

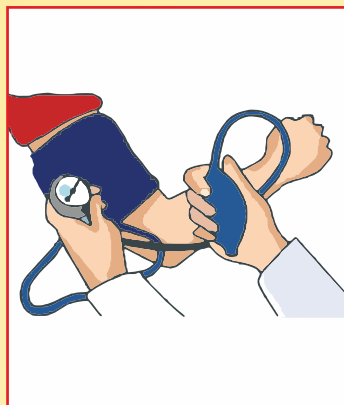
NON COMMUNICABLE DISEASES

Non-communicable diseases (NCDs) can be managed by simple modifications in everyday eating behaviours and certain lifestyle considerations.



OBESITY

Excessive body fat with BMI more than 25kg/m²



HYPERTENSION

Blood pressure higher than the normal range (120/80 mm Hg)



DIABETES

Blood glucose/ sugar is too high

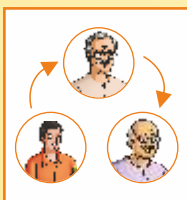
CAUSES



Unhealthy food



Physical inactivity



Increasing age



Stress



Alcohol and tobacco

LIFESTYLE MANAGEMENT OF NCDs



Adopt a healthy lifestyle – balanced diet, exercise, stay happy, sleep well



Drink adequate water



Adopt stress management techniques – meditation, yoga



Avoid smoking, consumption of alcohol, tobacco, betel leaves and junk foods



Go for regular health check-ups – as advised by the doctor



Maintain normal weight. Decrease calorie, fat, salt and sugar intake

For more information, contact Self Help Group member of your area.