

## Annexure II: Handout Given to Participants along with Intervention

### Cardiovascular Diseases (CVD): Risk Factors & Prevention

- Most of the risk factors of cardiovascular diseases are **modifiable**. They are-
  - Tobacco use
  - Harmful use of alcohol
  - Physical inactivity
  - Unhealthy diet
  - Raised blood pressure/ Hypertension
  - Raised blood sugar/ Diabetes
  - Raised blood cholesterol
  - Obesity/ Overweight
  - Stress

#### Tobacco Use

- **Smoking** and using **Smoke Less Tobacco** (e.g.- khaini, gutkha, jarda etc.) **both** increases chance of developing CVD
- “Smokers are more likely to die of lung cancer than CVD”- it is a **FALSE** statement.
- **Q. How to quit?** Ans. Stop **ABRUPTLY**. Do not shift to any other form of addiction. This is the **ONLY** way!

#### Alcohol Use

- Moderate drinking of alcohol is protective against CVD but **alcohol has lots of other harmful effects on our body**
- If you've had significant alcohol-related problems and are currently not drinking, trying moderate drinking may put you at risk again for alcohol-related problems.
- If you're currently drinking more than the guidelines of moderation, you will reduce your risk for problems by cutting back.

#### Dietary Recommendations:

- Vegetables including Green Leafy Vegetables: 3-4 servings/day
- Fruits: at least 1 everyday
- Salt < 5 gm / day / person.
- Oils 500 gm / person / month
- Avoid fast food and junk food

#### Physical activity recommendation:

- Moderate physical activity (e.g.- brisk walking, cycling, swimming, gardening, aerobics, etc.) - at least **30 minutes/ day and 5 days/ week** i.e. **150 minutes/ week**
- Minimum duration of each episode should be **at least 10 minutes**

## Hypertension

- Hypertension is blood pressure 140/90 (systolic/diastolic) mm of Hg or higher.
- Self-care: 1) Check BP regularly and 2) Take antihypertensive drugs **regularly** if it is advised by your doctor
- **“If I start taking drugs I have to take lifelong!”**- It is better to start drugs to control BP rather than let hypertension damage your other organs like heart and kidney permanently.

## Diabetes

- Normal blood glucose level: FBS < 100 mg/dl and 2 hr PPBS < 140 mg/dl
- Diabetes: FBS  $\geq$ 126 mg/dl and 2 hr PPBS (on OGTT i.e after 75gm glucose load)  $\geq$  200 mg/dl
- Diabetes self-care: Diet, physical activity, checking blood sugar regularly, taking drugs regularly, foot care, eye care

## Obesity

- Keep your Body Mass Index (BMI) under normal range.
- BMI= Weight in kg/ Height in meter <sup>2</sup>

<b>BMI</b>	<b>Classification</b>
< 18.5	Underweight
18.5- 24.99	Normal
25-29.99	Overweight
$\geq$ 30	Obese

## Central Obesity

- Waist circumference recommendation: **<90 cm for men** and **<80 cm for women**

## Dyslipidemia/ high blood cholesterol

<b>Lipid profile</b>	<b>Desirable range</b>
Total cholesterol	<200 mg/dl
Triglyceride	<150 mg/dl
LDL (bad cholesterol)	<100 mg/dl
HDL (good cholesterol)	>50 mg/dl

## Stress

- Tips for managing stress: Stay positive, take support from friends and family, exercise, make time for yourself, engage in hobbies, do meditation and yoga.

**Thank you**