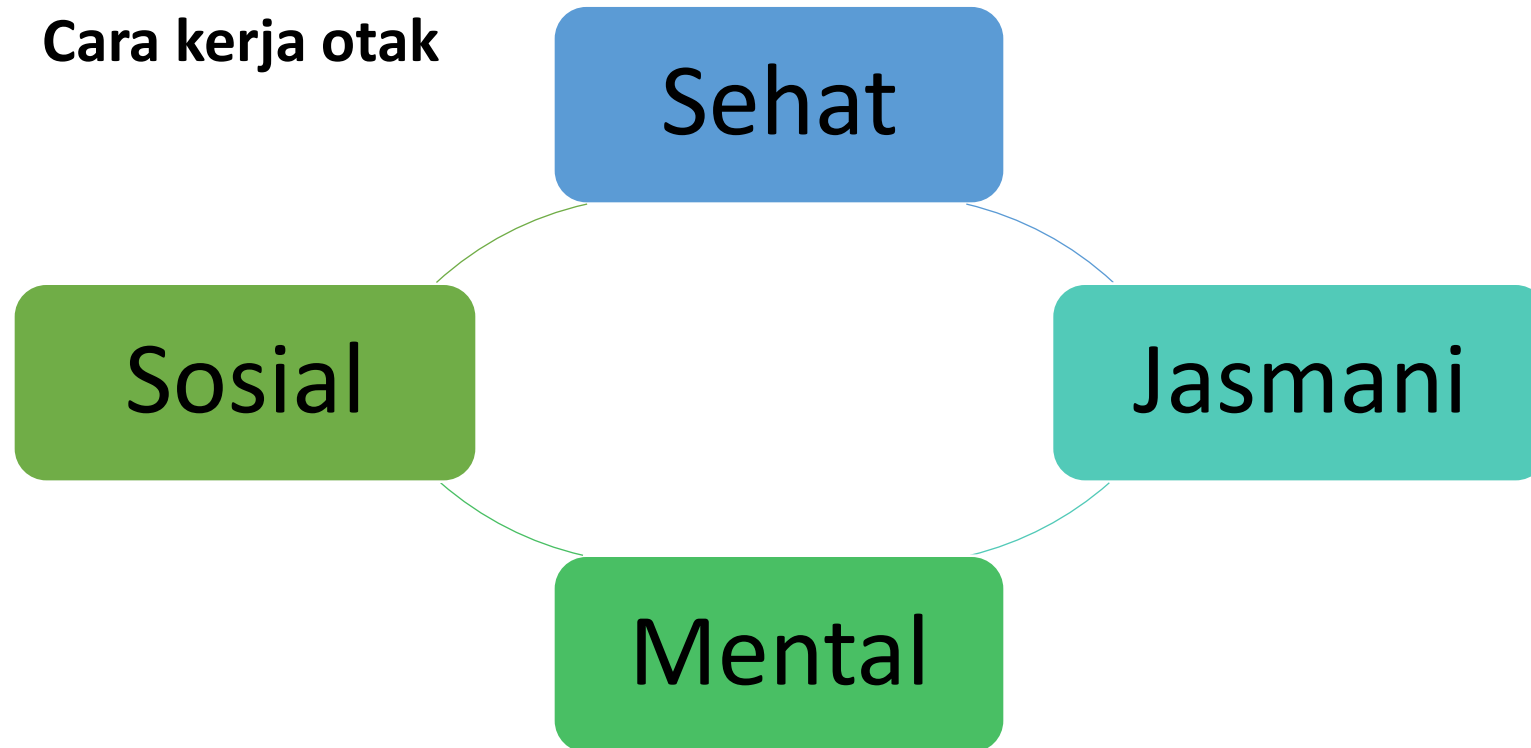
Kebiasaan dan perilaku adalah 2 komponen penting yang berperan penggunaan organ-organ tubuh

Gen memberikan 10% kontribusi terhadap timbulnya anomali/gangguan, sedangkan 90% lainnya merupakan kontribusi kebiasaan

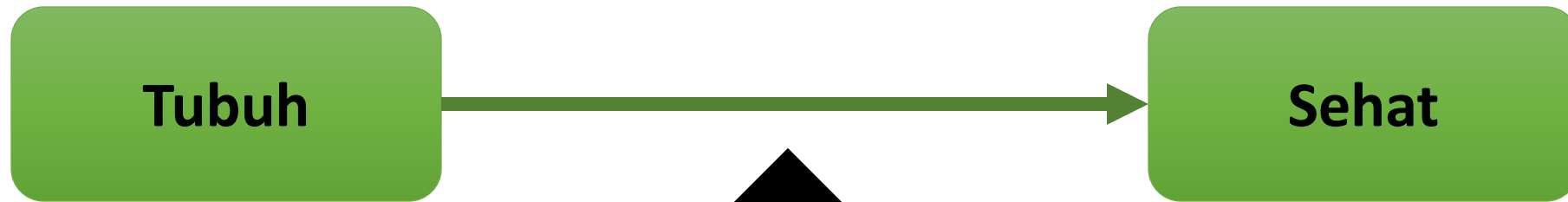


PRILAKU SEHAT

Organ dalam tubuh manusia tidak bekerja sendiri-sendiri. Tubuh manusia ibarat suatu pabrik pengolahan energi yang mesinnya bekerja mulai dari mengambil bahan energi, mengolahnya, kemudian menghasilkan energi, menggunakan, dan mengelola limbahnya.



Learning Process



Tubuh

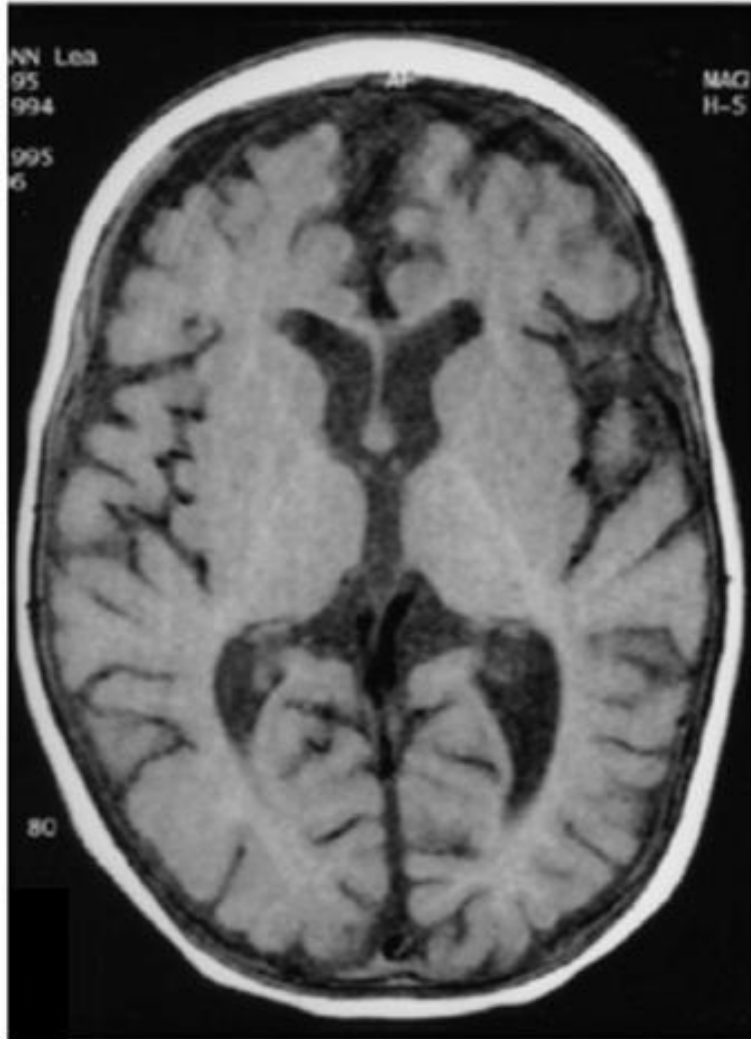
Sehat

Prinsip

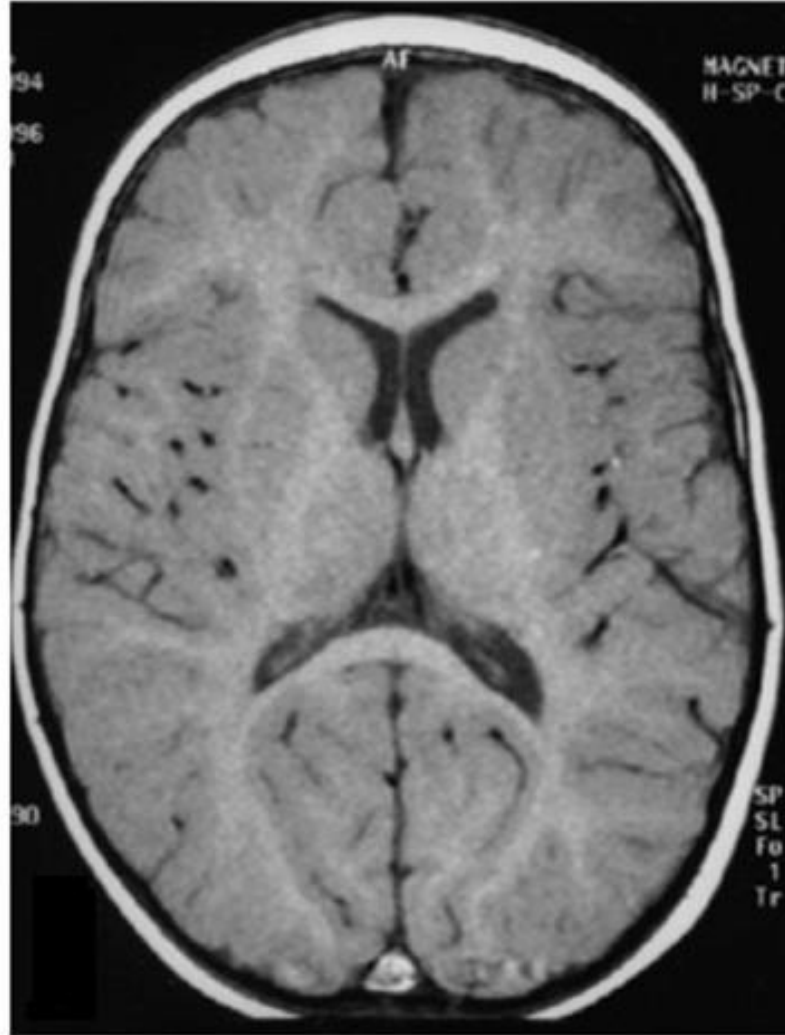
- Use It or Loose It
- Use It and Improve It
- Repetition

ATROPHY

A



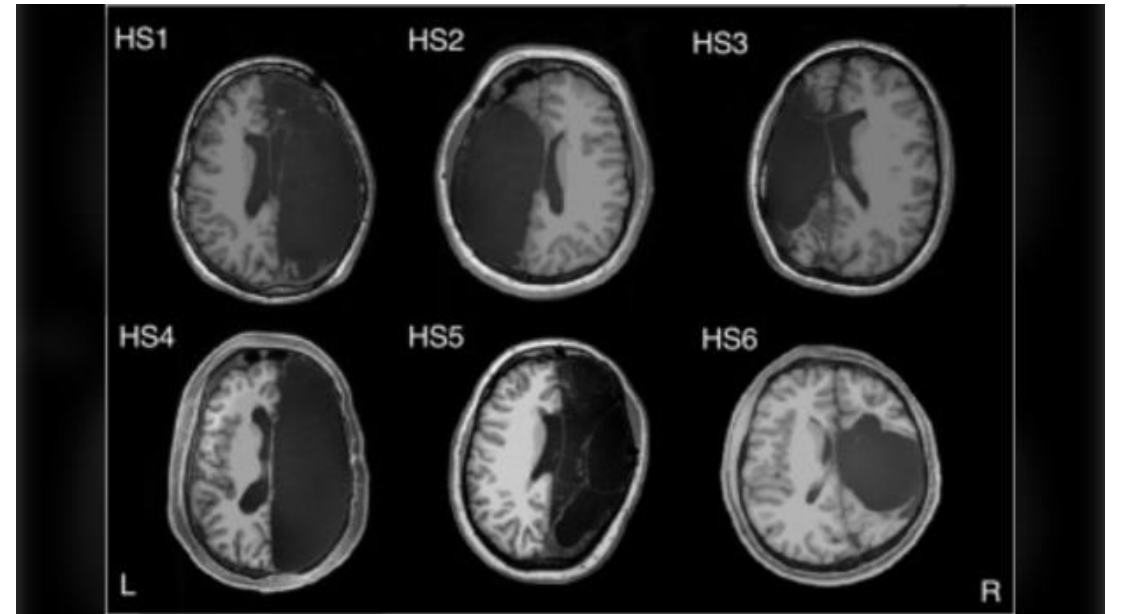
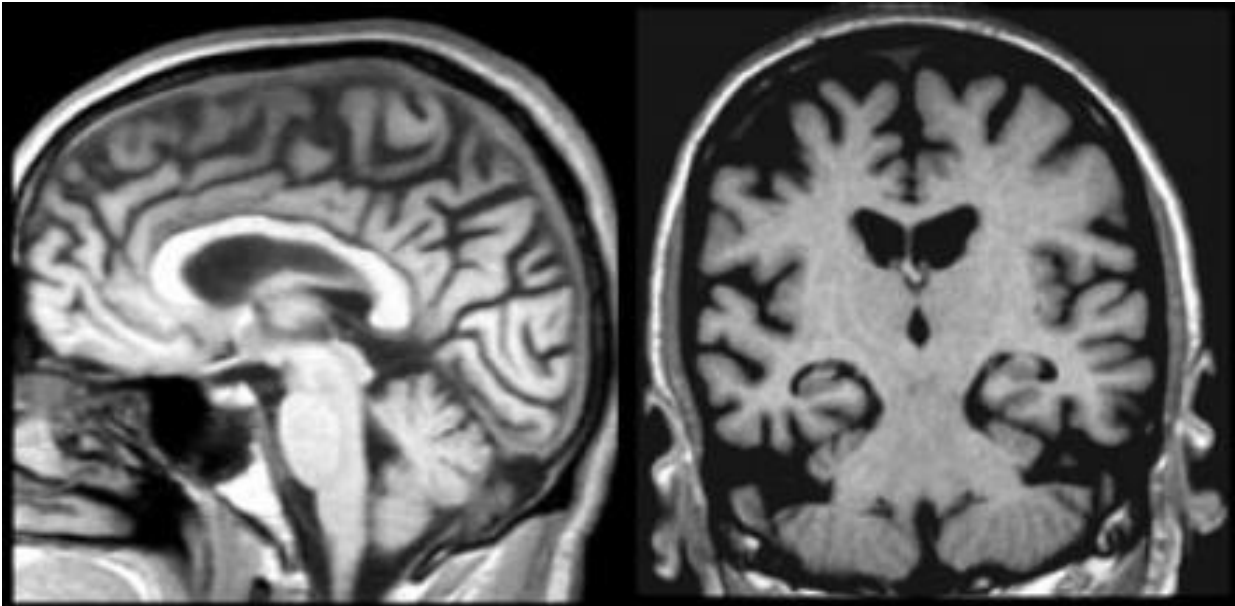
B



مَنْ يُرَدُّ إِلَىٰ أَرْدَلِ الْعُمْرِ لَكَيْلًا يَعْلَمُ مِنْ بَعْدِ عِلْمٍ شَيْئًا ۚ وَتَرَى الْأَرْضَ هَامِدَةً فَإِذَا أَنْزَلْنَا عَلَيْهَا
الْمَاءَ اهْتَرَّتْ وَرَبَّتْ ۖ وَأَنْبَتَتْ مِنْ كُلِّ زَوْجٍ بَهِيجٍ

dan (adapula) di antara kamu yang dipanjangkan umurnya sampai pikun, supaya dia tidak mengetahui lagi sesuatupun yang dahulunya telah diketahuinya. Dan kamu lihat bumi ini kering, kemudian apabila telah Kami turunkan air di atasnya, hiduplah bumi itu dan suburlah dan menumbuhkan berbagai macam tumbuh-tumbuhan yang indah.

DEMENTIA



Penelitian2 yg dilakukan pd org dg demensia ringan menunjukkan bahwa orang-orang yang berolah raga teratur, selalu menyempatkan diri membaca buku minimal 1 topik sehari, dan selalu berkumpul bersama kerabat/teman-teman minimal 1 kali dalam seminggu, membuat kemampuan kognisi meningkat bahkan mengembalikan volume otak yang sempat berkurang

Olah raga memperkuat otot, meningkatkan uptake calcium, menambah elastisitas pembuluh darah dan memperbesar otot2 jantung

Membaca buku merangsang aktivasi jaras transkortikal di susunan saraf pusat shg merangsang pematangan korteks prefrontal

Berkumpul dengan kerabat merangsang release dopamin yang berfungsi sbg penghantar impuls dan regenerasi myelin

Gaya Hidup Sehat

Penelitian dengan menggunakan MRI Fungsional di National Geriatric Center, Kobe, Japan menunjukkan bhw manula dengan alzheimer mengalami penambahan *cerebral blood flow* terutama ke lobus frontal yang cukup bermakna ketika mereka bercengkerama dengan kerabatnya. CBF nya tdk meningkat bila berkomunikasi dengan terapis/nurses yang merawat mereka

SAKIT

Mental

Tidak fokus/malas

Menyendiri/pemarah

Sering Berbohong

Jarang menolong

Sholat berantakan

Tidak membaca Qur'an

Tidak/Jarang berdoa

Badan

Malas mandi

Jarang sikat gigi

Merokok

Minum alkohol

Tidak/malas berolah raga

Susah tidur/banyak bergadang

Tidak menjaga kebersihan kamar/rumah/lingkungan



AYO LAKUKAN 3M DALAM KESEHARIANMU

**MEMAKAI MASKER
MENCUCI TANGAN
MENJAGA JARAK**



Menggunakan masker jika keluar rumah



Mencuci tangan pakai sabun setelah memegang sesuatu.



Menjaga jarak minimal 1 meter saat berinteraksi dengan siapapun.



Yuk, terapkan protokol kesehatan di tengah PSBB Transisi!



COVID-19

Coronavirus Disease 2019

10 WAYS TO PREPARE AND PROTECT YOURSELF 60+ AND/OR LIVING WITH UNDERLYING CONDITIONS*



Wash your hands often with soap and water and regularly clean and disinfect surfaces.



Keep taking your normal medication and follow medical advice.



Adopt a healthy lifestyle to help your immune system: eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.



Maintain a distance of at least 1 meter and avoid physical contact (handshakes, hugs, etc.) with other people.



If COVID-19 is spreading in your community, stay home as much as possible. **Avoid going to church and other places with a lot of people.**



Make sure you have at least a month's supply of medicines in case you need to stay home. Plan on how to get more in case you need to stay at home longer.



Stay in close contact with your family, friends, or neighbors and make a plan on how you'll seek food and medical care if needed.



Familiarize yourself with COVID-19 symptoms, like fever, cough, and difficulty breathing, so you can quickly identify them if they appear.



If you show flu-like symptoms, **call the assigned phone number in your country or your health care provider immediately.**



Don't feel lonely. **Stay in touch with family and friends by phone, video chat, or email.**



*Adults over the age of 60 and immunocompromised people or those with underlying conditions, like high blood pressure, diabetes, cancer, and/or lung and heart diseases, are more at risk.





Pornography

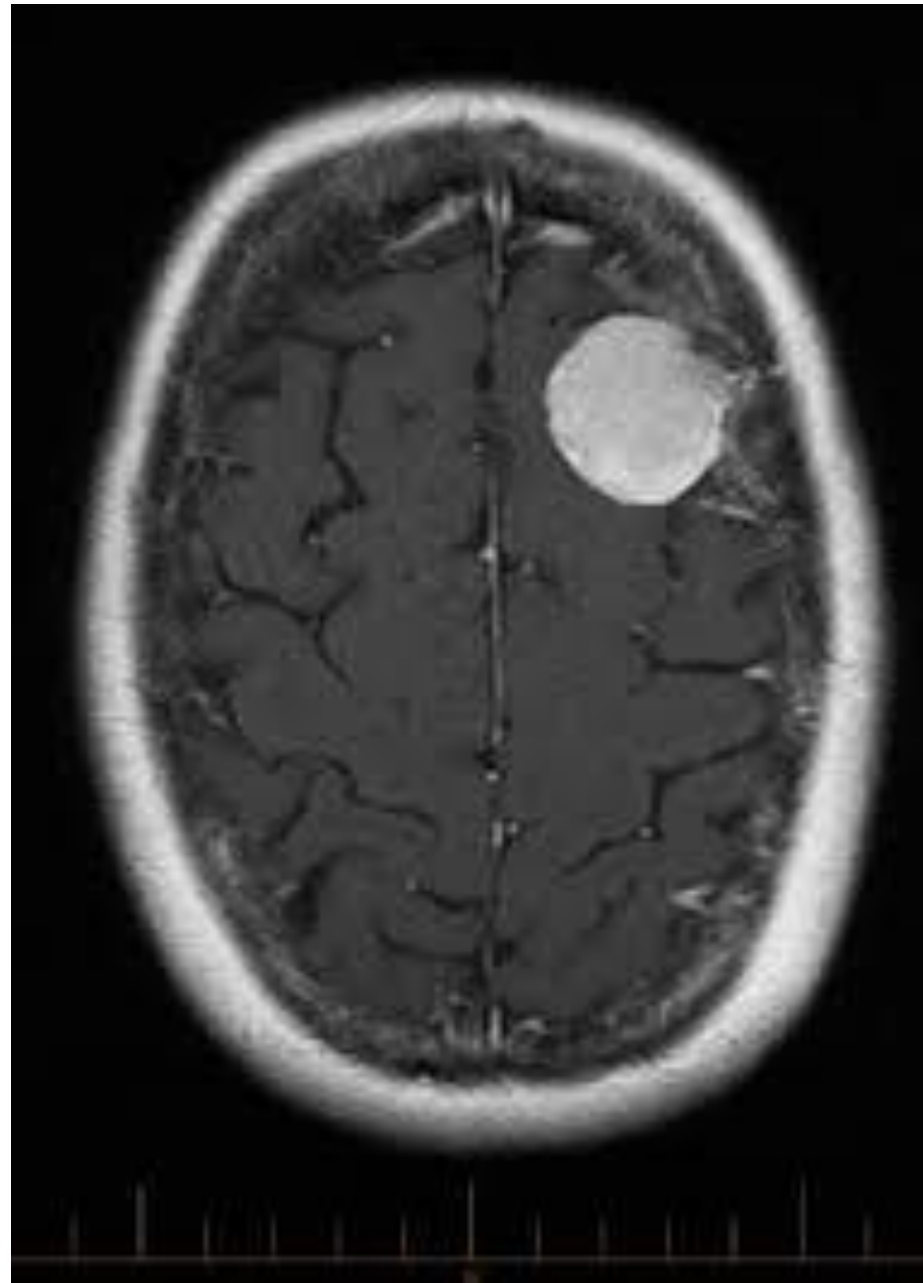
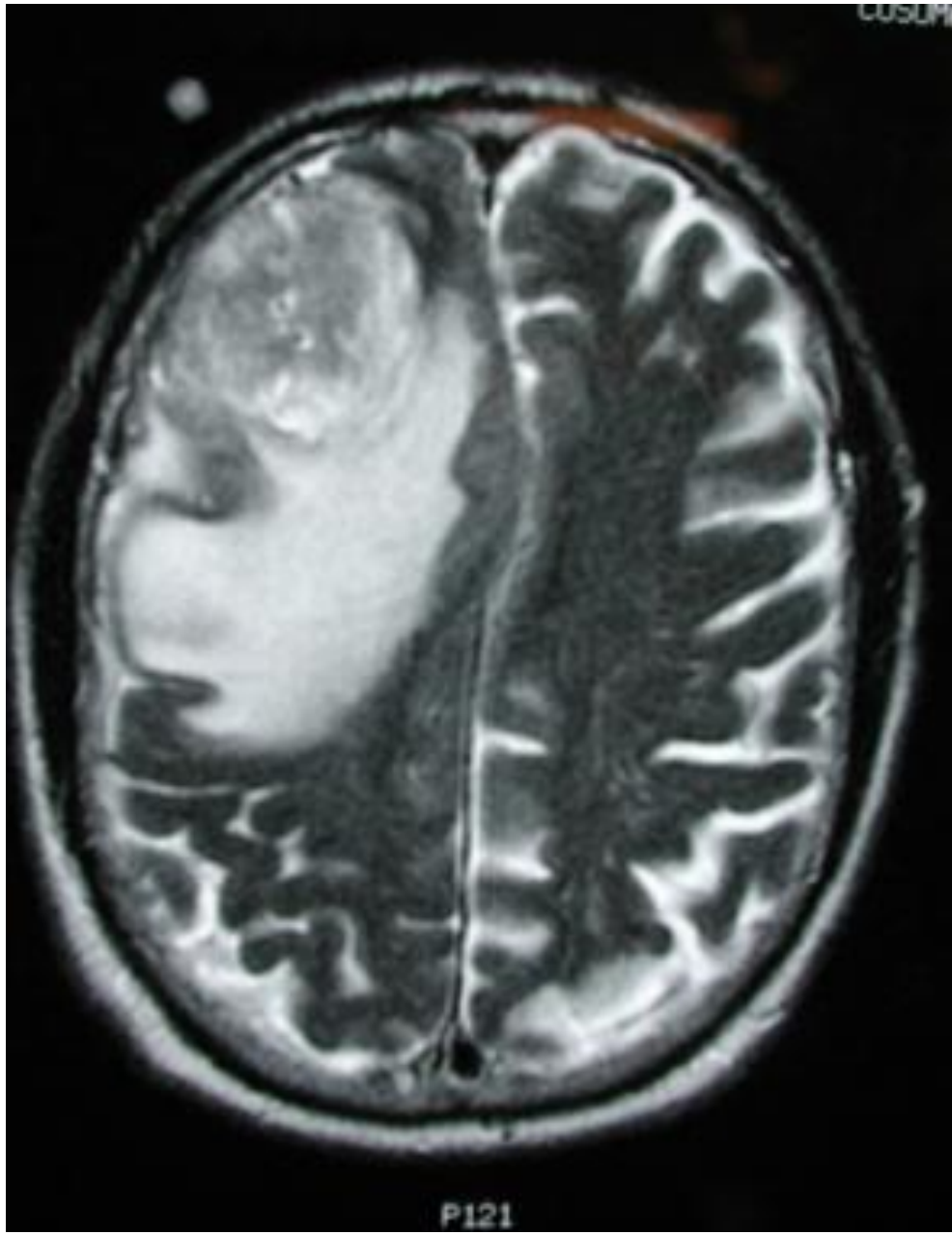
INTERNET/GADGET



Lifestyle 2021

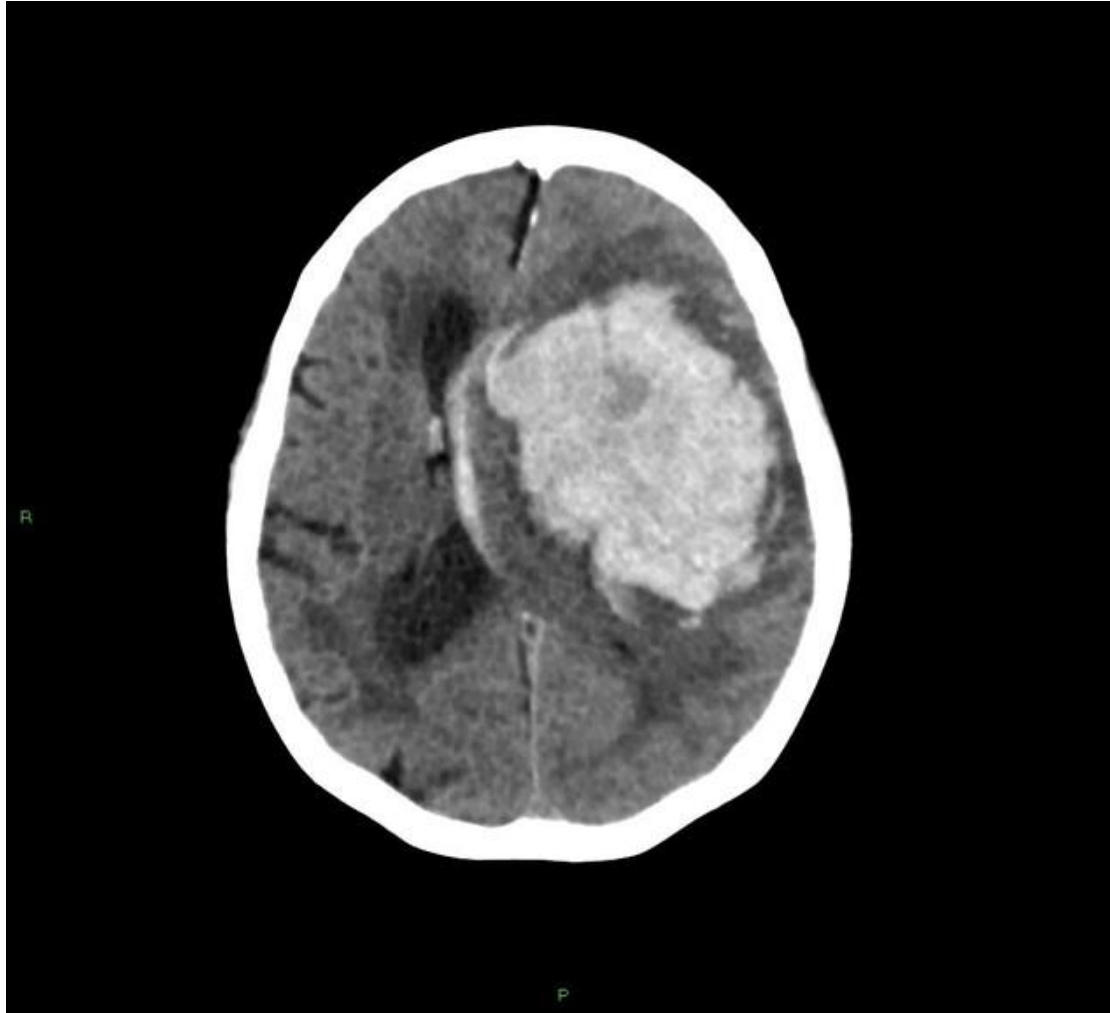




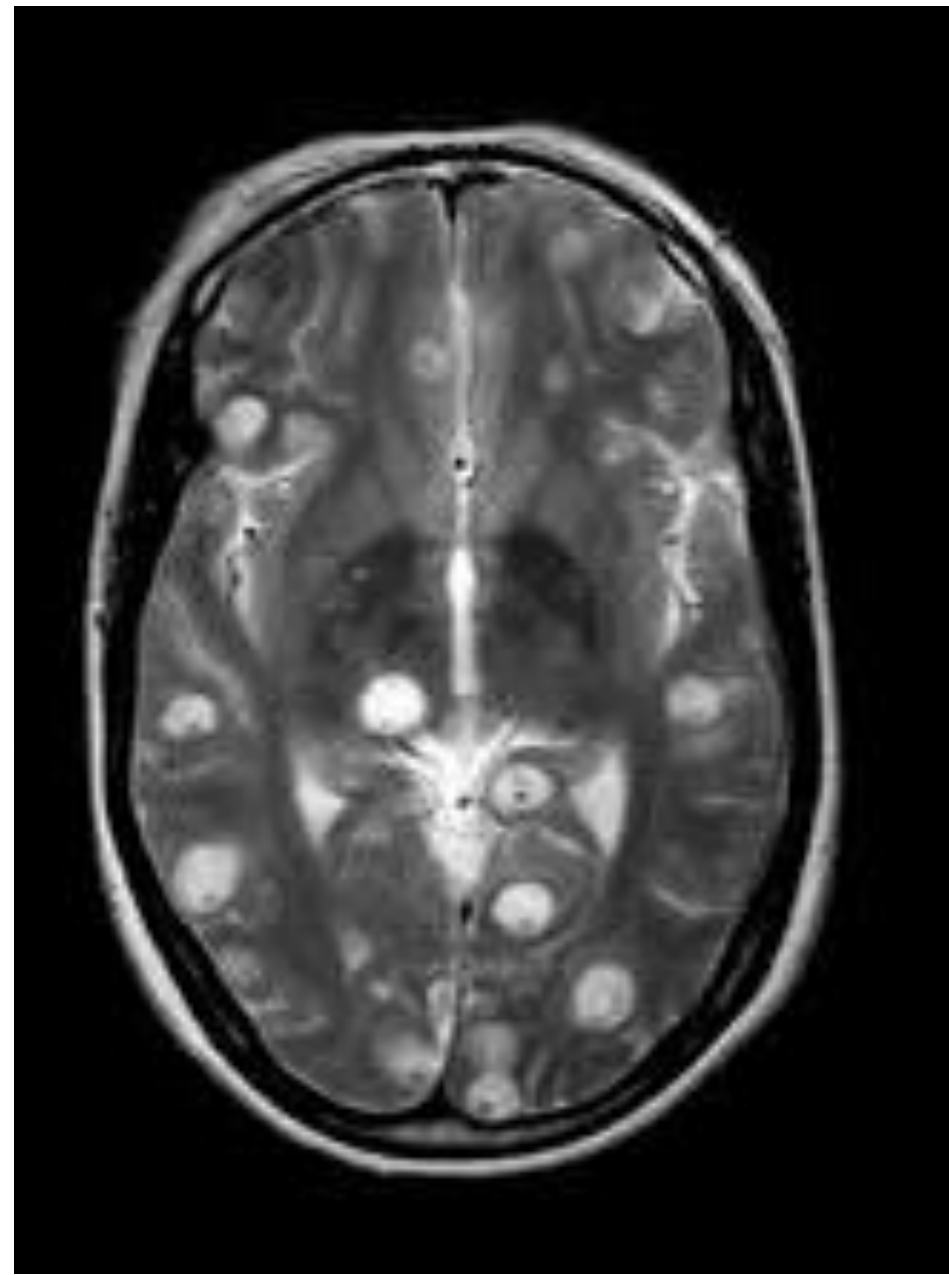
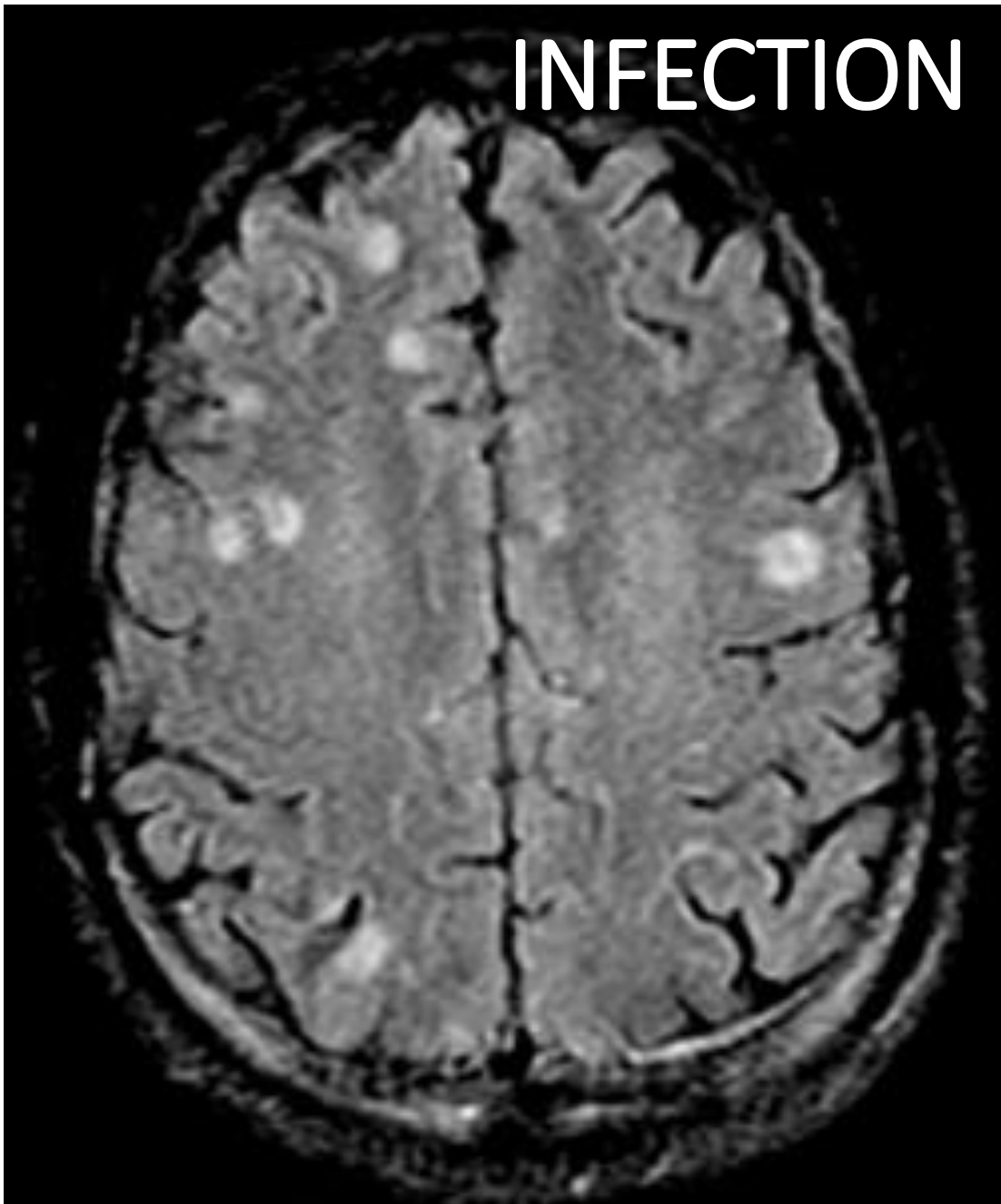


TUMORS

BLEEDING



INFECTION





MARI BERPRILAKU SEHAT

Stimulasi Fisik
Stimulasi Kognisi
Stimulasi Sosial





**Manusia SEHAT, MANDIRI,
PRODUKTIF**



SYUKRON KATSIR