Lifestyle, health behaviors and use of tobacco and alcohol/Expert

Lifestyle and health-related behavior differ between the sexes. According to a Dutch study from 2013, men consume more alcohol than women, smoke more often and are significantly more dependent on opioids. Also. there are different reasons for consuming drugs and alcohol between men and women. [1] In Germany, men drink an average of about 300 grams of alcoholic beverages per day, which is almost four times more than women. The smoker prevalence is 31 percent among men and 21 percent among women. An increasing prevalence of both alcohol and tobacco consumption can be observed among women. Therefore, in the future, corresponding adverse health effects for women can be expected (e.g. increase in the number of COPD patients). It is crucial to note that women who smoke or consume alcohol are significantly more addicted and less able to abstain than men. Smoking also leads to a higher risk of developing coronary heart disease in women. [2] In addition, men are overweight more often (obesity, on the other hand, occurs more often in women). Overall, 66 percent of men and 51 percent of women between the ages of 18 and 80 are overweight in Germany (BMI ≥ 25). The consequence is a considerable increase in the risk of certain cancers. Obesity is a cause of the 1.8-fold increase in the incidence of tumor diseases in men other than those affecting the reproductive organs. The "National Food Consumption Study" shows that men consume twice as much meat, sausages and meat products, while women consume more fruit and vegetables. [3]

Literature

Click here to expand literature references.

1. Fauser, Bartholomeus Clement Johannes Maria, Lagro-Janssen, Antoinette Leonarda Maria, Bos, Anna Margaretha Elisabeth, Hessels F. Handboek vrouwspecifieke geneeskunde: Prelum uitgevers; 2013.
2. WILLNESS CR, STEEL P, LEE K. A META-ANALYSIS OF THE ANTECEDENTS AND CONSEQUENCES OF WORKPLACE SEXUAL HARASSMENT. Personnel Psychology 2007; 60(1):127–62.
3. Merens A, van den Brakel, M. Emancipatiemonitor 2014. Den Haag: SCP/CBS; 2014 Dec 16.

License

This article is published under the Creative Commons License. The full license content can be retrieved here: https://creativecommons.org/licenses/by/3.0/legalcode

Autoren

Last changed: 2022-04-19 20:21:45