

Study of Unhealth Habits & Lifestyles of different Countries

Which parts of the world have the most unhealthy lifestyles? Many bad habits can have a detrimental effect on our health.

What is your country score

JHB, GAUTENG, SOUTH AFRICA, November 18, 2023 /EINPresswire.com/ -- The research team of Medicalaid.com conducted a study looking at 5 separate habits that are detrimental to human health across []50 countries. These factors are combined into an overall "Unhealthy Lifestyle Score", revealing the countries with the healthiest and least healthy lifestyles overall.

We will then reveal the countries that fall into these bad habits the most, as well as the places that manage to best keep clear of unhealthy habits, before repeating the study with a focus on DD US states.

Some shocking stats

□□ United States has the highest obesity rate □ in the world of 36.2%

□□ Saudi Arabia has a 55% rate of physical inactivity□.

□□ Bulgaria has the highest smoking □ rate across the globe at 35.5%

□□ South Africa has the most Sexual Transmitted Disease□ with an alarming figure of 37 273 out of 100 000 people

□□ Latvia has an average annual alcohol □ consumption of 12.9 litres. and more...

But surprisingly the following countries has the least unhealthiest lifestyle:

III India with an Unhealthy Lifestyle Score: 1.31

III Iceland with an Unhealthy Lifestyle Score: 2.30

D Sweden with Unhealthy Lifestyle Score: 2.54

and more...

most unhealthy habits						
Bulgaria		Latvia			Argentina	
7.94		7.1 Unhealthy	lifestyle		6.8 Unhealthy	lifestyle
 Obesity rate Smoking rate 			y Alcohol			pita)
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Smoking rate Country Bulgaria Latvia Cratia Croatia	25.0% 23.6% 28.3% 36.2% 26.3% 26.3% 24.4%	Ke nactivity (38.5% 29.0% 41.5% 40.0% 26.0% 31.0%	 Alcohol I 000 peopl 11.2 12.9 8.0 8.9 11.9 9.6 	e Vinhe 35.5% 31.1% 23.2% 16.6% 24.6% 33.3%	n (litres per co olthy lifestyle 15,919 19,522 19,900 19,729 13,750	pita)

Top 10 Unhealthy Countries

The team of Medicalaid.com also compared the different states of America with its in-depth research.

The II US states with the most unhealthy habits:
1. Louisiana with an Unhealthy Lifestyle Score: 8.81
2. South Dakota with an Unhealthy Lifestyle Score: 8.01
3.Missouri with an Unhealthy Lifestyle Score: 7.69
and more...

The DD US states with the most healthy habits:

1. Utah with an Unhealthy Lifestyle Score: 0.79

2. Washington with an Unhealthy Lifestyle Score: 1.69

3. New Jersey with an Unhealthy Lifestyle Score: 1.75 and more....

To See the full <u>unhealthy habits study</u>

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