

Rotary



PROJECT POSITIVE HEALTH
Stop Non Communicable Diseases



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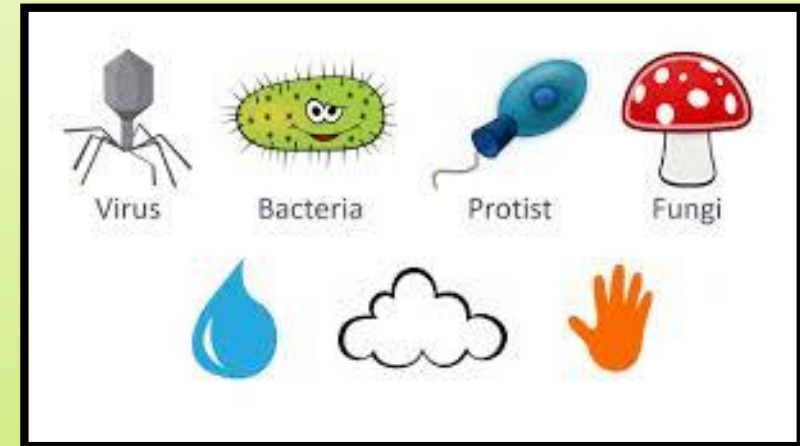
DISEASES

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



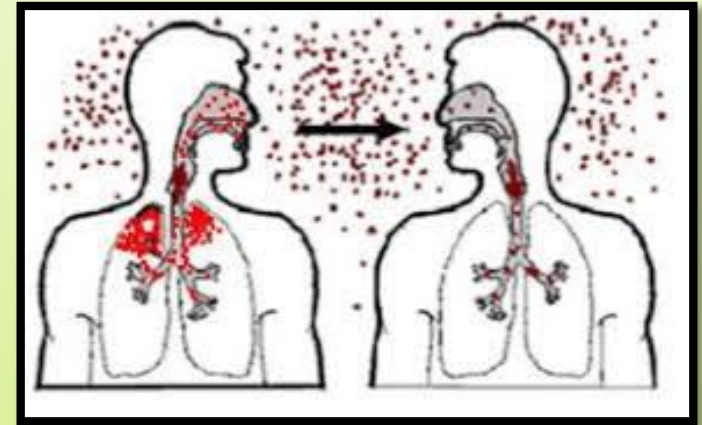
NON-COMMUNICABLE DISEASES

- ❖ 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



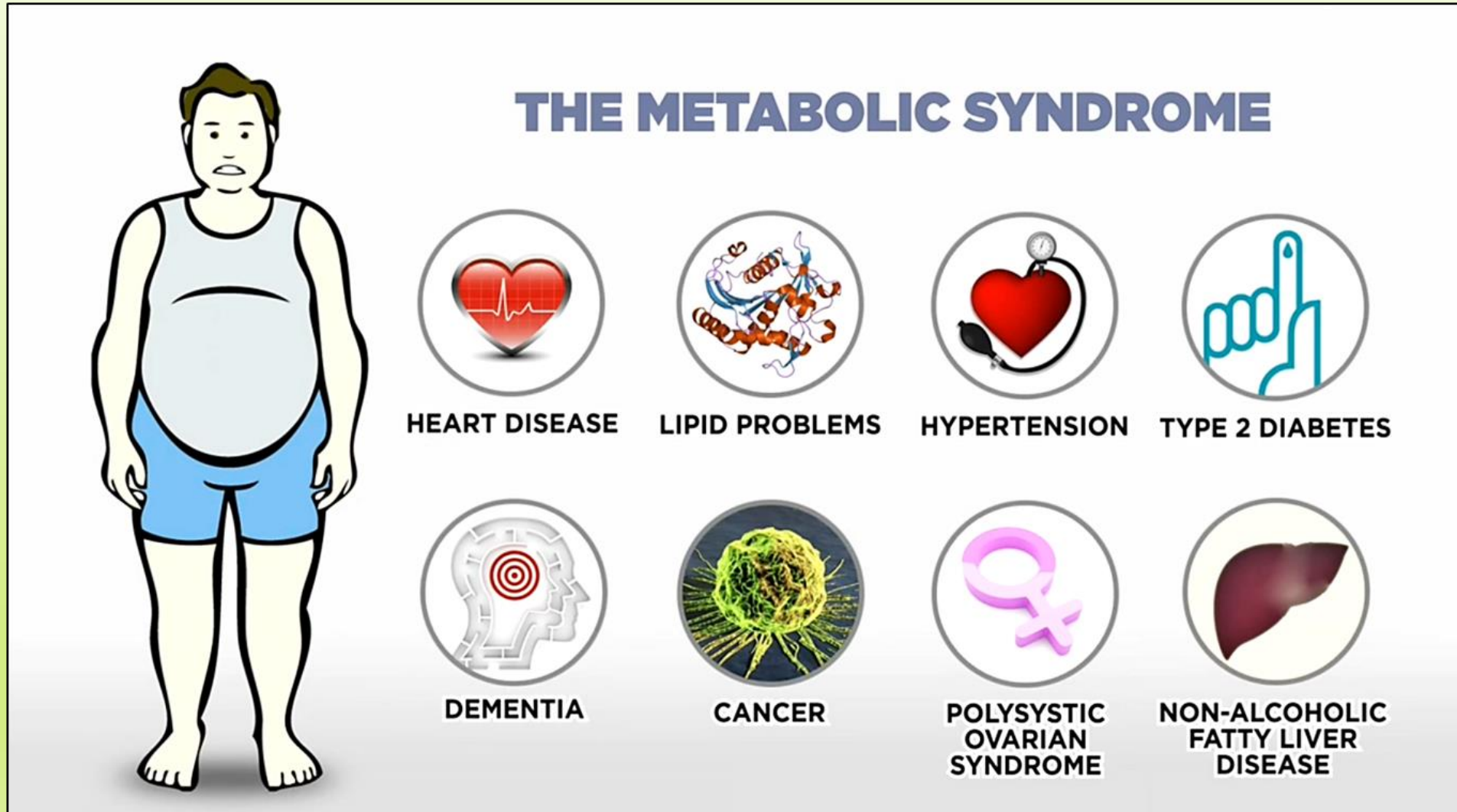
REASONS FOR NON-COMMUNICABLE DISEASES

- ❖ 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

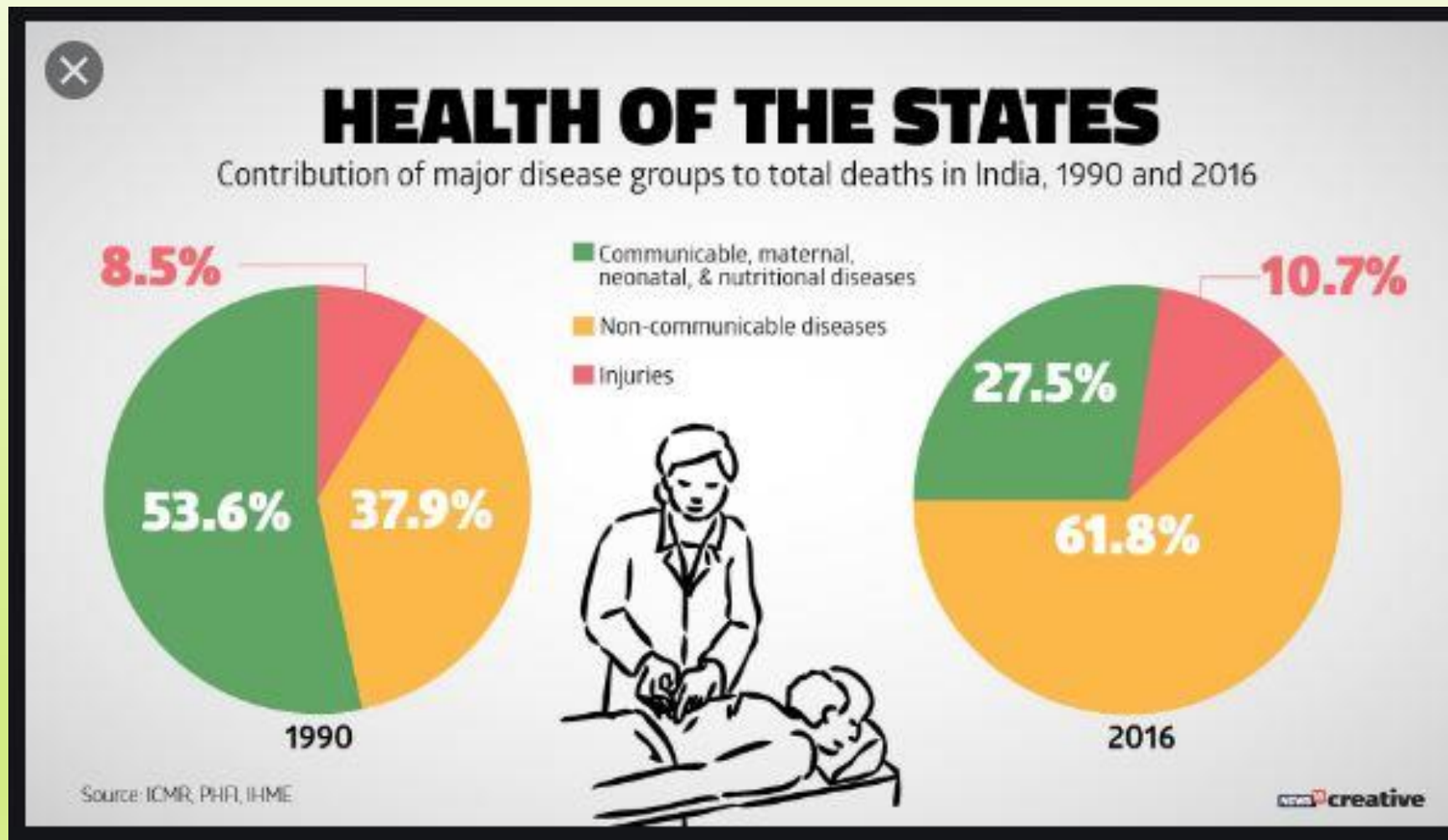
CAUSES OF NON COMMUNICABLE DISEASES



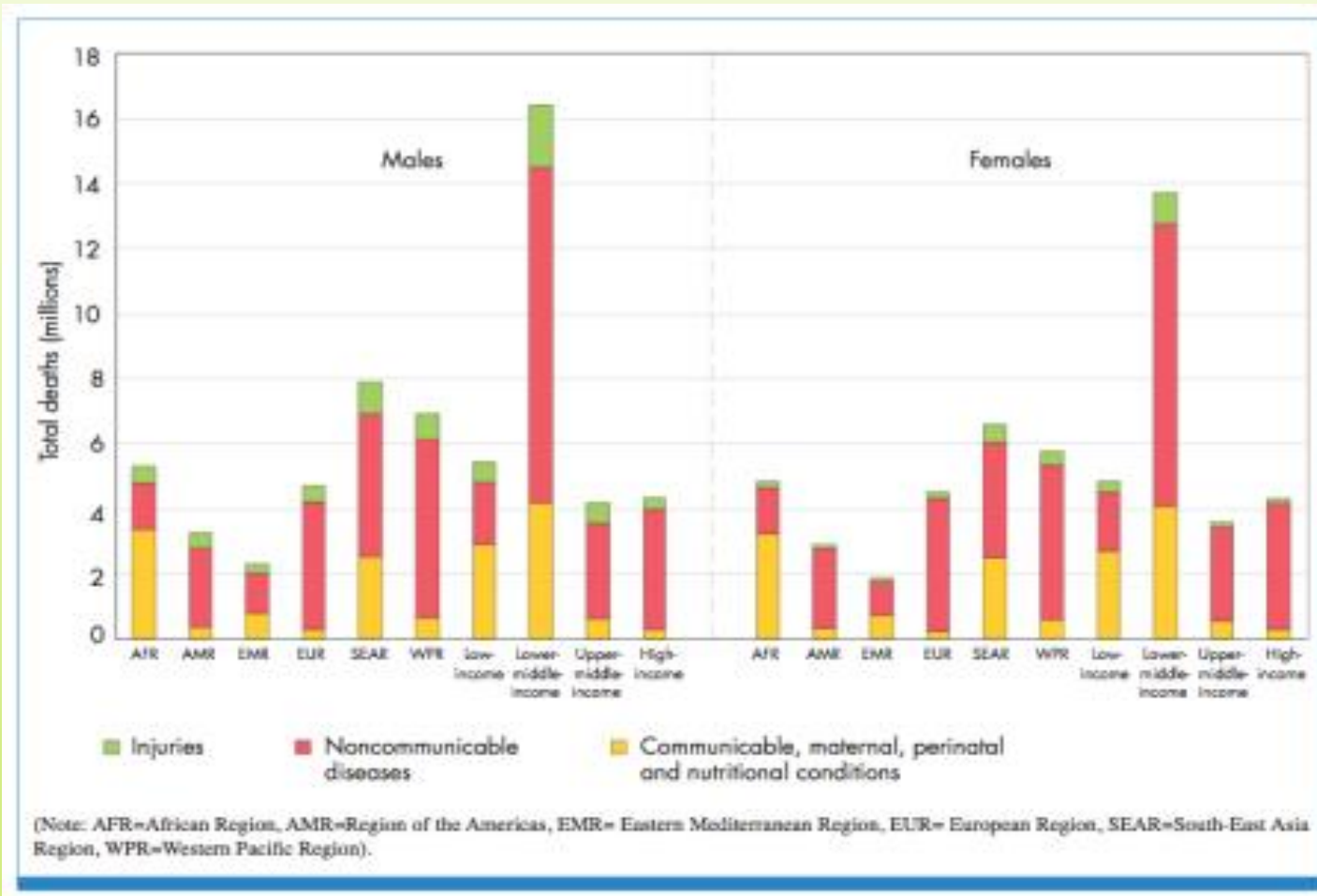
MEDICAL EFFECTS OF NCDs



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

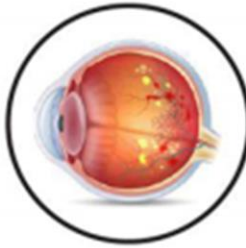


DIABETES MELLITUS

Complications:



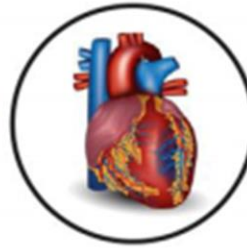
Cerebrovascular disease



Retinopathy and blindness



Severe 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.

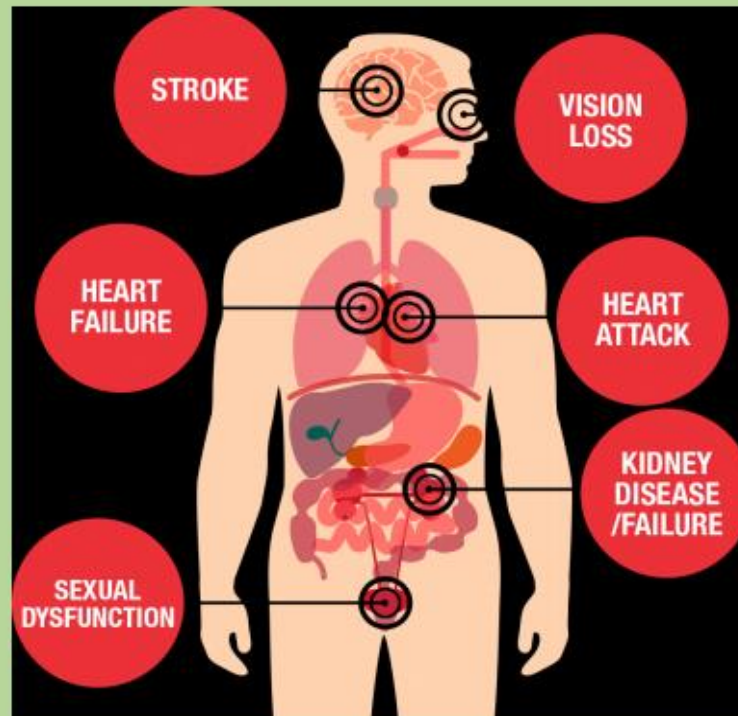
Symptoms



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

HYPERTENSION

Complications:



CERBOVASCULAR ACCIDENT

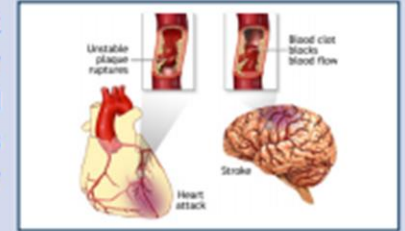
3.Cerebrovascular Accident (Stroke)

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

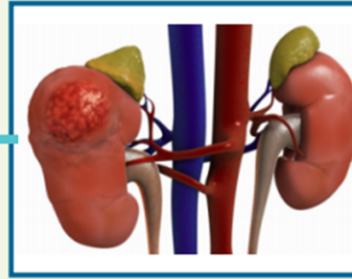


The symptoms of a stroke can vary depending on the individual and where in the brain it has happened. Symptoms usually appear suddenly, even if they're not very severe, and they may become worse over time. Seek medical attention immediately.

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.

- ❖ 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.

Tips to improve your health

Non-communicable diseases and their risk factors

NON-COMMUNICABLE DISEASES

To Prevent **NON-COMMUNICABLE DISEASES (NCDs)**,
Follow a Healthy Lifestyle



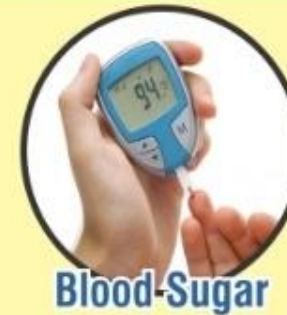
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PROJECT POSITIVE HEALTH

Stop Non Communicable Diseases

**KNOW
YOUR
NUMBERS**



**EK CHAMACH KAM
CHAAR KADAM AAGE**



एक चमचा कमी..
चार पावल पुढे...

निरोगी आयुष्याकडे वाटचाल

आवश्यक



सकस आहार



कमी मीठ, तेल, साखर



नियमित व्यायाम

टाळा



तेलकट पदार्थ



तंबाखू



मद्यपान



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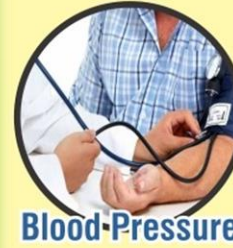
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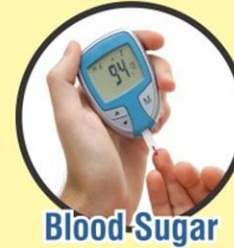
Weight



BMI



Blood Pressure



Blood 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

ROTARYS PROJECT

Creating Awareness & Advocacy

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

ROTARYS PROJECT

Organizing Positive Health Camps

- ❖ For Rotarian & their family members.
- ❖ For Senior citizens.
- ❖ For Corporates for working populations.
- ❖ 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 (Diabetes) माहिती देते.

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

४) वरिल सर्व तुमच्या प्रकृतीविषयीचे आकडे, एकत्रितपणे तुमचा भावी निरोगी आयुष्याची माहिती देतात. तसेच तुम्हाला असणाऱ्या किंवा भविष्यात संभवणाऱ्या असंसर्गजन्य रोगाविषयी, उदा. मधुमेह (Diabetes) उच्च रक्तदाब (High Blood Pressure), हृदयविकार (Ischemic Heart disease), किडनीचा विकार (Chronic Kidney 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/M²

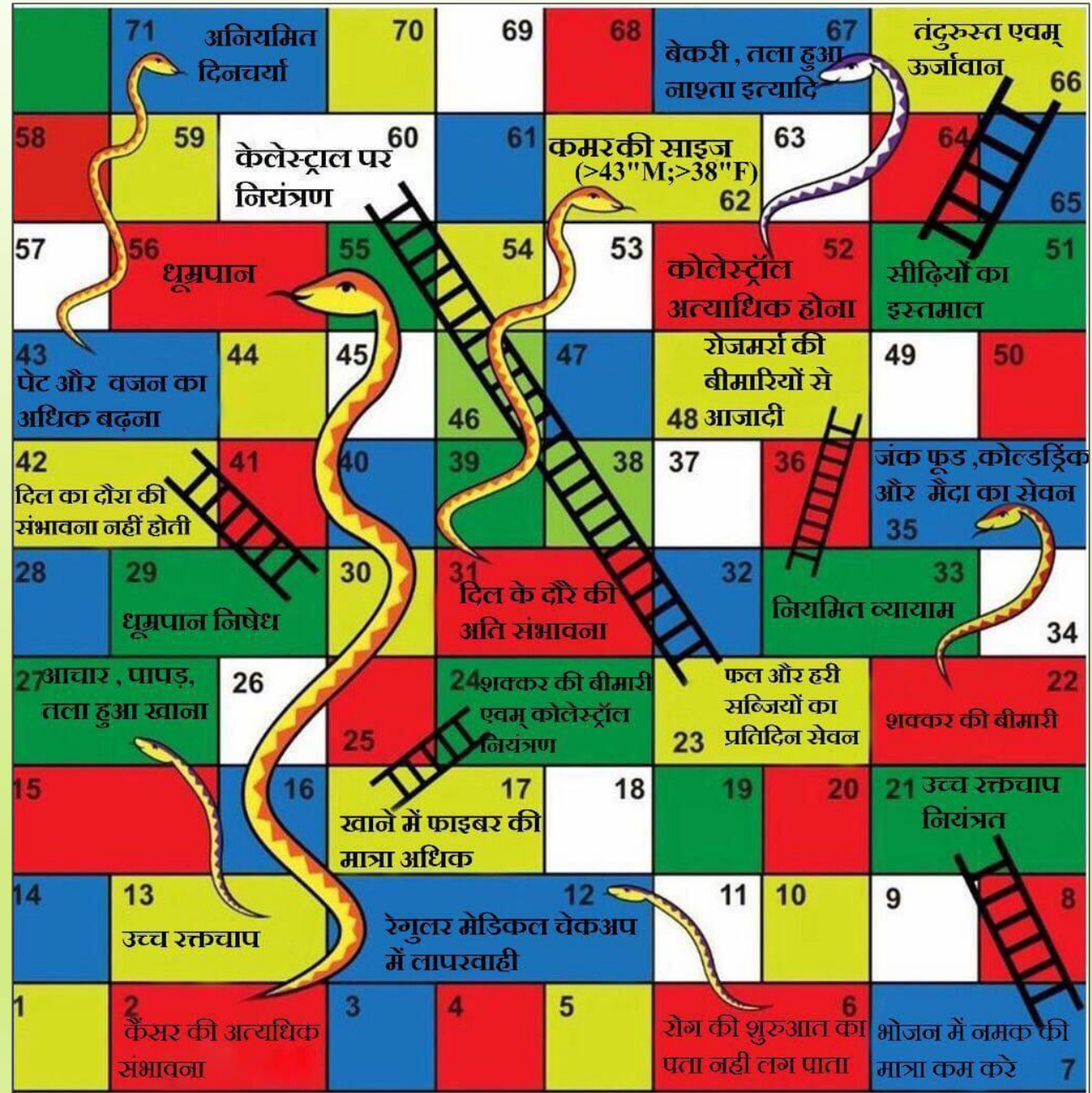
Blood Pressure/ रक्तदाब _____ m.m. of Hg

Blood Sugar / रक्तातील साखर _____ mg%

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Stop Non Communicable Diseases



MARCH TOWARDS HEALTHY INDIA

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Stop Non Communicable Diseases

Thank you!