## Contents

Foreword	ix
Acknowledgements	xi
Introduction	1
Changing lifestyles	3
Modernization and its effect on health  What do we mean by "lifestyle"?	3
Agency, structure and lifestyle choices	5 6
Lifestyle and health promotion  Lifestyle and health: a global and regional context	7
Lifestyles and women's health	9
The situation in the Western Pacific Region	13
Noncommunicable diseases	13
Changes in fertility rates and child-bearing and child-rearing patterns	23
Women in the labour force	. 24
Education	26
Nutrition	26
Other lifestyle factors 27	
Conclusions and recommendations	29
Appendix 1 - Aspects of health policy	31
Appendix 2 - Health promotion and nutrition	37
Bibliography	41