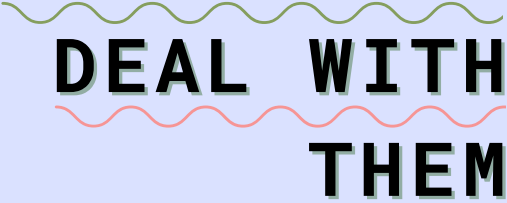




NCDs

**AND HOW TO
DEAL WITH
THEM**



n **excuse**

 **Erasmus+**

MOVIT


HOW YOU CAN PREVENT NCDs

ADOPT HEALTHY EATING HABITS

Make changes step by step, such as including more **fruits** and **vegetables**, whole **grains** and lean **proteins**. Restrict **salt** and **sugar** consumption and drink enough **water**.

ENGAGE IN REGULAR PHYSICAL ACTIVITY

Find **enjoyable** activities and add them into our daily **routine**. Include simple activities such as walking, cycling, or gardening. Be physically active for at least 30 minutes **each day**.

ESTABLISH A REGULAR SLEEP SCHEDULE

Try to establish a regular sleep and wake schedule so that your body can **adapt**. For better sleep, avoid caffeine late in the evening, maintain a comfortable **temperature** and **lighting** in the bedroom.

TAKE STEPS TO LIMIT EXPOSURE TO ENVIRONMENTAL TOXINS

Your steps can be: minimize time spent in **polluted** areas, eat **organic** foods, keep harmful **chemicals** out of the house, choose **alternatives** to plastics and avoid air fresheners.

Choose **non-alcoholic** beverages as often as possible instead of alcoholic ones.

Avoid exposure to **second-hand smoke**, and be mindful of the health **risks** associated with tobacco use. Try to stop smoking if you do so.

Visit a **healthcare** provider at least once a year. Screenings help to identify health problems early, when they have **less impact** on your overall health.

If you have any chronic condition it is important to **monitor** your symptoms and communicate with your healthcare provider.

Consult with your healthcare provider to ensure that you are up-to-date with recommended vaccinations to **protect** yourself from infectious diseases that can lead to **NCDs**.

**AVOID
EXCESSIVE
ALCOHOL
CONSUMPTION**

**AVOID
TOBACCO
USE**

**GET REGULAR
CHECK-UPS
AND HEALTH
SCREENINGS**

**MANAGE
CHRONIC
CONDITIONS**

**STAY UP-TO-
DATE WITH
RECOMMENDED
VACCINATIONS**

MENTAL HEALTH

Mental disorders are themselves a risk factor for the development of various NCDs. That's why maintaining good mental health is essential for well-being.

TALK TO SOMEONE YOU TRUST

1 You may feel better if you openly **share** what you are going through.

DO ACTIVITIES YOU ENJOY

Try to continue doing what you find **meaningful and enjoyable** (cooking, reading, watching films, playing with your pet etc.)

2

TAKE TWO MINUTES TO FOCUS ON THE WORLD AROUND YOU

3 Take three slow deep breaths, feel your feet grounded on the floor and ask yourself: What are five things I can see, hear, smell?

SEEK PROFESSIONAL HELP

If you feel you cannot cope with the stress that you are facing, seek professional help by getting in touch with your **counselor or doctor**.

4



RISK

NCDs can affect people of **all** ages, genders, and backgrounds, but certain groups of people are more at risk. These factors can increase the risk of developing NCDs:

AGE

as people age, their risk of developing NCDs increases.

LIFESTYLE

- unhealthy diets
 - lack of physical activity
 - tobacco use
 - harmful use of alcohol
 - poor sleep habits
- have an effect on health well-being.

GENETICS

a family history of NCDs, such as cancer or heart disease, can increase the risk of developing the same condition.

ENVIRONMENT

Exposure to air pollution, toxins, and other environmental factors can increase the risk of respiratory illnesses, heart disease, stroke.

FACTORS ←

SOCIOECONOMIC STATUS

77% of all NCD deaths are in low- and middle-income countries due to a lack of access to healthy foods, safe living conditions and healthcare.

MENTAL HEALTH

Those who experience issues such as depression and chronic stress are more susceptible to developing NCDs.

CHRONIC DISEASES

People with pre-existing chronic conditions such as hypertension, diabetes and kidney disease may be at a higher risk.



It's important to note that while some risk factors for NCDs may be outside an individual's control, others **can be controlled** through lifestyle modifications and access to healthcare.