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

(Note: AFR=African Region, AMR=Region of the Americas, EMR= Eastern Mediterranean Region, EUR= European Region, SEAR=South-East Asia Region, WPR=Western Pacific Region).

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

DIABETES MELLITUS

1. 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

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.

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KNOW YOUR NUMBERS

EK CHAMACH KAM
CHAAR KADAM AAGE

एक चमचा कमी ..
चार पावल पुढे...
निरोगी आयुष्याकडे वाटचाल
आवश्यक
सकस आहार
SALT OIL SUGAR
कमी मीठ,तेल,साखर
नियमित व्यायाम
टाळा
तेलकट पदार्थ
तंबाखू
मद्यपान
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KNOW YOUR NUMBERS
Height
Weight
BMI
Blood Pressure
Blood Sugar

SOS
SALT OIL SUGAR
EK CHAMACH KAM
CHAAR KADAM AAGE

SAY YES TO

HEALTHY FOOD

LOW SALT, LOW SUGAR, LESS OIL

REGULAR EXERCISE

KNOW YOUR NUMBERS

Height

Weight

BMI

Blood Pressure

Blood Sugar

SAY NO TO

JUNK FOOD

TOBACCO

ALCOHOL

ROTARY's PROJECT

Creating Awareness & Advocacy

- Informative lectures in Schools & Colleges, students campaigns,.
- Distribution of brochures in communities.
- Display of posters & holdings.
- Organizing health talks or panel discussions.
- Social media campaigns.

ROTARY's PROJECT

Organizing PPH Camps

- For Rotarian's & their family members.
- For Senior citizens.
- For Corporates and working professionals
- Within Gated communities.
- Camps arranged at Government Health Centers.

KNOW YOUR NUMBERS CAMPAIGN

आरोग्य पत्रिका

ह्या पत्रिकेच्या पुढील भागात दर्शविलेले तुमच्या प्रकृतीविषयी आकडे तुमच्या भावी निरोगी आयुष्याचे दर्शक आहेत.

१) तुमचे उंचीनुसार असणारे वजन आणि बॉडी मास इंडेक्स (BMI) तुमचे योग्य वजन, लठ्ठपणा (Obesity), कृषपणा (Underweight) याची माहिती देते.

२) रक्तातील साखर तुमच्या मधुमेहाच्या आजाराची (Diabete माहिती देते.

३) तुमचा रक्तदाब, उच्च रक्तदाब (High Blood Pressure) च्या आजाराची माहिती देते.

४) वरिल सर्व तुमच्या प्रकृतीविषयीचे आकडे, एकत्रितपणे तुम- भावी निरोगी आयुष्याची माहिती देतात. तसेच तुम्हाला असणा- किंवा भविष्यात संभवणाऱ्या असंसर्गजन्य रोगाविषयी, उदा. मधुमेह (Diabetes) उच्च रक्तदाब (High Blood Pressure), हृदयविक (Ischemic Heart disease), किडनीचा विकार (Chronic Kidr disease) आणि अर्धांगवात (Paralysis) यांची कल्पना देतात.

५) या आरोग्य पत्रिकेचा उपयोग आपले पुढील जीवन निरोगी आणि आनंददायी होण्यासाठी करायचा आहे.

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KNOW YOUR NUMBERS IDENTITY CARD

आरोग्य पत्रिका

Name/ नाव _____

Age/ वय _____

Male / पुरुष ☐ Female/ स्त्री ☐

Weight/ वजन ___Kg, Height/उंची____cm

BMI _____Kg/M^2

Blood Pressure/ रक्तदाब____m.m. of Hg

Blood Sugar / रक्तातील साखर _____mg%

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71 अनियमित दिनचर्या
70
69
68
67 बेकरी , तला हुआ नाश्ता इत्यादि
तंदुरुस्त एवम् ऊर्जावान 66
58
59
60 केलेस्ट्राल पर नियंत्रण
61
कमर की साइज (>43"M;>38"F) 62
63
64
65
57
56 धूम्रपान
55
54
53
52 कोलेस्ट्रॉल अत्याधिक होना
51 सीढ़ियों का इस्तमाल
43 पेट और वजन का अधिक बढ़ना
44
45
46
47
रोजमर्रा की बीमारियों से 48 आजादी
49
50
42 दिल का दौरा की संभावना नहीं होती
41
40
39
38
37
36
जंक फूड ,कोल्डड्रिंक और मैदा का सेवन 35
28
29 धूम्रपान निषेध
30
31 दिल के दौरे की अति संभावना
32
33 नियमित व्यायाम
34
27 आचार , पापड़, तला हुआ खाना
26
25
24 शक्कर की बीमारी एवम् कोलेस्ट्रॉल नियंत्रण
फल और हरी सब्जियों का प्रतिदिन सेवन 23
22 शक्कर की बीमारी
15
16
17 खाने में फाइबर की मात्रा अधिक
18
19
20
21 उच्च रक्तचाप नियंत्रत
14
13 उच्च रक्तचाप
12 रेगुलर मेडिकल चेकअप में लापरवाही
11
10
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1
2 कैंसर की अत्यधिक संभावना
3
4
5
6 रोग की शुरुआत का पता नही लग पाता
भोजन में नमक की मात्रा कम करे 7

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MARCH TOWARDS HEALTHY INDIA

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Thank you!