



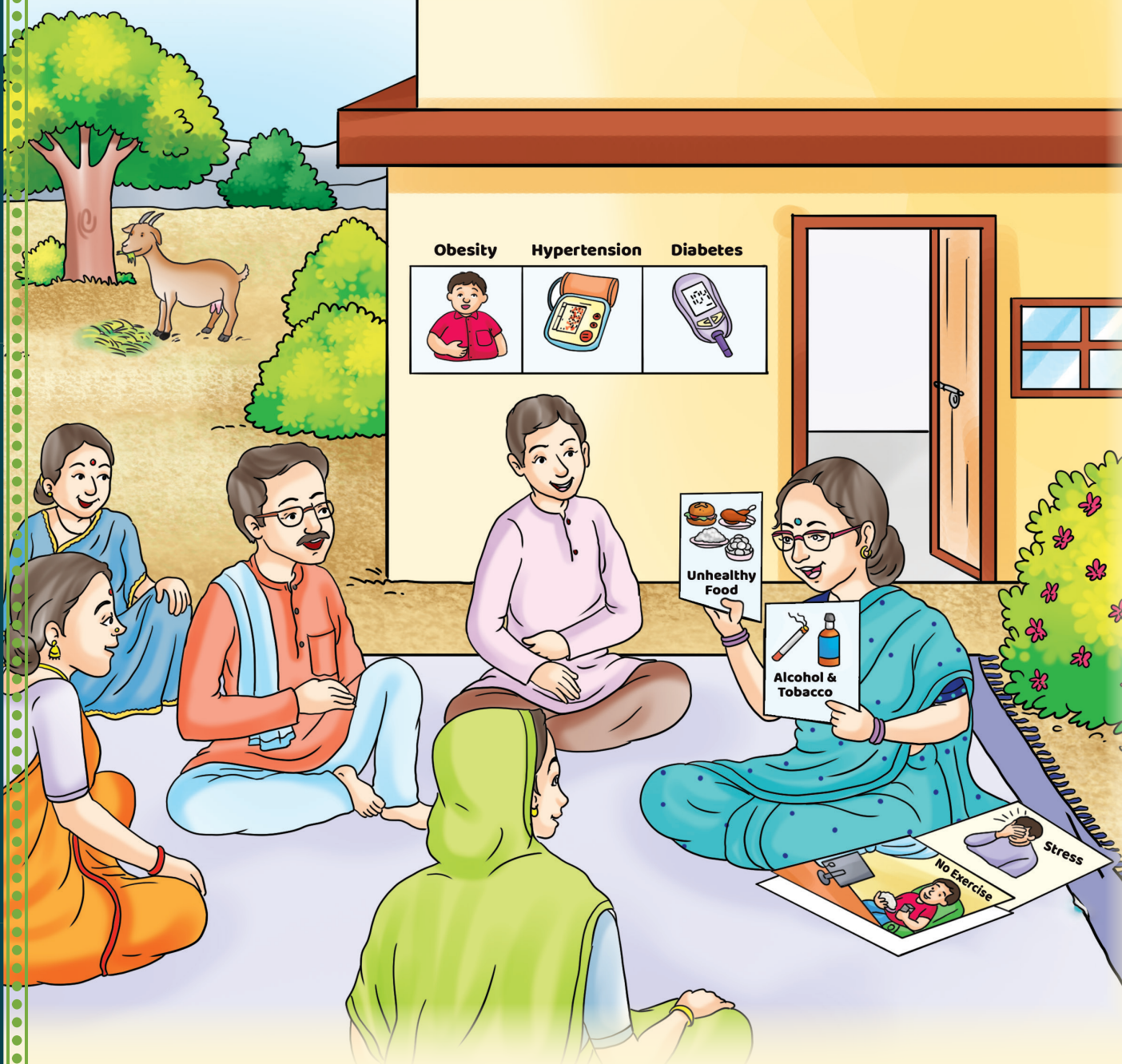
सत्यमेव जयते
ग्रामीण विकास मंत्रालय
भारत सरकार



NON COMMUNICABLE DISEASES

Diet and Lifestyle

Facilitator Guide for SHG Meetings



Deendayal Antyodaya Yojana - National Rural Livelihoods Mission (DAY-NRLM)

Ministry of Rural Development, Government of India



Dear Facilitator

This facilitator guide on “**Non Communicable Diseases**”, is designed to help all facilitators under State Rural Livelihood Missions (SRLMs) in rolling out the Flipbook and disseminating key messages within the SHG groups and other community cadres. This session is part of a training package on Food, Nutrition, Health and WASH (FNHW) consisting of Flip books, Facilitator guides, Posters, Counselling Cards and Stickers.

The objective of this training on Non Communicable Diseases is to empower SRLM staff, cadres and community at large with the knowledge to improve nutrition, lifestyle and appropriate behaviours to deal with these diseases. This knowledge may help to adopt better behaviour and practices that will improve the nutritional, lifestyle and health care status of those affected with Non-Communicable Diseases. We all know that better health and nutrition results in higher productivity leading to reduction in poverty and improvement in quality of life.

It should be kept in mind that this orientation package, although meant for SHG women, should serve as reference material for the entire family. Information provided under each session through flipbooks and this guide should be seen as collective learning for the family, and each member of the family needs to play their part to ensure that the messages are adopted by them in everyday lives.

The responsibility of getting these behaviours imbibed does not lie with women only; the men/husbands/older boys and other members in the family need to ensure making arrangements for whatever is required to follow these practices on FNHW.

Objectives

After going through the module, the facilitator will be able to:

- Comprehend and explain the causes, symptoms, nutrition and lifestyle care practices for Obese people in their family and in the community.
- Understand and explain the causes, symptoms, nutrition and lifestyle care practices to those affected by Hypertension in their family and in the community.
- Recognize, understand and explain the causes, symptoms, nutrition and lifestyle care practices for those affected by Diabetes in their family and in the community.



Initiate the Session

It is very important that in this session facilitators do not allow the participants to perpetuate negative cultural taboos and myths. More importantly, ensure that participants truly understand, with cultural and gender sensitivity, the need for nutrition and health care during Non-Communicable Diseases, their associated health problems and how to handle the health issues.

Majority of the Non-Communicable Diseases originate from unhealthy lifestyles and adverse physical and social environments. Well-known risk factors include poverty, poor diets like intake of foods rich in fat, salt and sugar; physical inactivity, consumption of tobacco, excessive use of alcohol, and stress. We now know from research studies and experiences of projects in our country and from other countries that the burden of non-communicable diseases can be reduced through effective preventive measures. The response of our health system is not just to identify and treat these diseases, but also address prevention and health promotion.

Case Study

Akash, a truck driver by profession is 40 years old. He is quite obese and weighs 93 kgs, he is also a chain smoker and alcoholic. Owing to his work, his food timings are erratic and he mostly indulges in oily and fried foods. His food plate is mostly spicy non vegetarian food lacking in vegetables & fruits. Overall, he was leading a very unhealthy lifestyle. One day while he was driving, he suddenly started having pain in his chest, started sweating and could no longer continue to drive. He stopped the vehicle by the side and fell unconscious. He was spotted and identified by the passer byes who admitted him to the nearby hospital. He was diagnosed with cardiac failure.


- ▶ What are your observations about Akash's health status?
- ▶ What could be the linking factors with his cardiac failure?
- ▶ What should be done to help Akash improve his status?

Note: Do not give any answers here, just listen to what the group has to say.

Know about non-communicable diseases

Initiate a discussion with the group on food and nutrition security entitlements provided by the government; what are the schemes, who are eligible and what are the provisions? For ease of understanding the content is divided into two topics. The key points to be discussed may be written on the paper/white board and may be projected in case of virtual training.

Initiate discussion asking the participants to share their understanding on Non Communicable Diseases – NCDs. The participants could be led to brainstorm on the



number of health problems they come across in their family members across all age groups.

Non-communicable diseases (NCDs), also known as chronic diseases, do not spread from person to person. These illnesses take a long time to develop and do not present symptoms in the early stages. They require treatment for several years, and some require life-long treatment. There are several diseases which fall into this group of conditions. The main types of non-communicable diseases are diabetes, coronary heart disease, stroke, cancers, and chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma). They are diseases of long duration targeting men, women and children and people in all income groups. Some of these diseases progress slowly or cause chronic symptoms requiring long term care and control while others progress rapidly. People may look apparently healthy but they may still have these diseases. Tobacco and alcohol consumption are key causative factors, but there are many others, and you will learn about these later. One of the most serious concerns about Non-Communicable Diseases is that they affect people in the productive years of their life. Non-Communicable Diseases are a leading cause of premature mortality.

Most often, Non-communicable diseases originate from unhealthy lifestyles and adverse physical and social environments. Well-known risk factors include poverty, poor diets like intake of foods rich in fat, salt and sugar; physical inactivity, consumption of tobacco, excessive use of alcohol, and stress. We now know from research studies and experiences of projects in our country and from other countries that the burden of Non-communicable diseases can be reduced through effective preventive measures. The response of our health system is not just to identify and treat these diseases, but also address prevention and health promotion.

Key Message

- Non-communicable diseases (NCDs) or chronic (Long term) diseases that do not spread from person to person.
- These illnesses take a long time to develop and do not present symptoms in the early stages. They require treatment for several years or life-long treatment.
- They are diseases of long duration targeting men, women and children and people in all income groups.
- There are several diseases which fall into this group of conditions and the common ones include–
 - Obesity
 - Hypertension
 - Diabetes

- Coronary heart disease,
- Stroke,
- Cancers, and
- Chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma).

We will discuss the first three – Obesity, Hypertension and Diabetes in this session

1. Obesity

Know about obesity & its types

Initiate the discussion with questions to the participants on what is obesity?

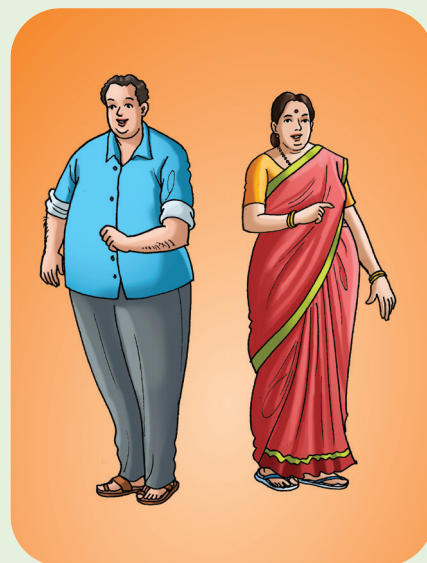
Explain the group that there is an ideal body weight range that one should have according to their height. Excessive body fat leading to more weight is Obesity. Judge if the participants will be able to understand the concept of BMI (Body Mass Index) and if favourable, explain to them this concept. BMI is the ratio of weight in kilograms divided by height in meter square. If the group finds this calculation difficult or confusing, leave this concept and move ahead, explaining the kinds of Obesity – Apple shape and Pear shape.


WHAT IS OBESITY?

- ▶ Obesity is excessive body fat
- ▶ Indians are considered obese if their BMI $>25\text{kg}/\text{m}^2$
- ▶ Body Mass Index (BMI) is a formula to access obesity.

TYPES OF OBESITY

- ▶ Apple Shape (Android Obesity)
- ▶ Excessive fat accumulation on abdomen
- ▶ Common among men
- ▶ Pear Shape (Gynoid Obesity)
- ▶ Excessive fat accumulation on thighs & hips
- ▶ Common among women



$$\text{BMI} = \frac{\text{weight (Kg)}}{\text{height (meters)}^2}$$


Source: WHO expert consultation (2004)

- excess body fat distributed around the waist (apple-shaped figure, intra-abdominal fat);
- excess body fat distributed on the hips and thighs (pear-shaped figure, fat under the skin)

Causes and symptoms of Obesity

While discussing, try to enlist the causes, symptoms and complications of Obesity. The participants who are overweight and underweight may be asked to share their personal experience in their symptoms and causes for their weight gain as a recall. **Care must be take that these could be sensitive issues and therefore these questions should be carefully handled.**

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(i) Non-Modifiable risk factors These risk factors are inherent to an individual and cannot be changed, such as age, sex and family history.

- **Age:** With increasing age, our body undergoes changes. As we grow older, there is an increase in the risk of developing hypertension (high blood pressure), high blood sugar levels, high levels of body and blood fats. These conditions can lead to Non Communicable Diseases like – heart and blood vessel diseases (stroke), diabetes, cancer, respiratory problems, etc.
- **Sex:** Both women and men are at risk of developing Non-Communicable Diseases. Men are at a higher risk of developing Non-Communicable Diseases. However, women who have reached menopause are more likely to suffer from heart attacks than pre-menopausal women. Some risk factors for developing Non-Communicable Diseases such as high blood pressure or high blood glucose can affect women even during pregnancy.
- **Family history:** If a person has a family history of NCDs (if a close family member, parents, siblings also have the disease) she/he has a high chance of getting the disease.

(ii) Modifiable risk factors These are risk factors that can be changed by specific action. The harmful effect can be reduced with changes in lifestyle and treatment. These risk factors include–

- Unhealthy diets (high fat, sugar and salt content; and low fruit and vegetable and fibre intake) Physical inactivity
- Excessive use of Tobacco
- Excessive and Harmful use of Alcohol
- Population level risk factors include poverty, poor living and working conditions and environmental factors like pollution from factory smoke, cars and even cooking stove (chulha) in home, etc. can increase the risk of many NCDs.
- At the individual level, some modifiable risk factors can be changed if the person changes her/his individual behaviours. Also, there is a law against selling of tobacco products near schools and colleges so that children do not start smoking early.

Complications Due to Obesity

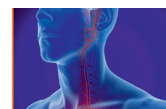
Obesity can be a direct cause of certain complications or may indirectly lead to some.



Diabetes Mellitus



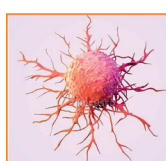
Arthritis



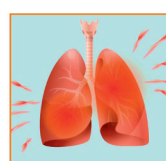
Stroke



Inflamed Veins



Cancer
(breast, uterus, colon, esophagus)



Lung Disease
(Asthma)



Irregular Menstrual Cycle/PCOS



Heart Disease
(abnormal lipid profile, high blood pressure)



Nutrition and Lifestyle care for Obesity

Discuss with the participants on the measures for weight reduction. Give special focus to discuss the below points on cutting down the calorie intake for weight reduction and eating balanced diet.

Cut down the Calorie intake

Focus on gradual weight loss as rapid weight loss is harmful for health. Reduce intake of calories dense foods such as:

- Red meats (mutton, pork)
- Fried and oily foods
- Refined cereals products (mathri, pasta, pizza, snacks made from maida, etc.)
- High Sugar products
- Carbonated beverages, alcoholic drinks and sweetened fruit juices

Balanced diet

- Incorporate fruits and vegetables in the diet
- Whole grains and pulses should be included
- Lean meats (chicken, fish and egg whites) can be consumed
- Low fat milk and its products should be included in the diet (double toned milk, skim milk)
- Snack on fruits and vegetables as salads and chats
- Select low calorie beverages like coconut water, lemon water.

Stop (Avoid Eating)

- Fried foods, Red meats, Refined cereals, (Maida) Sugar, Jaggery, Honey, Aerated Drinks, Sweetened beverages, Butter, Ghee Vanaspati, Animal fat.

Caution (Eat Less)

- Refined oils (olive oil, rice bran oil, sesame seed oils). Starchy Fruits and Vegetables (mango, banana, potato, Colocasia)

Go (Eat liberally)

- Low fat milk and milk products, Fruits (Orange, melon, berries etc.) Green leafy vegetables, other vegetables (cabbage, cauliflower, brinjal etc.), whole grains and whole pulses (atta, bajra, ragi, sabut channa, etc.)



Dietary and lifestyle care for Obesity

Discuss with the group that there is a need for modifying not just food habits but also making certain lifestyle changes

DO'S	DON'TS
Diet Care <ul style="list-style-type: none"> • Eat small meals • Plan your meals in advance • Choose a smaller plate and small portion size • Eat slowly and chew properly • Eat foods high in fiber such as whole grains and pulses (wheat flour, bajra, ragi, bengal gram whole, green gram whole and sprouts), fruits and green leafy vegetables • Choose whole fruits over juices • Eat healthy snacks such as vegetable idli, murmura chaat, and soya uttapam in measured quantities • Choose low fat milk and milk products (double toned milk/skim milk) and lean meats (chicken / fish egg white) • Use healthy oils like mustard oil, rice bran oil, sesame oil etc. alternatively 	<ul style="list-style-type: none"> • Skip meals and don't overeat • Avoid Excessive oil, ghee, butter, Vanaspati, ready to eat fried foods and processed foods • Limit food products made of refined flour such as bakery products (white bread, cakes, and biscuits) • Avoid high sugar, high salt, fried foods, sweetened fruit juices, soft drinks and alcohol • Do not Fast or feast • Do not eat while watching TV/ reading/ at the computer/ mobile phone

Life Style Care

- Gradually increase your physical activity.
- If you have medical condition, consult doctor for any physical activity.
- Exercise regularly for 30 minutes at least 5 days in a week of moderate intensity (brisk walking, cycling, dancing and gardening).
- Serve food in small plates or small portions.
- Avoid fasting and feasting and complete exclusive of any food group.
- Monitor your weight regularly.
- Avoid eating out frequently

2. Hypertension

Start this discussion by asking the group about what they understand by Hypertension, and according to them who could be affected, what are the cause,



symptoms etc. Help the participants to understand about hypertension, its types and its resulting complications on health.

Hypertension or High Blood Pressure (BP) occurs when the blood moves through the blood vessels at a higher pressure than normal. This requires the heart to work harder to push blood through the blood vessels. This increases the load on the heart.

Hypertension (High Blood Pressure) occurs when systolic blood pressure (SBP) is more than 120 mm Hg and diastolic blood pressure (DBP) is more than 80 mm Hg. Systolic: represents the blood pressure when the heart beats. Diastolic: represents the blood pressure when the heart rests between one beat and the next.

If there is no underlying causes (kidney diseases, use of oral contraceptives, endocrine disorders, etc.), dietary intervention and lifestyle modification with medication for hypertension is advised.

Blood Pressure Classification	Systolic Blood Pressure SBP (mmHg)	Diastolic Blood Pressure DBP (mmHg)
Normal	<120	<80
Elevated	120–129	<80
Stage 1	130–139	80–89
Stage 2	>140	>90

Types of Hypertension

Based on the cause, Hypertension is of two types: Primary/Essential and Secondary Hypertension.

- Primary or Essential Hypertension has no known cause, and usually takes many years to develop. It is a result of lifestyle factors, heredity, environment and the changes in blood vessels that occur with increasing age. However, hypertension can also be seen among younger people.
- Secondary Hypertension is seen when a medicine or a health problem in some other part of the body is causing high blood pressure. This is much less common than Primary hypertension.

Another form is Gestational Hypertension – Is a hypertension that starts in pregnancy. High levels of Blood Pressure may lead to Pre-eclampsia which is a potentially dangerous pregnancy complication. Pre-eclampsia usually begins after 20 weeks of pregnancy in a woman whose blood pressure had been normal. It can lead to serious, even fatal, complications for both mother and baby. There may be no symptoms. High blood pressure and protein in the urine are key features. There may also be swelling in the legs and water retention, but this can

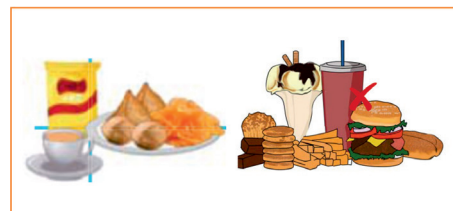
be hard to distinguish from normal pregnancy. Pre-eclampsia can often be managed with oral or IV medication until the baby is sufficiently mature to be delivered. This often requires weighing the risks of early delivery versus the risks of continued pre-eclampsia symptoms. **It is therefore very important that pregnant women remain very careful and stay active, avoid smoking or alcohol and keep healthy eating habits so that their blood pressure remain under control.**

Causes and symptoms of hypertension

During the discussion participants are explained and made to understand on the causes, contributing factors and symptoms of Hypertension.

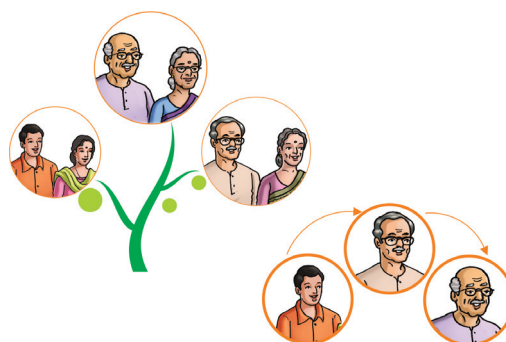
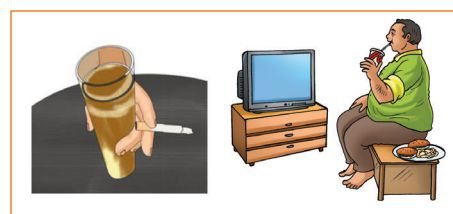
Non-Modifiable

- Advancing Age
- Gender (men and postmenopausal women)
- Family history of cardiovascular disease



Modifiable

- Obesity
- Co-existing disorders such as diabetes and
- Hyperlipidemia (high cholesterol)
- Sedentary lifestyle & Psychosocial stress
- Smoking, high intake of tobacco and alcohol
- Dietary factors



Common signs and symptoms

Make participants understand that hypertension is a silent killer and can cause serious illness if not addressed at right time. They should be informed about the symptoms and to pay attention to the small changes in the body to avoid complications.

- Headache
- Shortness of breath
- Dizziness
- Heavy ness in chest/Uneasiness
- Swelling of feet
- Impaired Vision

Nutrition and lifestyle care during hypertension

Discuss with the participants on the nutrition and lifestyle care practices during Hypertension. The participants should be taught that a healthy lifestyle is the first line of defence against high blood pressure. People with hypertension can avoid further complications following strict dietary regime and life style modification.

DO'S	DON'TS
Diet Care <ul style="list-style-type: none"> • Control your blood sugar and lipid level. • Take your medications as prescribed • Restrict salt in your diet • Replace salt with spices and flavoring agents such as onion, mango powder and lemon to increase taste in food. • Eat whole grain cereals (whole wheat flour, bajra and ragi) and whole pulses (Channa, lobia, etc.) in your diet. • Eat potassium rich fruits and vegetables such as sweet lime (Musambi), peaches, tomato, spinach, amaranth leaves, etc. • Choose low fat dairy products and lean meat (Chicken / Fish / Egg white), if non vegetarian. • Use healthy oils alternatively such as sesame oil, sunflower oil, mustard oil, rice brand oil, etc., 	<ul style="list-style-type: none"> • Highly salted foods such as pickle, pappad, chutney, sauces, salted nuts and bakery products • Processed and packaged foods such as cheese, salted butter and foods that are preserved using salt. Ready to eat foods like burger, pizza, fried food items (samosa, pakoras, mathris, etc.) • Caffeine, tobacco and alcohol • Additional table salt on top of foods • Avoid stress

Lifestyle Care Keep waistline to less than 90 cm for men and 80 cm for women. Reduce your weight. If you are overweight.

- Drink water as directed by your physician.
- Do regular physical activity such as brisk walking.
- Yoga/meditation for stress management.
- Monitor your blood pressure regularly.

3. Diabetes

Start this discussion by asking the group about what they understand by Diabetes, and according to them who could be affected, what are the causes, symptoms etc.

Inform the group that all food that we eat is broken down into a sugar called glucose. Glucose is carried by blood to all parts of the body to give energy. The hormone which helps glucose move from the blood into the cells, is called INSULIN. Insulin helps to keep the blood sugar levels normal. In diabetes, the body does not produce insulin or cannot use the insulin properly. As a result, the glucose builds up in the blood, resulting in high blood glucose levels causing Diabetes



Know about diabetes mellitus & its types

- Diabetes is a condition which is characterized by high blood glucose level in the body.



- Gestational diabetes is the onset of impaired utilization of body's glucose during pregnancy.
- In diabetes, pancreas secrete less or no insulin (hormone) or the insulin secreted is not able to act in the body (Insulin Resistance).
- Insulin hormone secreted by pancreas is necessary to utilize carbohydrate present in foods such as rice, wheat flour, pulses, milk, fruit and vegetables.

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

Type 1 diabetes: It is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

Type 2 Diabetes: With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food, and being active.

Gestational Diabetes: Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born but increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen, and more likely to develop type 2 diabetes later in life too.

This blood sugar chart shows normal blood glucose levels before and after meals for people with and without diabetes

Blood Sugar Chart

Fasting	
Normal for person without diabetes	70–99 mg/dl (3.9–5.5 mmol/L)
Recommendation for someone with diabetes	80–130 mg/dl (4.4–7.2 mmol/L)
1 to 2 hours after meals	
Normal for person without diabetes	Less than 140 mg/dl (7.8 mmol/L)
Recommendation for someone with diabetes	Less than 180 mg/dl (10.0 mmol/L)

Causes and symptoms of diabetes mellitus

Now explain to the group members on the causes and symptoms exhibited by the people with diabetes.

Non-Modifiable

- **Advancing age:** It occurs most frequently in adults, but is seen increasingly in adolescents and sometimes children as well
- **Family history of diabetes:** Many times, this disease passes on from generations also and therefore people with such history in families should be very careful
- If the woman during pregnancy had diabetes or even mild elevation of blood sugar level during pregnancy

Modifiable

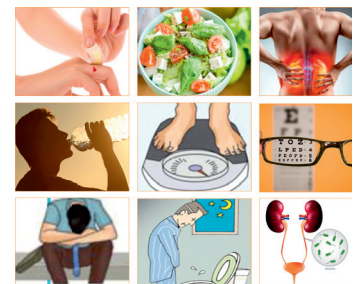
- Being overweight/obese (BMI is $> 23\text{kg/m}^2$)
- Unhealthy eating habits
- Lack of physical activity
- Hypertension
- High levels of harmful blood fats/Hyperlipidaemia-Triglyceride and/or cholesterol levels are higher than normal
- Addictions like tobacco use, drugs and harmful use of alcohol
- Women with polycystic ovarian syndrome
- Stress and depression

Common Signs and Symptoms of Diabetes

- Frequent Urination
- Increased Hunger
- Excessive Thirst
- Un explained Weight loss
- Lack of Interest and Concentration
- Blurred vision
- Repeated or severe infections such as vaginal infections
- Slow healing of wounds, dry or itchy skin
- Impotence in men
- Heart Disease
- Gangrene
- Kidney disease
- Sensory damage

Nutrition and lifestyle care during diabetes

Discuss with the group on nutrition and lifestyle considerations during diabetes. Encourage the participants to relate with the diabetic family members at home or in neighbourhood and understand the do's and don'ts in nutrition and lifestyle to manage diabetes.





DO'S	DON'TS
Diet Care <ul style="list-style-type: none">• Eat 5-6 small meals regularly at specified time.• Eat home cooked food preferably.• Consume fibrous foods such as whole wheat flour, bajra, ragi, whole pulses, sprouts, fruits and vegetables.• Choose low fat milk and milk products and lean meats (chicken/fish/egg whites).• Include rich sources of omega 3 fatty acids, like fish, nuts and seeds such as walnut, flax seeds, pumpkin seeds, etc.,• Replace aerated beverages with soups, butter milk and milk etc.• Prefer steamed, baked, roasted and boiled preparations over fried foods.• Prefer whole fruit over fruit juices.• Eat night snack before sleeping.,	<ul style="list-style-type: none">• Refined flour products such as bread, biscuits and other bakery items snacks• Foods such as sweets, sweetened beverages, pastries, etc.,• 'High starchy vegetables [Potato (Aloo), sweet potato, fruits like mango, banana, sapota, custard apple (sharifa), litchi, grapes]• Skip meals,• Snacking or nibbling unhealthy foods in between meals.• Fasting or feasting• Tobacco and alcohol.

Lifestyle Care

- Monitor your blood glucose regularly
- Do regular physical activity such as yoga, walking
- Take your medicine regularly and get regular health checkups.
- Regular Antenatal (ANC) checkup for a diabetic pregnant woman
- Inspect your feet daily for corns or ulcers

Role of Self Help Group

- ▶ The group should ensure that family members including children, men and elderly understand that all age groups and genders can be affected by these non communicable diseases.
- ▶ The group should also ensure that all family members know and practice healthy eating, avoid excess of fried, sugary and processed foods and consume balanced diet as much as possible.
- ▶ The SHG members should also ensure that their family members have regular monitoring of weight, Blood Pressure and Blood Sugar and keep alert of any symptoms, specially if there is any family history of these conditions.
- ▶ The SHG members should also make sure that an active lifestyle is followed by all family members.

Note: The Self Help Group should be ready to support those members who face problems or find it difficult to convey these messages and convince their families.

Session concludes: End the session by revisiting the questions from the case study and their answers. Thank the participants and close.



The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies–TA- NRLM (PCI) and inputs from ROSHNI–Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program–Project Concern International (JTSP–PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

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सत्यमेव जयते
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