

Rotary



PROJECT POSITIVE HEALTH
Stop Non Communicable Diseases



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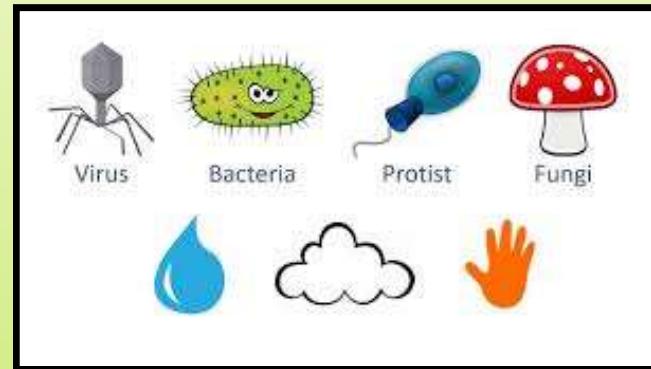
DISEASES

BROADLY CLASSIFIED UNDER TWO TYPES

| Communicable | Non-Communicable |
|-------------------------------------|--|
| Transferred from one to another. | It never gets transferred from one to another. |

COMMUNICABLE DISEASES

- ❖ Cholera – Food & Water
- ❖ Typhoid – Food & Water
- ❖ Hepatitis – Food & Water
- ❖ **Corona & Influenza – Air**
- ❖ Tuberculosis – Air
- ❖ Malaria – Mosquito
- ❖ Tetanus – In contact with rusted item.
- ❖ AIDS – Sexually Transmitted



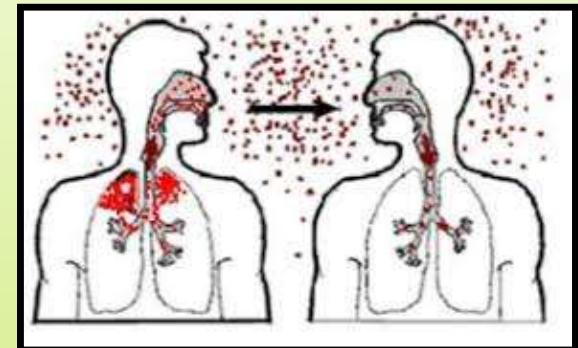
NON-COMMUNICABLE DISEASES

- ❖ Hypertension & Cardiovascular Diseases
- ❖ Chronic Respiratory Diseases
- ❖ Diabetes
- ❖ Obesity
- ❖ Cancer
- ❖ Musculoskeletal
- ❖ Neurological
- ❖ Malnutrition



CONSEQUENCES OF COMMUNICABLE DISEASES

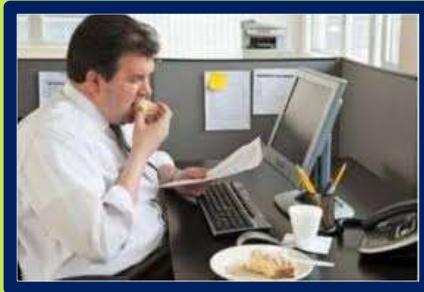
- ❖ Knowing ones fate
- ❖ Fear factor Works
- ❖ Awareness about sudden consequences
- ❖ Person takes Immediate Treatment
- ❖ Acute mortality in population may occur



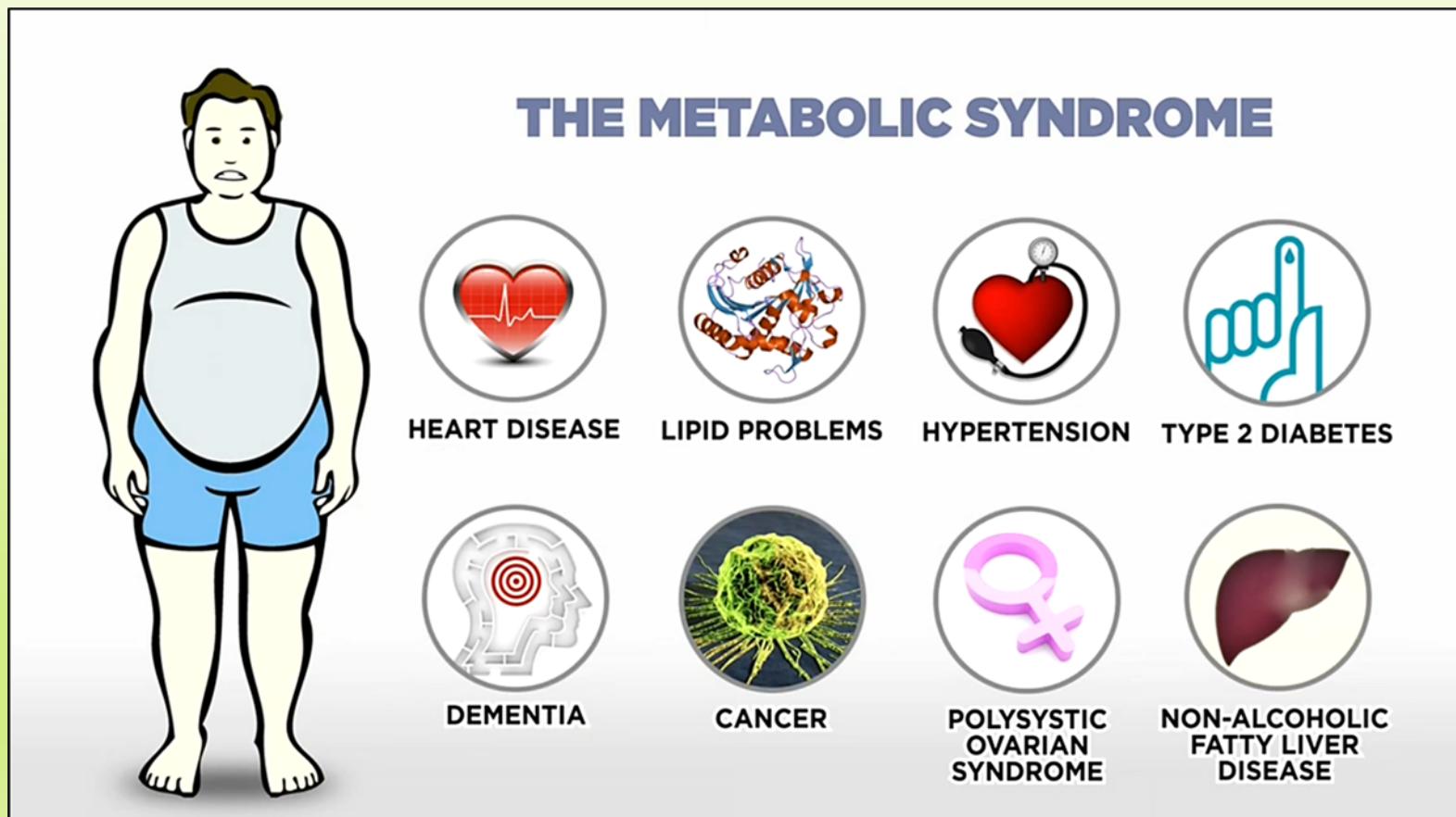
REASONS FOR NON-COMMUNICABLE DISEASES

- ❖ Carefree Attitude towards Health
- ❖ Non-Acceptance of Health issues
- ❖ Unaware about the future consequences
- ❖ Lazy attitude towards leading a healthy lifestyle
- ❖ Ignorance towards health
- ❖ Sedentary lifestyle

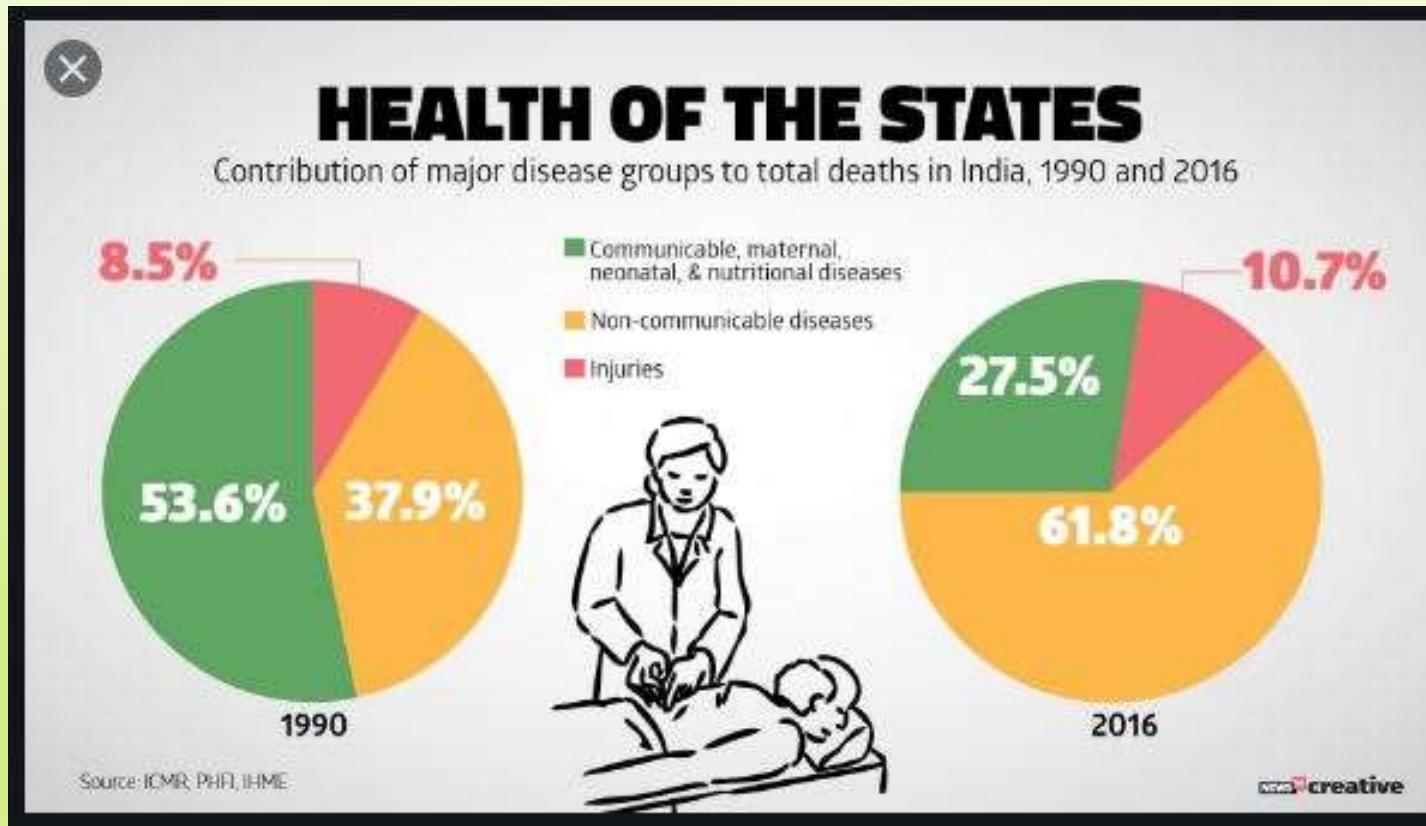
CAUSES OF NON COMMUNICABLE DISEASES



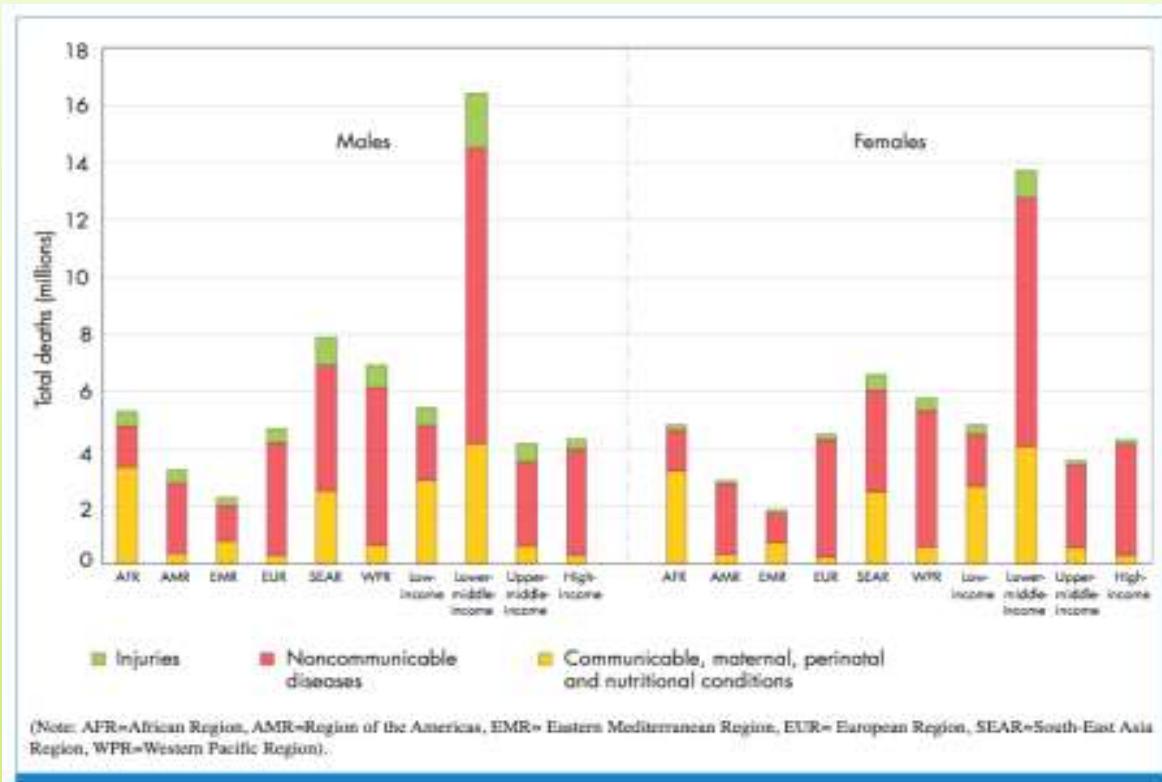
MEDICAL EFFECTS OF NCDs



TRANSITION IN LAST 30 YEARS



ON THE WORLD MAP



WHAT World Health Organisation SAYS

- ❖ India will be capital of Diabetes.
- ❖ Diabesity (Obesity + Diabetes) will be second largest cause of death next to HIV in 21st Century and it will be preventable.
- ❖ Highest number of Cardiovascular mortality in less than 40 years of age group.
- ❖ 60% of healthcare economy gets impacted in treatment of NCDs and treating their complications.
- ❖ Huge impact on productivity.
- ❖ Severe illiteracy at all Socioeconomic levels.

INDIAN SCENARIO

58 LAKH DIE DUE TO NCDs IN INDIA

Non-communicable diseases (NCDs) like cancer, diabetes and cardiovascular diseases are the leading global cause of death and are responsible for **70% of deaths** worldwide

THE INDIA PICTURE

In India, **61%** of deaths are from non-communicable diseases

58.17 lakh
Total number of NCD deaths in India



23%
At risk of premature death from NCDs in India

Cancer, diabetes and heart diseases account for 55% of the premature mortality in India in the age group of 30-69 years

DIABETES MELLITUS

I. Diabetes

India had an estimated 31,705,000 diabetics in the millennium year which is estimated to grow by over 100% to 79,441,000 by 2030.



Diabetes Mellitus

Diabetes mellitus, commonly known as diabetes or Sugar complaint, is a metabolic disease that causes high blood sugar. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. With diabetes, your body either doesn't make enough insulin or can't effectively use the insulin it makes.

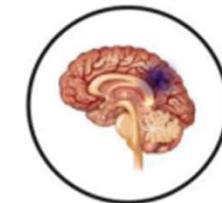


Warning Signs and Symptoms



DIABETES MELLITUS

Complications:



Cerebrovascular
disease



Retinopathy
and blindness



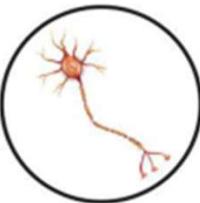
Service periodontal
disease



Heart disease
or stroke



Nephropathy



Neuropathy



Loss of
Sensitivity



Ulceration and
amputation

HYPERTENSION

2. Hypertension and Heart Disease

Currently, estimates put the incidence of hypertension to 20 - 40% in urban areas and 12 - 17% in rural areas of India." "One in three Indian adults has high blood pressure. Heart disease is the biggest killer in India.



Hypertensive Heart Disease

Hypertensive heart disease refers to heart conditions caused by high blood pressure.

The heart working under increased pressure causes some different heart disorders. Hypertensive heart disease includes heart failure, thickening of the heart muscle, coronary artery disease, and other conditions.

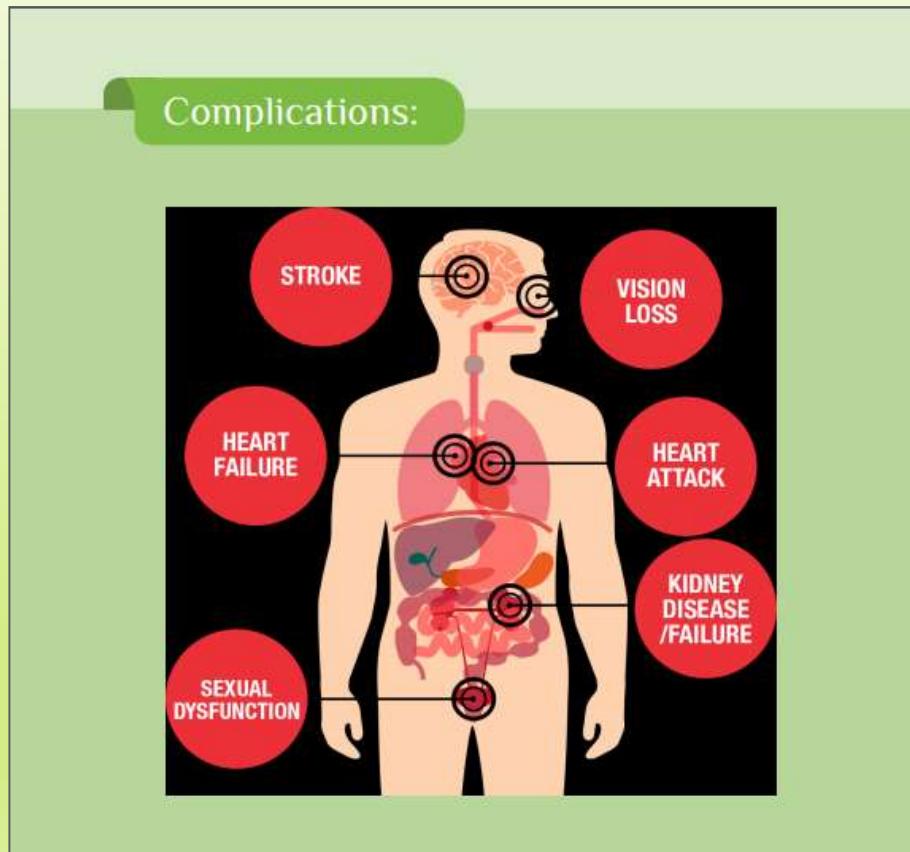


Symptoms



Symptoms vary depending on the severity of the condition and progression of the disease.

HYPERTENSION



CERBOVASCULAR ACCIDENT

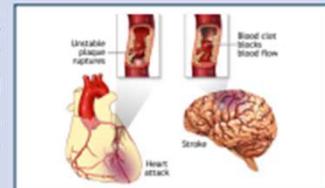
3.Cerebrovascular Accident (Stroke)

Every 20 seconds, one Indian suffers a brain stroke, or three every minute, and the numbers are increasing alarmingly due to changing lifestyles. At this rate, around 1.54 million Indians will be affected by strokes every year.



Cerebrovascular Accident

Cerebrovascular accident (CVA) is the medical term for a stroke. A stroke is when blood flow to a part of your brain is stopped either by a blockage or the rupture of a blood vessel.



Signs and Symptoms Recognize and Act Fast

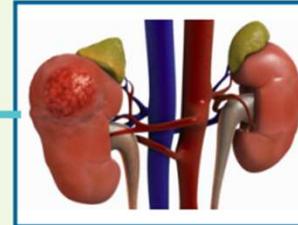


The symptoms of a stroke can vary depending on the individual and where in the brain it has happened. Symptoms usually appear suddenly, even if they're not very severe, and they may become worse over time. Seek medical attention immediately.

CHRONIC KIDNEY DISORDER

4. Chronic Kidney Disease (CKD)

CKD is 6th deadliest disease worldwide causing 2.4 million deaths per year



Chronic Kidney Disease (CKD)

Chronic kidney disease (CKD) means your kidneys are damaged and can't filter blood the way they should. The disease is called "chronic" because the damage to your kidneys happens slowly over a long period of time. This damage can cause wastes to build up in your body.



Hints of Chronic Kidney Disease



If you feel the above symptoms better consult your Doctor and strictly follow his instructions.

A small change in Lifestyle is the Medicine

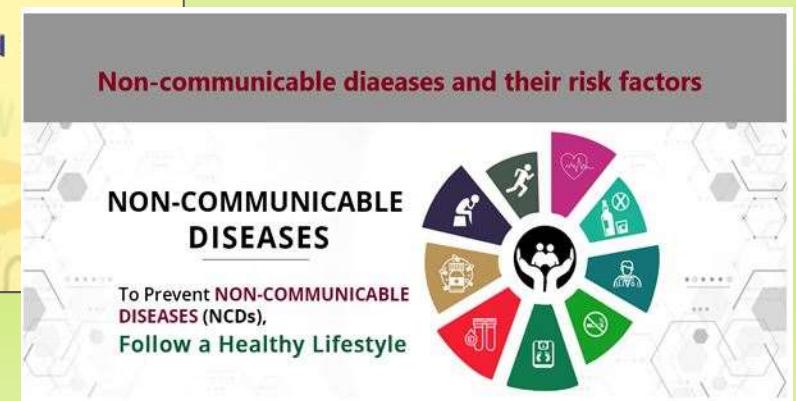
Health is more than the absence of disease. It is living life with joy, energy, fulfillment and health. Sadly, we are living at a time when there is a health care paradox: while medical costs continue to rise, our health and well-being are declining.

Lifestyle medicine is a behavioral interventions to treat and manage chronic diseases related to lifestyle.

The best way to predict your health is to create it.” To change the course of your health, you have to be intentional about your daily habits and behaviors. Good health habits can allow you to avoid illness and improve your quality of life.

Tips to improve your health

- ❖ Adopt Positive Habits - Exercise/Yoga/Pranayama/Walking as part of your life.
- ❖ Eat a balanced and healthy diet.
- ❖ Drink enough water.
- ❖ Relax - Meditate/Listen to Music/Spend quality time with your family.
- ❖ Don't smoke.
- ❖ Limit intake of alcohol, if possible avoid drinking.
- ❖ Control your weight - check Body Mass Index (BMI) regularly.
- ❖ Get medical check-ups periodically.
- ❖ Use the medicines your health care provider gives you directed.



OUR PRIMARY CONCERN

TO EDUCATE PEOPLE AND FOCUS UPON THE LONG TERM EFFECTS

OUR MISSION

IMBIBE HEALTHY LIFESTYLE CHANGES IN SOCIETY

OUR VISION

EDUCATE THE PEOPLE & CREATE AWARENESS ABOUT UNHEALTHY LIFESTYLE PATTERN.

FOLLOW 5 A's PROGRAM

**WORK WITH THESE 5 A FOR EFFECTIVE
CONTROL OF NCDs**

- 1. Awareness**
- 2. Acceptance**
- 3. Accessibility**
- 4. Affordability**
- 5. Availability**



CELEBRATING HEALTH DAYS

- ❖ Walkathon
- ❖ World Hypertension Day – 17th May
- ❖ Yoga Day – 21st June
- ❖ Nutrition Week – 1st week of September
- ❖ Anti Obesity Day – 11th October
- ❖ Anti Diabetic Day – 14th November.



THE APPROACH, WE HAVE TAKEN

- ❖ Bringing About Awareness
- ❖ Coordination with
 - All Rotary Clubs.
 - Schools & Colleges.
 - NGOs.
 - Corporates.
 - Social Groups
- ❖ Conduct Mass campaigns
- ❖ Regular Monitoring of body vitals, Know your numbers
Blood Sugar, BP, Weight & Fat percentage
- ❖ Associate through Rotary health centres and check-up camps
- ❖ Provide Chart & Questionnaire for people and counsel them based upon their vitals, follow a progressive approach ...



REINFORCEMENTS - CONNECTING WITH

- ❖ Join hands with IMA, NIMA, GPA
- ❖ Join hands with state Obesity Task Force
- ❖ Join hands with FCO
- ❖ Follow on YouTube, “The Zero Life”

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MARCH TOWARDS HEALTHY INDIA

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PROJECT POSITIVE HEALTH

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Thank you!