Topic 5
Community toolkit

for the healthy lifestyle: noncommunicable diseases (NCDs)
prevention and control module

This toolkit contains five tools for topic 5. The tools can also be found at www.ifrc.org. In the order of usage, they are:

5.1 Guidance for health action planning
5.2 Effects of quitting tobacco poster
5.3 Effects of drinking less alcohol poster
5.4 Effects of a healthy diet poster
5.5 Effects of physical activity poster

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
1. Ask people to look at their completed NCD risk assessment cards from the previous session.

2. Hold up and display the NCD risk assessment card for all to see.

3. Say:

   You already completed the NCD risk self-assessment card earlier in this module. I will show you how to look at your results and decide if you would like to develop a health action plan today to help you adopt healthier behaviours. If you need some time to think about it, then that is okay too.

   I will demonstrate how I would complete my health action plan based on my results. If you decide to develop a plan, you will have an idea how to do so. You can also ask for help from any Red Cross Red Crescent volunteer who can help you.

4. Say:

   There are four critical elements if you want to successfully change your behaviour:
   - Define a clear and simple goal.
   - Gather sufficient and accurate knowledge to make a clear plan.
   - Have lots of personal motivation to follow through.
   - Have and rely on a supportive environment.

   These things are all very personal and unique to each person so everyone’s action plan will be different.

5. The first question asks for what behaviour I want to start OR stop doing. I might want to start eating more fruits and vegetables or I might want to stop smoking. I would write in this top box whatever behaviour I WANT to have.

6. Using a marker and a NCD self-assessment card, write your behaviour goal directly on the card. You can use pictures or text.

7. Say:

   I would need to think then about the reason that I really want to achieve this goal. Do I want this goal because my Red Cross Red Crescent volunteer said I should or maybe because I want to live a long life for my children? The motivation is the reason in your heart why you want to achieve the goal. It is usually always personal and is rarely because someone told you to do so. The motivation usually always stays the same.
Using a marker and a NCD self-assessment card, write your motivation directly on the card in the second box. You can use pictures or text.

8. Say:

I now need to come up with a plan. The plan lets me define how I plan to stop unhealthy behaviours and start healthy behaviours. The plan is how I plan to keep up the healthy behaviours even when I do not want to, when it is hard to keep going. The plan defines what I will do when I really want to stop because it is difficult and it will be difficult at times.

9. Using a marker and a NCD self-assessment card, write a little about your plan. Write your plan to keep doing the healthy behaviour, what you will do when you want to stop and how you will refer to your motivation to keep going. Write also what you will do when you “slide” back – like in the slides and steps game – and stop doing the healthy behaviour. Discuss how you will get back on track and write this in the box. You can use pictures or text.

10. Say:

The final critical piece in planning a health action plan is to identify your support network – who you will rely on when you need support or encouragement. You can also define how and when these people will help you. You can have one friend whom you go for a walk with every day to keep you moving. You might have a friend you call every time you want to eat some unhealthy food and you really, really want to eat it but know you should not. You might go to Red Cross Red Crescent meetings or even visit an online support group to meet other people also struggling with your specific behaviour change.

11. Using a marker and a NCD self-assessment card, write a little about your support network. You can use pictures or text.

12. Ask if there are any questions.
Effects of quitting tobacco

Brain
Within 5 years of quitting, the risk of stroke is half that of smokers.

Mouth and teeth
Within 5 years of quitting, the risk of contracting mouth cancer is half that of smokers.

Throat
Within 5 years of quitting, the risk of contracting throat and esophagus cancer is half that of smokers.
Within 10 years, the risk of larynx cancer is reduced.

Lungs
Within 2 weeks after quitting, lung function improves.
Within 9 weeks of quitting, the cilia in the lungs are better able to prevent smoker’s cough and clean the lungs to reduce the risk of infections.
Within 10 years, the risk of death by lung cancer is half that of smokers.

Muscles and joints
Muscles are getting more oxygen through the blood.

Heart and blood
Within 20 minutes of quitting, your heart rate and blood pressure drop back to normal levels.
Within 12 hours of quitting, the level of carbon monoxide in the blood drops to normal.
Within 1 year of quitting, the risk of cardiovascular disease is half that of smokers.
The risk of cardiovascular disease is the same as non-smokers.

Reproductive organs
Within 5 years of quitting, women’s risk of contracting cervical cancer is half that of smokers.

Other organs
Within 10 years, the risk of pancreatic cancer is reduced.
1. Say:

As a smoker, quitting tobacco is the single best decision you can make for improving the quality of your life. Those who quit before they turn 51 years of age cut their chances of dying within the next 15 years by half, as compared with people who do not quit. Even smokers who stop in their 60s increase their life expectancy by 1 year. When you quit smoking, you live longer and those extra years are spent in better health.

- About 20 minutes after your last cigarette, your body has begun to respond to your decision to quit smoking:
  - Your blood pressure goes down, easing stress on your heart and blood vessels.
  - Your pulse rate slows, easing stress on the heart.
  - The temperature of your hands and feet increases as your blood moves more efficiently through your body.

- About 8 hours after you quit smoking, your blood has begun to recover from the effects of smoking. The levels of both carbon monoxide and oxygen in your bloodstream return to normal.

- Within 24 hours, your chance of a heart attack has already decreased as your system repairs itself.

- About 48 hours after you quit smoking, nerve endings deadened by the habit have begun to regenerate and your sense of taste and smell has already improved. Your immune system is beginning to heal itself and your risk of infections decreases.

- A few weeks later after you quit smoking, your circulation has improved and your lungs have begun to function better. Walking and exercising become much easier. Within the first few months, your phlegm production has decreased and you will not find yourself coughing or wheezing as much.

- Other benefits include:

2. Ask:

- How many people used to use tobacco?
- Has anyone here tried to stop using tobacco?
- How do you feel? How can you make sure that you will not use tobacco anymore?
- What is your specific behaviour goal?
- Would anyone like to share their motivation for making this behaviour change?
- Would anyone like to share their behaviour change plan that helps you continue the behaviour change?
- Who or what is your support network?
- How many people here already have successfully stopped using tobacco? How do you feel? How do you say no to smoking, especially when you would really like a cigarette?
- Can you share any tips with the people just starting their behaviour change, such as chewing gum, spending time with other friends who are trying to quit and keeping your hands busy like knitting?

3. Let’s look at the poster to see how the entire body is affected.

### The long-term benefits of quitting tobacco are even more beneficial.

- Within 1 year: You have lowered your risk of cardiovascular disease by half. You have lowered your risk of chronic respiratory disease, diabetes and cancer.
- Within 2 years: You have significantly lowered your risk of NCDs, provided you are practicing other healthy behaviours.
- Within 10 years: Your risk of lung cancer is now half that of people who keep smoking. You also have an even lower risk for ulcers and other cancers, including cancer of the mouth, throat, oesophagus, pancreas, kidneys and bladder.
- Within 15 years: Your risk of coronary heart disease is now comparable to that of people who never smoked a single cigarette. Your risk of dying also is nearly back to the same level as that of non-smokers.
Effects of drinking less alcohol

**Brain**
You will be able to think clearer and feel more alert, more aware of what is happening around you.
Your attention span may improve and you can focus longer on people and tasks.
More restful, continuous sleep.

**Mouth and teeth**
Reduced risk for cancer of the mouth.

**Throat**
Oesophagus begins to heal
Reduced risk of throat and oesophagus cancer.

**Heart and blood**
Blood sugar level normalises – less stress on the heart.

**Other organs**
Your liver starts to recover and heal.
Blood sugar normalises – less stress on the pancreas.
Reduced risk of breast cancer in women.
**Tool 5.3**

**Effects of drinking less alcohol**

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### 1. Say:

When you reduce your drinking to no more than 1 alcoholic drink a day, your body may not feel well initially depending on how much you drank before. But this means that your body is trying to heal itself and the discomfort will make behaviour change more difficult. But if you continue to drink no more than 1 drink per day, your body will soon respond positively.

### 2. After you continue to monitor your drinking:

- You will be able to think clearer and feel more alert, more aware of what is happening around you.
- When you stop drinking, the damage stops and the body begins to start to heal.
- While the first few weeks will make you more irritable or easily annoyed, you will eventually feel a sense of well-being and happiness with your achievement. You will feel better about yourself and proud of your accomplishment.
- You will save yourself a lot of money that you otherwise would have spent on alcohol.
- If you were a heavy drinker, your liver takes a bit longer to recover because it has been working overtime for so many years and it is tired.
- You are better able to retain fluids as alcohol makes you lose water from your body. You are less likely to be dehydrated.
- Your attention span may improve and you can focus longer on people and tasks.

### 3. Ask:

- What is your specific behaviour goal?
- Would anyone like to share their motivation for making this behaviour change?
- Would anyone like to share their behaviour change plan that helps you to continue the behaviour change?
- Who or what is your support network?
- How many people here already have successfully limited their alcoholic drinks to no more than 1 per day? How do you feel? How do you say no to more than one drink, especially when you would rather keep drinking?
- Can you share any tips with the people just starting their behaviour change?
- For those who are heavy drinkers there could be some withdrawal symptoms that can be self managed or can be consulted with a physician. However, if you begin to experience any of the symptoms below please seek the advice of a physician.

### 4. Let’s look at the poster to see how the entire body is affected.
Effects of a healthy diet

Brain
You feel energized physically and mentally.
Better sleep.
Promotes and heals damaged cells in the brain and nervous system.
Significantly improves learning capacity.
Effective antidepressant.

Heart and blood
The linings of your blood vessels begin to stretch a bit and increases the flow of blood to your body's tissues and organs.
The fatty material in your blood vessels is being removed continuously meaning your heart and blood vessels do not have to work so hard.
Your cholesterol, blood pressure, blood sugar, triglycerides, glucose and insulin levels slowly normalize.
Strengthens the muscles in the heart.

Stomach and intestines
Your body normally processes sugar first. Now that you are restricting your sugar your body begins to burn fat in your body and organs helping you to lose weight and normalize your blood sugar levels.

Your intestines are working more effectively and it will be easy to make poo every day, not diarrhoea, but normal poo.

Other organs
Your liver is healing as it no longer has to work so hard to filter the bad foods from your blood stream.
Lowers body weight, lowers total fat mass.
Preserves vision — can prevent or delay all age related eye problems like muscular degeneration, cataract, myopia, dryness and infections.
Eating a healthy diet means eating five servings of fruits and vegetables every day and limiting the salt, sugar and fat in your diet.

A healthy diet positively affects all four NCDs, as a healthy diet means your body always has all that energy it needs to work as well as it can do so with great efficiency. A healthy and well-fed body allows you to fight disease.

1. Immediately after starting a healthy diet behaviour change, your body begins to feel the effects.
2. After 15 minutes: You feel energized physically and mentally.
3. After 3 hours: The linings of your blood vessels begin to stretch a bit and increases the flow of blood to your body’s tissues and organs.
4. After 6 hours: The good cholesterol in your blood begins to remove the fatty material in your blood vessels.
5. After 12 hours: Your body normally processes sugar first. Now that you are restricting your sugar your body begins to burn fat in your body and organs helping you to lose weight and normalize your blood sugar levels.
6. After 16 hours: Your body feels good and you will sleep well since your body received what it needs.
7. After 24 hours: Your body has started the process of eliminating excess water and toxins from your system.
8. After 3 days: You will start to lose weight if you are heavy. Your blood pressure improves, your cholesterol becomes lower and your blood sugar is now normal.
9. After 1 week: Your intestines are working more effectively and it will be easy to make defecate every day, not diarrhoea, but normal defecate. Cholesterol, the bad material in your blood vessels is slowly being removed.
10. After 2 weeks: If your body was heavy, you may have lost some unhealthy fat.
11. After 1 month: The fatty material in your blood vessels is being removed continuously meaning your heart and blood vessels do not have to work so hard. Your liver is healing as it no longer has to work so hard to filter the bad foods from your blood stream.
12. After 12 weeks: Your cholesterol, blood pressure, blood sugar, triglycerides, glucose and insulin levels – all important to be normal to be at a low NCD risk will normalize.
13. After 6 months: You probably have lost a lot of weight and feel very good. Your body is getting and using all the vitamins and minerals it needs to work its best. Your blood sugar and insulin production has normalized. Your energy levels have increased dramatically.

2. Ask:

- How many people once ate an unhealthy diet?
- Why did you think it was unhealthy? What did you eat?
- Has anyone here tried to stop eating an unhealthy diet?
- Why was it difficult to stop eating an unhealthy diet?
- How can you make sure that you do not eat unhealthy foods?
- What is your specific behaviour goal?
- Would anyone like to share their motivation for making this behaviour change?
- Would anyone like to share their behaviour change plan that helps you continue the positive behaviour change?
- Who or what is your support network?
- How many people here already have successfully changed their diet to a healthy diet? How do you feel? How do you say no to unhealthy foods, especially when you would really want foods that are bad for your health?
- What are the types of healthy foods that you eat that make it easier for you to continue your healthy behaviours? Why do you like them?
- Can you share any tips with the people just starting their behaviour change?

Limiting salt means

Adults should eat no more than about one full teaspoon of salt a day. Children should eat less. You can start by avoiding adding any salt when you cook or when you are at the table. You can also cut back on soy sauce and other salty sauces.

Limiting sugar means

Limit for women is about six teaspoons of sugar a day. For men, it is about nine teaspoons. In general, avoid or limit sweet, cakes, biscuits, chocolate, fizzy drinks and some juice drinks.

Limiting fat means

The limit for adults is about five tablespoons. Grill, bake, poach or steam food instead of frying. Trim fat and take skin off meat before cooking.

3. Let’s look at the poster to see how the entire body is affected.
Effects of physical activity

Brain
Calming effect on brain.
Recovers from stress quickly.
More energy.
Increased alertness.
Better sleep.

Heart and blood
Stronger, larger heart muscle.
Your heart does not have to work as hard to pump blood to your organs.
Body enjoys increased blood flow throughout body.

Lungs
Your lungs and muscles that help you to breathe in and out become stronger.

Stomach and intestines
Less constipation.

Skin
Improved skin tone.

Bones
Your bones increase in width and density, making you less vulnerable to bone breaks.

Muscles and joints
Increased flow of oxygen to muscles.
Your muscles and the tissues holding your muscles to your bones get stronger.
Your joints become more stable.
Your joints will become more flexible and less likely to be injured.
Your muscles get stronger.

Other organs
Your posture or the way you hold your body will improve as regular activity keeps your body flexible.
Your body will start to get rid of extra fat in your vessels and body and you can lose weight.
Effects of physical activity

1. Say:

The effects on the body after physical activity are many. While it may feel uncomfortable at first, the body is reacting to a new activity and will quickly adjust. When you are active, your body will enjoy increased blood flow and oxygen delivery to the muscles as your muscle temperature rises and your heart rate increases, making the heart stronger.

2. As you continue to keep active:

- Your bones increase in width and density, making you less vulnerable to bone breaks.
- Your muscles and the tissues holding your muscles to your bones get stronger.
- Your joints become more stable.
- Your muscles will become more flexible and less likely to be injured.
- Your muscles get stronger.
- You are able to do physical activity and move easier and for longer without getting tired.
- Your heart muscle gets stronger and larger.
- Your heart does not have to work as hard to pump blood to your organs.
- Your body recovers quicker from stress.
- You have more blood that carries more nutrients and oxygen to your body and bad air out, making your body more efficient.
- You are at a lower risk for cardiovascular disease.
- Your lungs and muscles that help you to breathe in and out become stronger.
- Your stress levels will decrease, making you calmer and less tense.
- Your posture or the way you hold your body will improve as regular activity keeps your body flexible.
- Your body will start to get rid of extra fat in your vessels and body and you can lose weight.

3. Ask:

- How many people have started becoming physically active? How does it feel? How can you make sure that you keep active?
- What is your specific behaviour goal?
- Would anyone like to share their motivation for making this behaviour change?
- Would anyone like to share their behaviour change plan that helps you continue the behaviour change?
- Who or what is your support network?
- How many people here already are physically active for at least 30 minutes a day? How does it feel? How do you stay active, especially when you would rather just sit or lay down?
- Can you share any tips with people who are trying to become more physically active?

4. Let’s look at the poster to see how the entire body is affected.