Topic 4
Community toolkit
for the healthy lifestyle: noncommunicable diseases (NCDs)
prevention and control module

This toolkit contains four tools for topic 4. The tools can also be found at www.ifrc.org. In the order of usage, they are:

4.1   Five stages of behaviour change poster
4.2   Slides and ladders of behaviour change demonstration kit:
      a. Large demonstration game board
      b. Large demonstration game pieces (3 ladders, 4 slides and 2 figures)
4.3   Slides and ladders of behaviour change game:
      a. Game board
      b. Game pieces (8 ladders, 8 slides and 2 figures)
4.4   Behaviour change stages game kit:
      a. Large game board
      b. 40 behaviour change cards

For more information on this IFRC publication, please contact:
International Federation of Red Cross and Red Crescent Societies
P.O. Box 372
CH-1211 Geneva 19
Switzerland
Telephone: +41 22 730 4272
Telefax: +41 22 733 0395
Email: secretariat@ifrc.org
Five stages of behaviour change

There are four conditions for success in changing a personal behaviour:

1. Defining a clear and simple goal.
2. Gathering sufficient and accurate knowledge to make a clear plan.
3. Having lots of personal motivation to follow through.
4. Having and relying on a supportive environment.
For facilitators – training of volunteers:

1. Get participants into pairs.
2. Give each pair a paper copy of the game demonstration materials (pieces for facilitator training).
3. Instruct each pair to come up with a story about behaviour change. They should place the ladders and slide to match the actions of a story they tell using the slides and steps pieces. Give them 15 minutes to come up with a story.
4. Each person in the pair should have a chance to tell a story using the board and pieces.

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**Tool 4.2 - Slides and ladders of behaviour change demonstration kit**

**Demonstration game board**

The stick figure shape can be used to illustrate the story given in this guidance, where the audience will see the community member shape slide and climb towards positive behaviour change.

1. **Say:**

   Behaviour change is difficult. There is no single perfect solution for everyone to be able to do a specific behaviour.

   The path to making healthy behaviour changes is very much like the path on this game board. Every day, you move forward a little bit, advancing one day at a time.

   Sometimes, you will leap ahead into the next stage or step of behaviour change and it all seems a bit easier.

   Sometimes, you may have a good day or a bad day and you will slip back into your old unhealthy behaviour. Sometimes the slide is a little bit down – maybe even slide down a step, but sometimes you may slide all the way back – all the way back to the first stage of knowledge.

   But every time you slide, you simply find yourself where you have ended up and you just keep moving a little bit forward again. Behaviour change is not simple, but it is worthwhile. Your life depends on it.

   **2.** and steps of behaviour change as you read the following. The number in the parentheses tells you where to place Ben on the board as you talk. The female figure can also be used, depending on your audience.

   **3. Say:**

   This is a community member. His name is Ben.

   Ben goes to a community session with his friend and learns all about NCDs. He never knew that smoking (1), too much alcohol (2), unhealthy diet (3) and inactivity (4) could cause so much trouble. He did not know until the meeting that they could cause cancer (5), respiratory diseases and cardiovascular diseases (6). He did not even know what diabetes was until he attended the meeting, but he does now (7). Ben is at knowledge stage.

   Ben agrees that changing unhealthy behaviours is important (8). He talks to his mother who also agrees (9). Ben and his mother think about what the risk factors mean to their health (10). Ben is so energized and committed to change he immediately goes up a stage (ladder) to the intention stage (18). Ben decides that he will change his unhealthy diet (19). He is excited to get started but is unsure how to do so, so he talks to his mother about preparing healthier meals (20). He buys fruits and vegetables and gets ready to start changing his diet the following week (21). Ben is at the intention stage.

   Ben starts to eat healthier (22). He tries to eat five fruits and vegetables every day (23). He finds new foods to try that are healthy (24). He feels great (25) until one day the price of fruits and vegetables goes up so high that Ben cannot afford to buy any. He goes back to eating cheap, fried foods (12). As he feels worse and worse because of his unhealthy diet, he knows that he must get back to healthier eating (13). He decides he must do something (14). He is back at the approval stage.

   Ben commits that he will buy what fresh foods he can afford and will stop eating unhealthy foods (15). He plants a small vegetable garden to grow his own healthy foods (16). He makes a deal with a man who grows mangoes that he will clean his house in exchange for a reduced price on his mangoes (17). He gets a free mango and immediately eats it (26), starting his healthy eating program sooner than next week. He feels good and he is back in the practice stage.

   Continue the story as you like through to advocacy stage.
Demonstration game pieces

Cut the shapes out on the dotted lines to get the game demonstration pieces. Put a piece of sticky tape on each piece to use on the game demonstration board. Carefully remove the pieces as you demonstrate the game as not to damage the board.
Cut the shapes out on the dotted lines to get the game pieces.
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Tool 4.4
My family and I watched a video on the internet that shows how tar in cigarettes blocks my husband's lungs when he smokes and makes it hard for him to breathe. Now we all know why tobacco is bad for his health and our health.

I am tired of all this coughing. I will cut down to one cigarette a day for a week and then cut down to one cigarette a week. I will start Sunday morning.

My family talked and we think it is a good idea that people should stop smoking. While my husband and I would like to quit, we don't think we can do it.

An RC support group for smokers began their healthy behaviours program an hour ago. Everyone has stopped smoking. Some people said that they don't feel great about losing cigarettes - one woman just wanted to scream. They agree to support each other and keep it up for as long as they can.

I have been tobacco free for two months now. My wife still smokes at home which makes it difficult for me. I try to tell her how much better she will feel if she gives it up but she is stubborn. I have been telling everyone how good I feel and trying to get them to quit too!

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**Tool 4.4 - Behaviour change stages game kit**

**Game board and guidance**

1. This game is appropriate for play with groups of 4 to 5 people per group – up to 30 people total.

2. Each group gets a behaviour change stages board (laminated A4 paper size image of the game board), a set of game pieces and a packet of behaviour change stages cards.

3. Each group must work together to correctly identify the behaviour change stage of the person who made the statement on the card.

4. Groups should place each of the behaviour change stages cards on their own board at the correct stage.

5. Groups have 15 minutes to discuss and place their cards on their board.

6. Lead the full group into a discussion about why each card is placed where it is.
My daughter told me about the dangers of not eating five servings of fruits and vegetables a day. Now I know about healthy eating.

My family and I watched a video on the internet that shows how tar in cigarettes blocks my husband's lungs when he smokes and makes it hard for him to breathe. Now we all know why tobacco is bad for his health and our health.

My father just lost thirty pounds just by eating more fruits and vegetables. He told me that I am too fat and should lose some weight too. I have some information about how eating fruits and vegetables can help me be healthy.

My family attended a Red Cross community health session and learnt about the dangers of tobacco use. We now know a few things about the dangers of tobacco.

A Red Cross Volunteer works with our community to talk about the dangers of too much alcohol. Thanks to her help, we know about the dangers of too much drinking too much. Thanks to her help, we know about the dangers of too much alcohol.

A doctor from the clinic has been telling his patients about how too much alcohol can kill brain cells. Many people heard the information but do not know what to do about it.

I read a book that said that sitting in one spot for too long makes your muscles start to get weak. I learned some new information.

I saw a program on the television that said that my body will stop working very well if I don’t do some physical activity every day. I have some more information about physical activity.

My family and I watched a video on the internet that shows how tar in cigarettes blocks my husband’s lungs when he smokes and makes it hard for him to breathe. Now we all know why tobacco is bad for his health and our health.

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I read a book that said that sitting in one spot for too long makes your muscles start to get weak. I learned some new information.

I saw a program on the television that said that my body will stop working very well if I don’t do some physical activity every day. I have some more information about physical activity.
I think cooking meals with more vegetables is a great idea. I think vegetables are inexpensive so I think it is a good idea.

My family talked and we think it is a good idea that people should stop smoking. While my husband and I would like to quit, we don’t think we can do it.

My family agrees that eating more fruits and vegetables is a good idea, but the market is so far away from our house.

I would like to stop smoking but I will get fat if I do.

I think I should stop drinking so much every night. I always feel so badly the next day and my body is feeling tired and not well. I think it is a good idea to stop but I don’t want to give up going out with my friends so I will keep drinking.

At the market, a group of women vendors agree that walking to the market each day is good for the body. But they agree that this means they will have to wake up ten minutes earlier and they agree that they need the sleep more than the exercise.

A group of friends agree that drinking less is a good idea, but they worry that their other friends will make fun of them. They are worried that they will look weak.

I would like to walk to work but I will be all sweaty when I get there. My boss would not like that.
Our family really should eat more fruits and vegetables. My wife and I will buy some at the market this week and try it.

I am tired of all this coughing. I will cut down to one cigarette a day for a week and then cut down to one cigarette a week. I will start Sunday morning.

I will allow myself a small treat each day that I eat five servings of fruits and vegetables. I bought the fruits and vegetables and a small box of chocolates. I will start tomorrow!

My sister and I think we can try giving up cigarettes. We think it will be hard but our mother has asked us to do this and I want to be a good daughter. We will start on Sunday.

I want to be alive to meet my grandchildren one day. I will only have one drink a week - on Saturday nights. I am starting tonight.

The group of women know it will be difficult to walk to the market - it is hot and they will tire so quickly. But they agree that it will get easier if they do it together and that it will help them feel better. They agree to try it two days next week.

I know I shouldn’t drink so much when I am with my friends. The Red Cross tells me that I am damaging my body and I want to live a long time. I will try stopping after one beer next time I go drinking.

A class teacher convinces her students that they will feel great if they ride their bicycle to school each day instead of taking the bus - it is not so far and should only take about ten minutes each way. They agree to start this Monday.
Our family ate five servings of fruits and vegetables yesterday and already ate two servings at breakfast today. My son already said that he is full - didn't even ask for his usual snack. This feels good!

An RC support group for smokers began their healthy behaviours program an hour ago. Everyone has stopped smoking. Some people said that they don’t feel great about losing cigarrats - one woman just wanted to scream. They agree to support each other and keep it up for as long as they can.

A group of young mothers meet at the health clinic to discuss how they are doing at serving five servings of fruits and vegetables everyday to their families but they are not sure what a serving looks like. It’s expensive but they agree to try to keep this up.

My husband and I stopped smoking last night. We both really wanted a cigarette this morning but thought of our lungs trying to get better and the feeling went away for awhile. Neither of us has lit a cigarette and we are proud of ourselves.

I haven’t had more than one glass of gin for the past three days and I feel okay. I wanted a second glass but I remembered my high risk level on my RC assessment, so I stopped.

I walked to and from work every day for the last week. My legs were tired but I felt so much better when I got home.

I gave up all alcohol. The Red Cross volunteer scared me - but I love to drink. I don’t want to die but I am not sure how long I can keep this up. So far, so good.

I walked to the market three times this week just like I planned!
My family has been eating vegetables at every meal and eating fruit for dessert for five months now. We all feel great and my daughter’s skin problems have cleared up. We will never give up eating fresh fruits and vegetables.

I have been tobacco free for two months now. My wife still smokes at home which makes it difficult for me. I try to tell her how much better she will feel if she gives it up but she is stubborn. I have been telling everyone how good I feel and trying to get them to quit too!

I have been eating five servings of fruits and vegetables every day for two months and it feels normal - like part of my routine. Everything feels better. I have been trying to get my friends to try this!

My brother and I have been tobacco free for two months now. I still crave cigarettes sometimes but I am enjoying tasting food again. My brother said he forgot how good food can taste! We both like to taste food more than I like to taste tobacco! We want to tell everyone how to feel this good!

The group of men who agreed to limit their alcohol use have not had more than two servings of alcohol a week for the last two months. They support each other if someone else tries to make them drink more. Other friends are asking the group how they can cut back too! The group happily tells them and asks if they want to join their group.

I have been walking to and from work every day for the last two months. I feel good and it is now part of my routine. Everyone asks me my secret for looking healthier! I tell them!

I have not had any beer for the last two months. I have lost weight in my stomach and I have saved $100 a month. I am trying to talk my friends into coming walking with me instead of drinking! I think it’s working!

A group of young mothers have been walking together to and from the temple every day for the last two months. They feel good but they worry about the upcoming monsoon season. They agree to start an indoor exercise group and will invite others to join them!