

Non Communicable Diseases

Non Communicable Diseases (NCDs) are chronic conditions which can not be passed from one person to the other or diseases which are not infectious.

Major NCD's

- ⇒ **Cardiovascular diseases**
(stroke, hypertension and heart diseases)
- ⇒ **Cancer**
- ⇒ **Diabetes**
- ⇒ **Chronic respiratory disease**
(asthma, chronic obstructive pulmonary disease)

Major risk factors

Non Modifiable Risk Factors

- ⇒ **Age**
- ⇒ **Gender**
- ⇒ **Race**
- ⇒ **Family History (genetics)**

Modifiable behavioural

- ⇒ **Tobacco Use**
- ⇒ **Unhealthy diets**
- ⇒ **Excessive alcohol intake**
- ⇒ **Insufficient physical activity**
- ⇒ **Chronic Stress**

Metabolic risk factors

- ⇒ **raised blood pressure**
- ⇒ **overweight/obesity**
- ⇒ **high blood glucose levels and**
- ⇒ **high levels of fat in the blood**

Prevention is possible

- ⇒ **Eat a healthy balanced diet:**



- * Cut down on salty foods (sodium), fatty, sugary foods and drinks as well as red and processed meats

- ⇒ **Maintain a healthy weight for your height (BMI)**

- ⇒ **Do regular physical activities**
(at least 150 minutes a week)

- ⇒ **Avoid tobacco use**

- ⇒ **Limit your alcohol consumption** *(maximum 2 pints for man a day and 1 pint for women)*



- ⇒ **Manage stress** *(practice techniques such as laughter therapy and mediation)*

- ⇒ **Have regular health check up's** *(e.g. blood pressure and sugar, weight and cancer screening)*

KNOW YOUR HEALTH

HAVE REGULAR HEALTH CHECK UP'S