

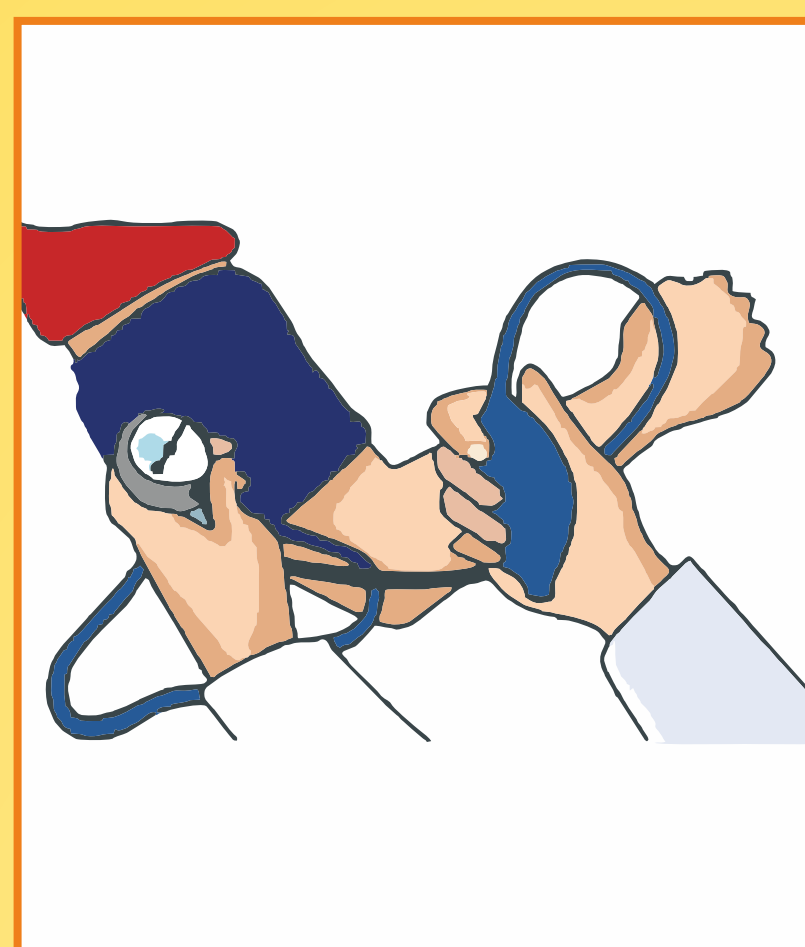
# NON COMMUNICABLE DISEASES

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/m<sup>2</sup>



## HYPERTENSION

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



## DIABETES

Blood glucose/sugar is too high

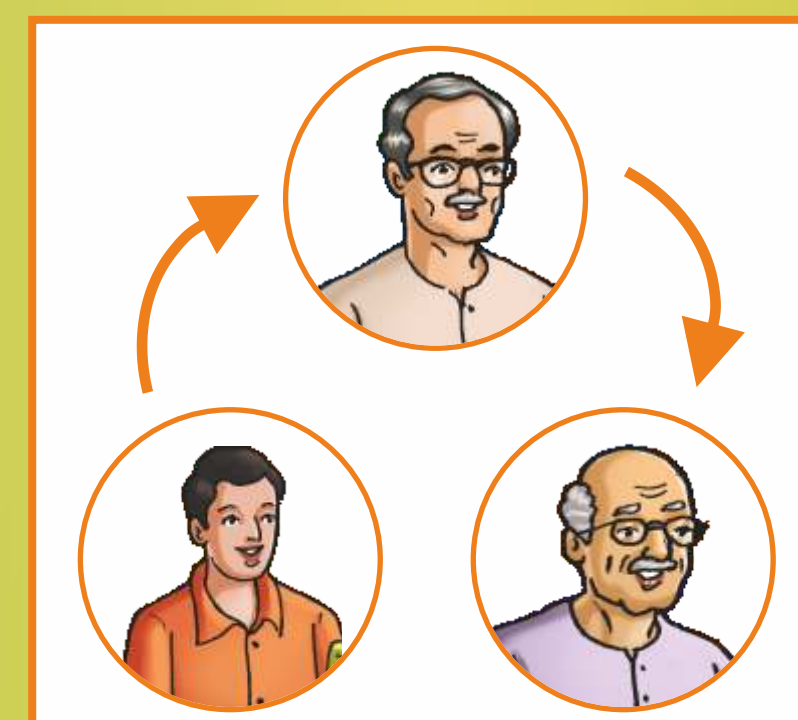
## CAUSES



Unhealthy food



Physical inactivity



Increasing age



Stress

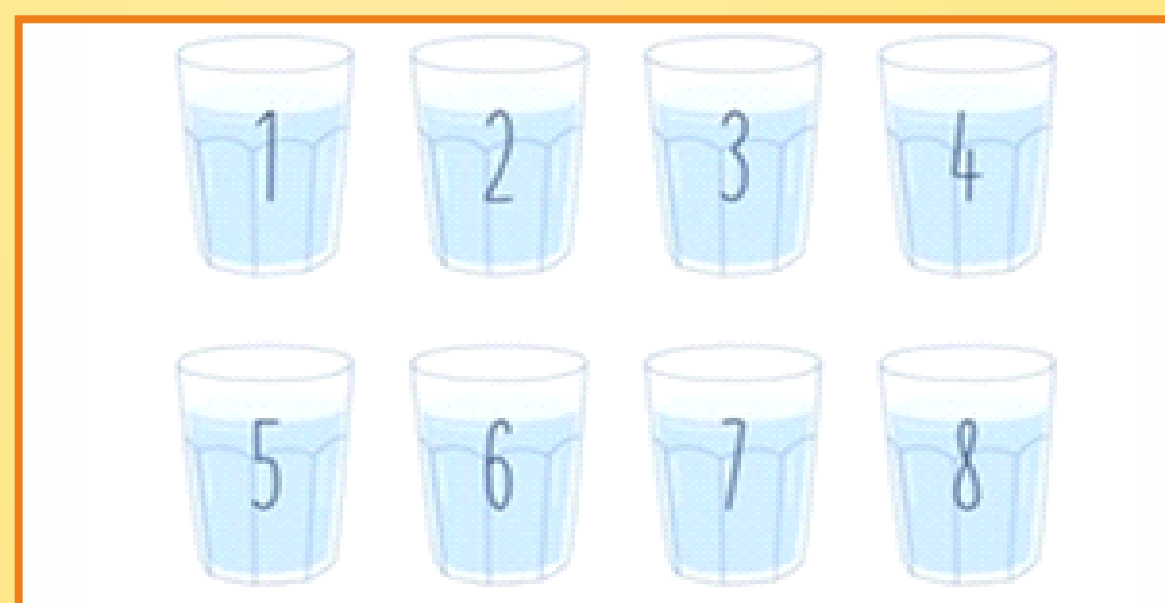


Alcohol and tobacco

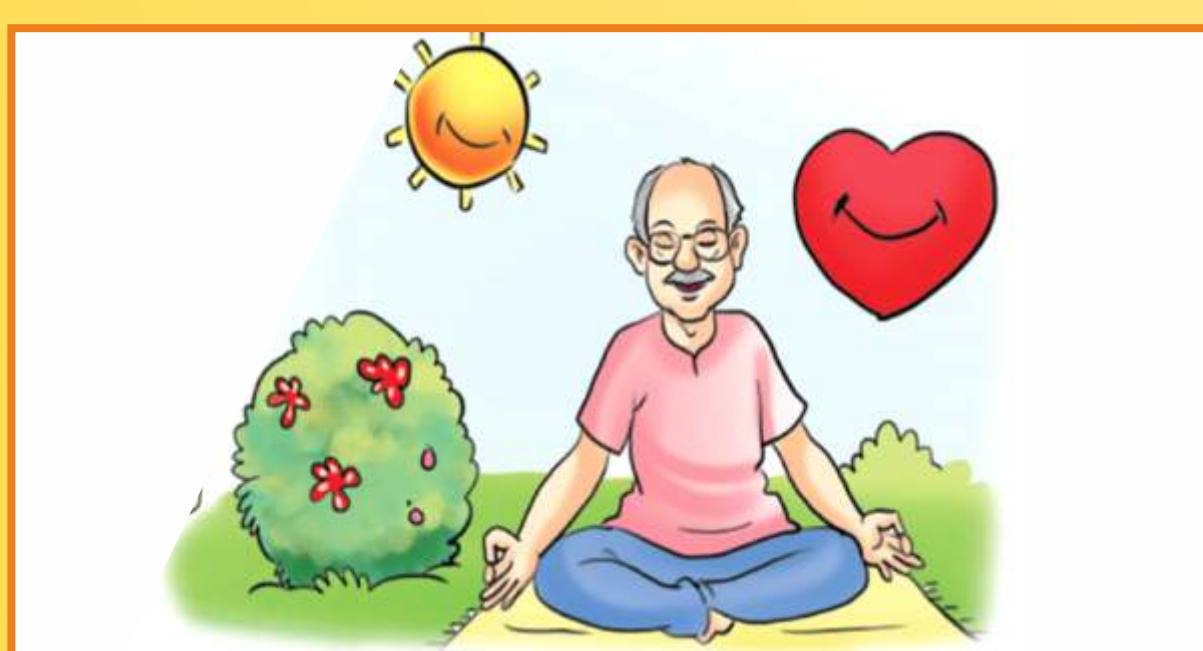
## LIFESTYLE MANAGEMENT FOR NCDs



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.