

## The role of ASHA in promoting healthy diet and physical activity

- Educate community members on the importance of consuming a healthy diet and help them make healthy food choices based on local food availability.
- Undertake group activities to raise awareness about various food groups that are locally available.
- Explain the benefits of physical activity and its role in preventing Non-Communicable Diseases.
- Work with the VHSNC/MAS and Panchayati Raj Institution (PRI)/ULB representatives to create spaces such as parks and walking areas that are safe and clean.
- Plan group physical activity programmes.
- In your group or community meetings identify those with NCDs, undertake follow up through home visits to counsel them on diet modifications and undertaking regular physical activities.

