

# On-Call

Zdravotní gramotnost  
Propagace zdravotní  
prevence

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



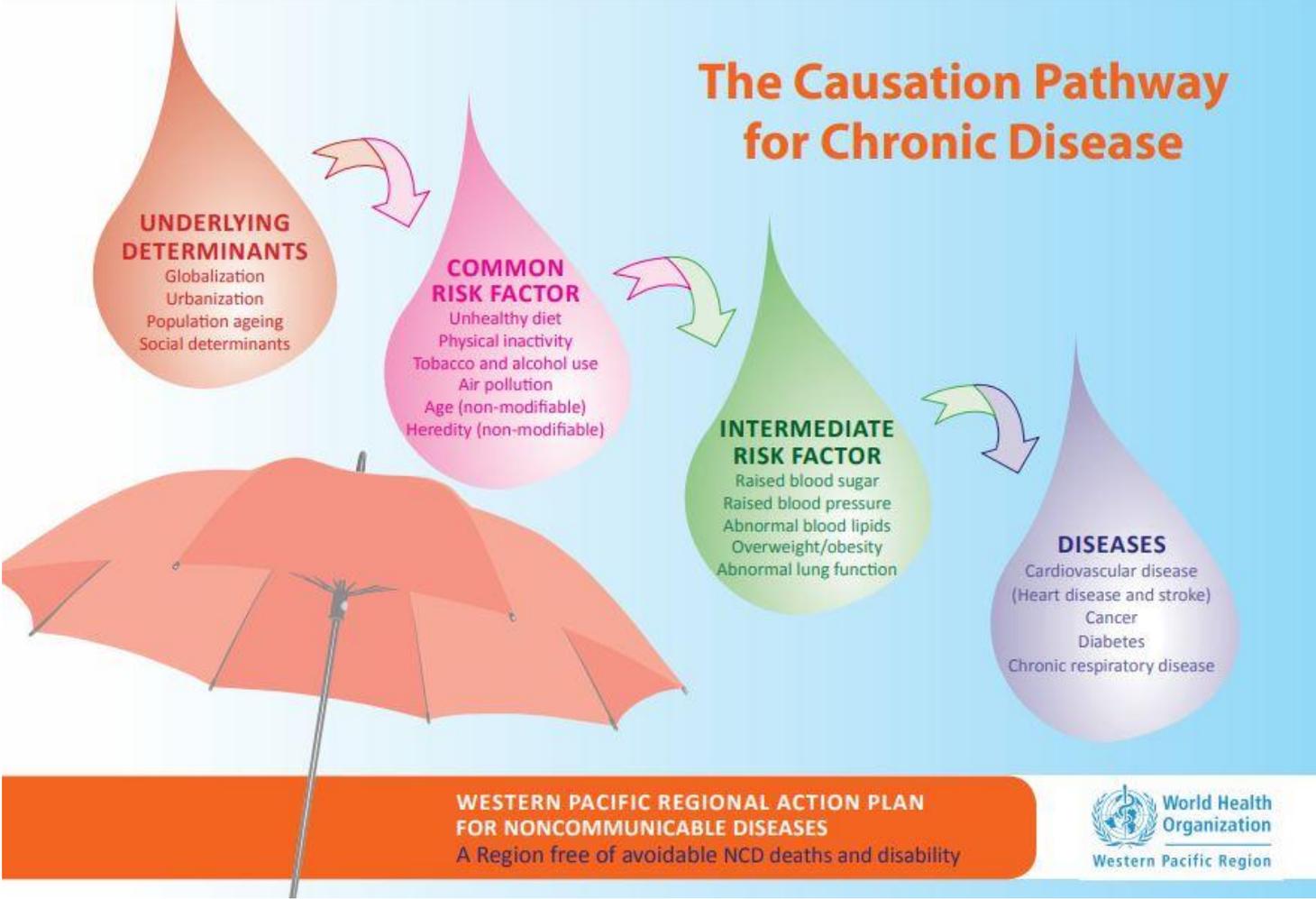
### 4 Major NCDs:

- ▶ 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



**WESTERN PACIFIC REGIONAL ACTION PLAN FOR NONCOMMUNICABLE DISEASES**  
 A Region free of avoidable NCD deaths and disability

# Risk Factors & Risk Factor Assessment



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

# 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



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