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The Impact of Technology on Lifestyles: Balancing Advancements and Challenges

In Lebanon, during my upbringing, our days were filled with outdoor activities in the fields and meadows, as technology was a rarity. However, the current generation's obsession with technology, spending excessive time on smart screens, has raised concerns about its detrimental effects on health. The digital natives generation is facing many issues related to healthy lifestyles. At ADU, our College of Health Sciences is addressing many of these issues.

In today's modern era, technology has revolutionized almost every aspect of human life. It has brought forth remarkable medical breakthroughs and the convenience of fast food. Consequently, the impact of technology on our health and well-being has become a topic of great interest. While technology holds the potential to enhance life expectancy through medical advancements, it also presents challenges such as unhealthy lifestyles and dietary habits.

One of the most notable ways in which technology has positively influenced life expectancy is through medical advancements. The advent of sophisticated diagnostic tools, robotic surgeries, and personalized medicine has transformed the healthcare landscape. Technology has facilitated early disease detection and treatment, leading to improved outcomes and increased life expectancy. Moreover, technology has improved healthcare accessibility, particularly in remote or underserved areas.

However, the rise of technology has also given rise to an unhealthy lifestyle characterized by prolonged sitting and reduced physical activity. The excessive use of computers, smartphones, and entertainment devices often leads to various health issues like obesity and cardiovascular diseases. These factors can significantly impact life expectancy.

Furthermore, technology has contributed to the convenience and prevalence of fast food, processed snacks, and sugary beverages. These unhealthy dietary habits, coupled with unhealthy lifestyles, have led to a surge in obesity rates and related health conditions.

To address these challenges, it is crucial to educate individuals about the potential risks associated with unhealthy lifestyles and eating habits. By raising awareness about the importance of physical activity, balanced diets, and moderate technology usage, people can make informed choices and adopt healthier lifestyles.

Governments and regulatory bodies also have a significant role to play in promoting public health. Implementing regulations to restrict the marketing of unhealthy food to children, advocating for physical education in schools, and creating appropriate urban environments, can surely help.

By raising awareness, utilizing technology for wellness purposes, and implementing appropriate policies, we can harness the benefits of technology while safeguarding and improving life expectancy in the modern era.

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