Topic 1
Community toolkit
for the healthy lifestyle: noncommunicable diseases (NCDs) prevention and control module

This toolkit contains five tools for topic 1. The tools can also be found at www.ifrc.org. In the order of usage, they are:

1.1 NCD diagram poster
1.2 NCD puzzle piece board and eight puzzle pieces of NCDs and risk factors:
   • One cardiovascular disease puzzle piece
   • One cancer puzzle piece
   • One chronic respiratory disease puzzle piece
   • One diabetes puzzle piece
   • One tobacco use puzzle piece
   • One excess alcohol puzzle piece
   • One unhealthy diet puzzle piece
   • One inactivity puzzle piece
1.3 First aid for a person suffering a cardiac arrest emergency
1.4 First aid for a person suffering a stroke emergency
1.5 First aid for a person suffering a diabetic emergency

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Cancer
Cardiovascular diseases
Diabetes
Chronic respiratory diseases

Unhealthy eating
Excess alcohol
Physical inactivity
Tobacco use
Tool 1.1
NCDs diagram poster

1. Hold up this diagram of the four NCDs. Refer to the diseases listed in the branches of the tree.

2. Say:

Cardiovascular diseases, cancers, chronic respiratory diseases and diabetes account for approximately 63 per cent of the world’s deaths each year. These diseases are preventable in over 80 per cent of all cases. NCDs are diseases that are not spread through infection or through other people, but typically caused by a person’s own behaviours.

3. Point to the risk factors at the roots of the tree.

4. Say:

Most NCDs are caused by unhealthy diet, inactivity, using tobacco and drinking too much alcohol. Most NCDs are preventable when people:

- Increase healthy behaviours by:
  - being active
  - eating healthy foods

- Reduce or eliminate unhealthy behaviours like:
  - Using tobacco products
  - Drinking harmful amounts of alcohol
1. Hold up the chronic respiratory diseases puzzle piece and then stick it to the puzzle piece board.

2. Ask:
   a. How does smoking tobacco affect the lungs?
   b. How can you reduce the risk of chronic respiratory diseases?

3. Say:
   a. Chronic respiratory diseases include asthma, bronchitis, and emphysema.
   b. Smoking is a major risk factor for chronic respiratory diseases.

4. Say:
   a. When you inhale smoke, it irritates the lining of the lungs.
   b. Smoking makes it harder to breathe.

5. Say:
   a. Chronic respiratory diseases can worsen over time.
   b. Smoking can cause a lot of health problems, including lung cancer.

6. Say:
   a. What happens when people have chronic respiratory diseases?
   b. Chronic respiratory diseases can interfere with daily activities.

7. Ask:
   a. What are some symptoms of chronic respiratory diseases?
   b. How can you prevent chronic respiratory diseases?

Diabetes

1. Hold up the diabetes puzzle piece and stick it to the puzzle piece board.

2. Ask:
   a. What is diabetes?
   b. How does diabetes affect the body?

3. Say:
   a. Diabetes is a chronic disease that affects how your body uses sugar.
   b. There are two main types of diabetes: Type 1 and Type 2.

4. Say:
   a. How do people with diabetes control their blood sugar levels?
   b. People with diabetes need to eat a healthy diet and take medicine to control their blood sugar.

5. Say:
   a. What are the symptoms of diabetes?
   b. What problems can diabetes cause?

6. Say:
   a. What can you do to prevent or treat diabetes?
   b. Eating healthy foods and being physically active can help prevent diabetes.

7. Ask:
   a. What can you do to prevent or treat diabetes?
   b. How can you control your blood sugar levels?

Cancer

1. Hold up the cancer puzzle piece and stick it to the puzzle piece board.

2. Ask:
   a. What is cancer?
   b. What are the signs and symptoms of cancer?

3. Say:
   a. Cancer is a disease when cells in your body grow out of control.
   b. Cancer can spread to other parts of your body.

4. Say:
   a. What are the risk factors for cancer?
   b. How can you reduce your risk of getting cancer?

5. Say:
   a. What can you do if you or someone you know has cancer?
   b. What treatments are available for cancer?

6. Say:
   a. What happens if you have cancer?
   b. What can you do to help prevent cancer?
Tool 1.2

Puzzle pieces

Cut the pieces out along the dotted line. You should have 8 puzzle pieces in total, which you can use to place on the NCD Puzzle board. Use a piece of sticky tape to stick the puzzle pieces to their appropriate spots. Carefully remove the puzzle pieces after each NCD has been explained to re-use for the next NCD.
Cardiac arrest emergency
What does it look like?

Chest discomfort
Arm or back discomfort
Neck or jaw discomfort
Feeling light-headed or breaking into a cold sweat
Trouble breathing, with or without chest discomfort
Feeling sick or discomfort in your stomach

If any of these symptoms occur:

➢ Call emergency services or get the person to a doctor or health clinic immediately.
➢ Get the person to calm down and relax.
➢ Put the person in a comfortable position.
➢ Let them take medication if they ask – do not give it on your own.
➢ Monitor their breathing and consciousness.
Cardiac arrest is when blood cannot reach the heart because of a blockage in your blood vessels, causing your heart to stop.

What does it look like?

Symptoms can vary, but most people suffering a heart attack have an unpleasant feeling like pressure or pain in the middle of the chest. Additionally, a person suffering from a heart attack can:

- Feel pain in other areas of the upper body.
- Have shortness of breath.
- May have cold sweats, nausea, or dizziness.

If any of these symptoms occur:

- Call emergency services or get the person to a doctor or health clinic immediately.
- Get the person to calm down and relax.
- Put the person in a comfortable position.
- Let them take medication if they ask – do not give it on your own.
- Monitor their breathing and consciousness.
Stroke emergency
What does it look like?

Face
Face look uneven?

Arm
One arm hanging down?

Speech
Slurred speech?

Call emergency services

If any of these symptoms occur:

- Call emergency services or get the person to a doctor or health clinic immediately.
- Ask the person to stay calm and relax.
- Put the person in a comfortable position.
- Monitor their breathing and consciousness.
A stroke is when oxygen cannot reach the brain because of a blockage in the vessels.

What does it look like?

Symptoms occur suddenly and depend on the location and size of the part of the brain affected. Each case is different, but some of the symptoms that can occur include:

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no apparent cause.

If any of these symptoms occur:

- Call emergency services or get the person to a doctor or health clinic immediately.
- Ask the person to stay calm and relax.
- Put the person in a comfortable position.
- Monitor their breathing and consciousness.
Diabetic emergency
What does it look like?

Mood changes
Trembling
Paleness
Sweating
Dizziness
Blurred Vision
Headaches
Extreme Tiredness
Increase/decrease in hunger

If any of these symptoms occur:

- Find out if the person has diabetes.
- If they are capable, ask the person to measure their blood sugar level.
- If they are capable, help them to treat themselves with sugar or glucose as needed.
- If the person is unconscious, does not respond to treatment or is not behaving safely, call emergency services or get the person to a doctor or health clinic immediately.
A diabetic emergency is when a person’s blood sugar levels are too low or too high and the body is unable to regulate the levels.

**What does it look like?**

Symptoms can vary, but most people suffering a diabetic emergency suffer the following symptoms in this sequence:

1. *Hunger and/or headache.*
2. *Anxiety and/or tremors.*
3. *Psychotic behaviour – the person acts as if they are drunk.*
4. *Loss of consciousness and possibly a seizure.*

If any of these symptoms occur:

- Call emergency services or get the person to a doctor or health clinic immediately.
- Ask the person to stay calm and relax.
- Put the person in a comfortable position.
- Monitor their breathing and consciousness.