



The Battle against Non-communicable Diseases can be won

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Lidia Belkis Archbold
Health Ministries - IAD

- Non-communicable diseases (NCDs), also known as chronic diseases are not transmitted from person to person.
- They are long term and generally develop slowly.

- Non-communicable diseases (NCDs) kill 38 million people every year.
- NCDs disproportionately affect low and middle income countries where almost 75% of deaths from NCDs are recorded.

According to the World Health Organization(WHO)

- 16 million deaths attributed to non-communicable diseases occur in people under 70 years of age.
- Children, adolescents, young adults, and the elderly are vulnerable to the NCDs due to an unhealthy lifestyle adopted by society.

According to the WHO

- Projections show that non-communicable diseases will significantly increase the total number of deaths in the next decade.
- Deaths from NCDs are expected to increase by 15% worldwide between 2010 and 2020 (to 44 million deaths).

The four main types of non-communicable diseases are:

1. Cardiovascular diseases (such as heart attacks and strokes)
2. Cancer
3. Chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma)
4. Diabetes.



Factors that increase the risk of NCDs.

- **Modifiable Risk Factors**

- The use of tobacco

- Physical inactivity

- Unhealthy diets

- Alcohol

- *When we say modifiable, it is because we have control, we can change the risk factors.*

1. The first risk factor is SMOKING

- Tobacco takes nearly 6 million lives each year (by exposure to second hand smoke), and that figure is expected to rise to 8 million in 2030.



- In the Region of the Americas there are approximately 145 million smokers over the age of 15.
- The majority of the smokers in the region are men, smoking is increasing in women, especially in younger women.



- “BREATHE FREE”
- This is a program that can be very helpful for those wishing to stop smoking.
- You can offer it in your church, and as a liaison with the community.



2. Physical inactivity

- Approximately 3.2 million deaths per year can be attributed to insufficient physical activity.



- A study conducted by Harvard University alumni showed that “those who exercise regularly can gain about two hours of life expectancy for each hour of exercise”.
- Exercise can predict longevity; the more you put your body into motion, the longer you delay cell deterioration.
- “MOVE TO LIVE”
 - Encourage your church and community to walk.



3. Unhealthy diets:

- Directly or indirectly non-communicable (chronic) diseases are related to what we eat.
- Fast foods can have destructive effects on an individual's diet.

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- In general, 2.7 million deaths each year are attributed to an insufficient intake of fruits and vegetables.
 - Unhealthy diets and physical inactivity are two of the main risk factors for hypertension, hyperglycemia, hyperlipidemia, being overweight or obese, and the major chronic diseases, including cardiovascular , cancer and diabetes.

– World Health Organization

4. Alcohol

- Alcohol is a psychoactive substance with dependency-producing properties that has been widely used in many cultures for centuries.
- The harmful use of alcohol is a social and economic burden in societies.



- Alcohol is attributed to 3.3 million deaths annually.

- There are over 60 different types of diseases for which alcohol has a significant causative role. It also causes damage to the welfare and health of the people around the drinker.

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- In 2010, the total worldwide consumption was equal to 6.2 liters of pure alcohol per person aged 15 years or older.

– World Health Organization



Steps to prevent and control NCDs

1. DO NOT SMOKE
2. EXERCISE
3. GOOD EATING HABITS
4. DO NOT DRINK ALCOHOL

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- You cannot change genetics, but you can change habits and lifestyle that increase your chances for developing non-communicable diseases (NCD)

Other suggestions:

1. Lose weight; even a small loss of excess weight can reduce your risk.
2. Exercise regularly; 30 minutes a day would be sufficient; if you can do more, the risk would be much less.



3. MODIFY YOUR EATING HABITS

Concentrate on eating plenty of fruits, vegetables, whole grains, and nuts, in addition to drinking water and reduce the consumption of sugar, salt, and refined flours.

- Remember:
- **SMALL CHANGES CAN MAKE A BIG DIFFERENCE**

Conclusion:

“Changes should be made with great care, and we should move cautiously and wisely”. CH 149

