

Multisectoral approaches for prevention and control of non communicable diseases

Prioritized activities to be done by the stake holders

1. Advocacy and partnership

- Advocacy to principals and teachers to promote physical activity and healthy diet among school children
- Advocate relevant political authorities and officials to create places to do physical activity (walking paths, play areas for children, play grounds)
- Advocate local food manufacturers to prepare healthy food and beverages
- Advocacy to village leaders to have tobacco free zones
- Advocate local political leaders on NCDs and need for sustainable funding
- Advocate the village leaders and NGOs on NCDs
- Advocate the religious leaders on NCDs
- Start to build a rapport and partnership with the village and religious leaders for prevention of NCDs

2. Risk reduction

Promote healthy diet

- Educate the community, pre school teachers, school children, youth, parents and work force on healthy diet (reducing starch, salt, sugar, fat and consuming more fruits and vegetables)
- Making healthy choices available in the villages, schools and work places
 - availability of healthy food in school and office canteens
 - establishing places /mechanism to sell fruits and vegetables for low prizes
 - creating mechanism in the villages to buy fruits and vegetables grown in the villages and to establish a system to make them available for low prizes
 - Home gardening
 - Distributing plants, seeds
 - Home gardening competitions
 - Healthy dish competitions
 - Preparation of healthy dishes and healthy menus
 - Establishing places to sell healthy food

Promote physical activity

- Educate the community, school children, youth, parents and work force on physical activity
- Establishing places to do physical activity
 - Walking paths
 - Play grounds
 - Initiate a mechanism to start playing foot ball , volleyball etc. in the villages

Reduce smoking

- Educate the community, school children, youth, parents and work force on hazards of smoking
- Initiate to establish tobacco free zones together with the MOH and staff, village leaders, religious leaders if possible

Promote healthy behaviours

- Establish healthy villages
- Establish healthy schools

3. Early detection and management of NCDs

- Educate community and working force on the screening for NCDs and Healthy Life style Centres
- Create a mechanism for unscreened people in the villages to get screened at work places
- Arrange work place screening programmes
- Educate patients with major NCDs such as heart disease, diabetes on the importance of regular treatment and follow up

4. Monitoring and evaluation

- Conduct regular meeting to discuss about the progress