

COMMUNICABLE DISEASES

These are diseases that can be transferred from one person to another, either by contact or air e.t.c.

NON COMMUNICABLE DISEASES

A non-communicable disease (NCD) is a disease that is not transmissible directly from one person to another.

NCDs include Parkinson's disease, autoimmune diseases, strokes, most heart diseases, most cancers, diabetes, chronic kidney disease, osteoarthritis, osteoporosis, Alzheimer's disease, cataracts, and others. NCDs may be chronic or acute. Most are non-infectious.

PREVENTION OF NON COMMUNICABLE DISEASES

One of the ways in reducing the major risk factors for noncommunicable diseases (NCDs) –

1. **Stopping the Use of Tobacco:** Tobacco use is a common risk factor for cardiovascular diseases, cancer, chronic respiratory diseases, and diabetes. It also has a causality link to many other diseases and adverse health effects (). Implementing tobacco control policies will have a positive impact in lessening the burden of NCDs
2. **Engaging in Physical Activities:** Regular physical activity (RPA) in adults reduces the risk of ischemic heart disease, stroke, diabetes, and breast and colon cancer. RPA is a determinant of energy expenditure and, along with health eating, can impact one's weight control and prevention of obesity (). The evidence available also shows that physical activity is positively related to cardiorespiratory and metabolic health in children and youth
3. **Eating healthy:** Obesity increases the likelihood of diabetes, hypertension, coronary heart disease, stroke, certain cancers, obstructive apnea, and osteoarthritis. It also negatively affects reproductive performance. The link between obesity, poor health outcomes, and all-cause mortality is well established, so therefore in is of essence to eat healthy.
4. **Too much Sodium Intake:** Hypertension and cardiovascular diseases are associated with increased consumption of dietary salt/sodium. High levels of salt/sodium consumption contribute to approximately 30% of hypertension cases. WHO recommends reducing salt intake to less than 5 g/day (equivalent to 2 g/day of sodium) to reduce blood pressure and the risk of coronary heart disease and stroke.

Sickle cell disease

Sickle cell disease is an autosomal recessive blood disorder that can lead to anaemia. It is caused by a mutation in the haemoglobin gene, which leads to deformation of red blood cells. Deformed red blood cells can obstruct small vessels and they are prone to destruction.

Kwashiorkor

Kwashiorkor is a form of severe malnutrition that affects children living in poverty in tropical and subtropical parts of the world. It is caused by a lack of protein in the diet. Kwashiorkor stunts growth and causes children to have bloated bellies and thin arms and legs.

Asthma

Asthma is a chronic condition in which the airways that carry air to the lungs are inflamed and narrowed. Inflamed airways are very sensitive, and they tend to react to things in the environment called triggers, such as substances that are inhaled. When the airways react, they swell and narrow even more, and also produce extra mucus, all of which make it harder for air to flow to the lungs. The muscles around the airways also tighten, which further restricts air flow.

Obesity.

Obesity is a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health. ... Obesity is most commonly caused by a combination of excessive food intake, lack of physical activity, and genetic susceptibility.

PREVENTIVE MEASURES

Kwashiorkor: Can be treated with balanced diet and enough protein in meals.

Obesity: This can be worked on with physical exercises and with specific types of foods, more vegetables, and less carbohydrate and proteins.