

# On-Call

Zdravotní gramotnost  
Propagace zdravotní  
prevence

## 4 Major Non-communicable Diseases (NCD) & 4 Major Risk Factors



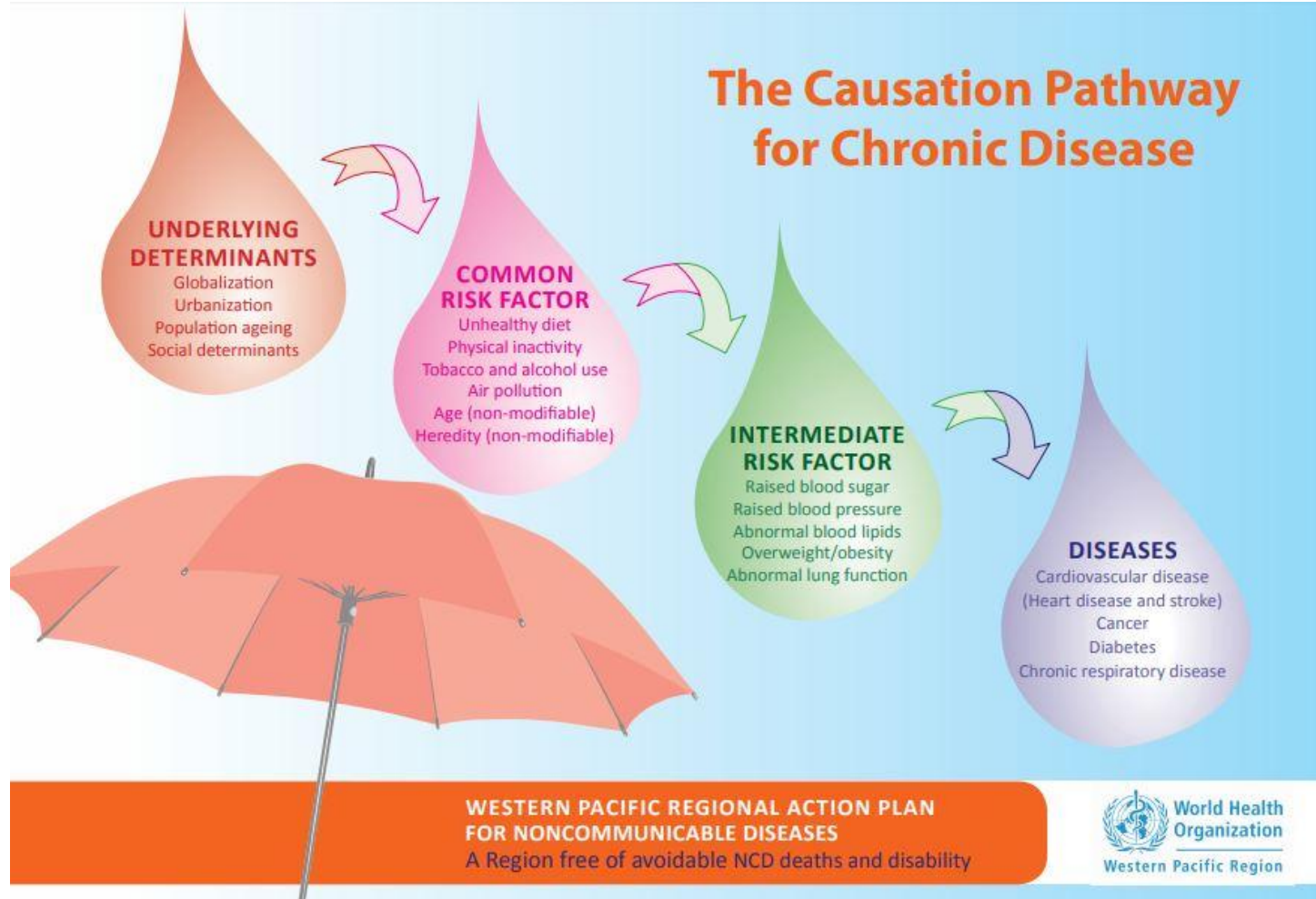
### 4 Major NCDs:

- ▶ Cardiovascular Diseases
- ▶ Cancers
- ▶ Chronic Obstructive Pulmonary Diseases
- ▶ Diabetes

**These diseases are linked by 4 most common preventable risk factors related to lifestyle:**

- ▶ Tobacco use
- ▶ Harmful use of alcohol
- ▶ Unhealthy diets
- ▶ Physical inactivity

# The Causation Pathway for Chronic Disease



# Risk Factors & Risk Factor Assessment



| Common risk factor for major NCDs:  | Risk factor assessment  |
|---|---|
| <b>Non-modifiable</b> <ul style="list-style-type: none"><li>•Age</li><li>•Heredity</li></ul>  | Risk factor assessment:<br><br>Involves history taking and taking of simple measurements which become the basis of classifying whether someone is at risk or not.   |
| <b>Modifiable</b> <ul style="list-style-type: none"><li>•Tobacco use</li><li>•Alcohol misuse</li><li>•Unhealthy diet</li><li>•Physical inactivity</li><li>•stress</li></ul> | Requires thoroughness, completeness and accuracy in obtaining information and measurements as well as observation of ethical consideration and cultural sensitivity<br><br>Is important for early diagnosis and control of NCDs |

# Areas for Risk Factor Assessment

| Smoking  | Alcohol   | Physical Inactivity/Sedentary Lifestyle   |
|--|---|---|
| <p>Smoking status should be recorded and updated at regular intervals</p> <p>Health workers should record the following information:</p> <ul style="list-style-type: none"><li>•Age started smoking</li><li>•Average no. of cigarettes per day</li><li>•Quit status</li><li>•How long have they been smoke free</li><li>•Reasons for smoking</li></ul> | <p>In assessing habitual alcohol intake and risky behaviour:</p> <ul style="list-style-type: none"><li>•Quantify the amount of drinking</li><li>•Determine specific type of beverage to estimate ethanol content and volume ingested</li><li>•Identify situations where person tends to drink excessively</li></ul> | <p>Assessment of a person's physical activity includes information on:</p> <ul style="list-style-type: none"><li>• type of work whether sedentary or not</li><li>• Means of transportation</li><li>• Leisure-time activities like sports and exercise</li><li>• Minimum amount of physical activity needed to achieve health benefit</li></ul> <p>Regular physical activity consists of:</p> <ul style="list-style-type: none"><li>• Minimum of 30 minutes a day preferably daily</li><li>• Moderate intensity: 5 or more days of the week</li><li>• Vigorous intensity: 3 or more days of the week</li></ul> |

## Areas for Risk Factor Assessment

| Nutrition/Diet  | Overweight/Obesity  |
|---|---|
| <p>Nutrition/diet assessment should focus on the following:</p> <p>Establish the amount and frequency of eating certain foods that contribute to NCD development</p> <p>Ask about the amount and frequency of particular foods:</p> <p>Vegetables – what types</p> <p>Fat – type, how often they eat fried foods, how often they go to fast food restaurants</p> <p>Sodium/salt – how often preserved, canned and instant foods are eaten per week, how much salt is used in cooking</p> <p>Sugars/simple – how often is sugar used, frequency of carbohydrates drinking soft drinks, cakes, chocolate and other sweetened food</p> <p>Compare their actual intake of the above with the recommended intake</p> | <p>Indicators of being overweight or obese</p> <ul style="list-style-type: none"><li>• Body fat is best assessed using waist circumference (WC), Body Mass Index (BMI) and waist-hip ratio (WHR)</li><li>• Waist circumference is an accurate measure of the amount of visceral fat, thus a sensitive indicator of adiposity</li><li>• BMI correlates closely with total body fat in relation to height and weight</li></ul> <p>Waist –hip ratio (WHR) is another useful measurement of central obesity</p> |

# Screening



**Goal:** The primary goal of screen is to detect a disease in its early stages

- ▶ Screening is disease-specific. It is the presumptive identification of unrecognised disease or defect by the application of tests or other procedures that can be applied rapidly
- ▶ It is not a diagnostic measure but a preliminary step to diagnosis
- ▶ Other diagnostic tests and physician evaluation are still needed for definite diagnosis
- ▶ Screening may be done at the individual level or for groups as in mass screening

# Screening



## **Screening is available for the following NCDs include:**

Hypertension

Cholesterol

Diabetes

COPD/Asthma

Cancer:

- ▶ Breast
- ▶ Cervical
- ▶ Prostate
- ▶ Colon/Rectal
- ▶ Lung



## The Role of Community Lay Health Advisors in Preventative Health Promotion

Key roles include:

- ▶ Health Promotion and Education
- ▶ Community Connectors
- ▶ Assess lifestyle patterns and behaviours
- ▶ Goal setting
- ▶ Health literacy



This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein