



CHANDIGARH HEALTHY HEART ACTION PROJECT

A WHO and GOI biennium project (2004-2005)

PARTNERS:

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DEPARTMENT OF COMMUNITY MEDICINE,
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(MODULE FOR SCHOOL TEACHERS)

WHAT ARE CARDIOVASCULAR DISEASES?

Cardiovascular Disease (CVD) includes dysfunctional conditions of the heart, arteries and veins that supply oxygen to vital life-sustaining areas of the body like the brain, heart itself and other vital organs.

CVS's with common symptoms:

DISEASE

SYMPTOMS

Angina

Chest pain on exertion which relieves on rest, radiates to neck, shoulder, arm and back, feeling of constriction in chest.

Heart Attack

Severe Chest pain > 30 minutes. Radiating to left arm not relieved by pain killers, nausea, vomiting, sweating etc.

Hypertension

Continuous head ache, giddiness, tingling sounds in ears etc.

Stroke

Paralysis or numbness of one side of body, difficulty in speech, hearing, reading or writing.

TIA

All the symptoms of stroke for few minutes to 24 hrs which relieves on its own.

MAGNITUDE OF CVD's

1. Globally 32 million heart attacks and strokes occur each year.
2. In India 53% of cardiovascular diseases deaths occur in people of less than 70 years of age.
3. By the year 2020, CVD's will account for one third deaths and India will have the largest CVD burden in the world.
4. Prevalence of Hypertension has almost doubled in Chandigarh over the last 30 years.
27% in 1968
45% in 1977

MAJOR RISK FACTORS FOR CVD's :

LIFESTYLE RISK FACTORS

1. Tobacco use
2. Physical inactivity
3. Fatty, fried, fast food and added salt

BIOLOGICAL RISK FACTORS

1. High blood pressure
2. Obesity and Over weight
3. Diabetes
4. High Cholesterol level

Most of the CARDIOVASCULAR DISEASES are preventable if meaningful action is taken against these risk factors.

MAKING FOLLOWING SIMPLE LIFESTYLE CHANGES CAN PREVENT CVD'S:

**EAT
HEART
HEALTHY
DIET**

**STOP
TOBACCO
USE**

**TAKE
REGULAR
PHYSICAL
ACTIVITY**

SALT (Sodium chloride) :

Restrict intake to less than 5grams per day.
Reduce salt when cooking, limit processed
and fast food.

FRUITS AND VEGETABLES: 2 Katories
of vegetables + salad + 1 fruit or 3 katories of
vegetables if fruit not available.

FATTY FOODS: limit fatty meat, dairy fat
and cooking oil (less than two table spoons
per day) 500 to 900 gm per person per month.
Oil should be used in rotation / mixture of oil.
Replace other meat with chicken (without
skin).

FISH: Eat fish at least thrice a week
preferably tuna, mackerel and salmon.

Any Dry fruit but not more than 6 pieces per
day.

Walnut is the best.

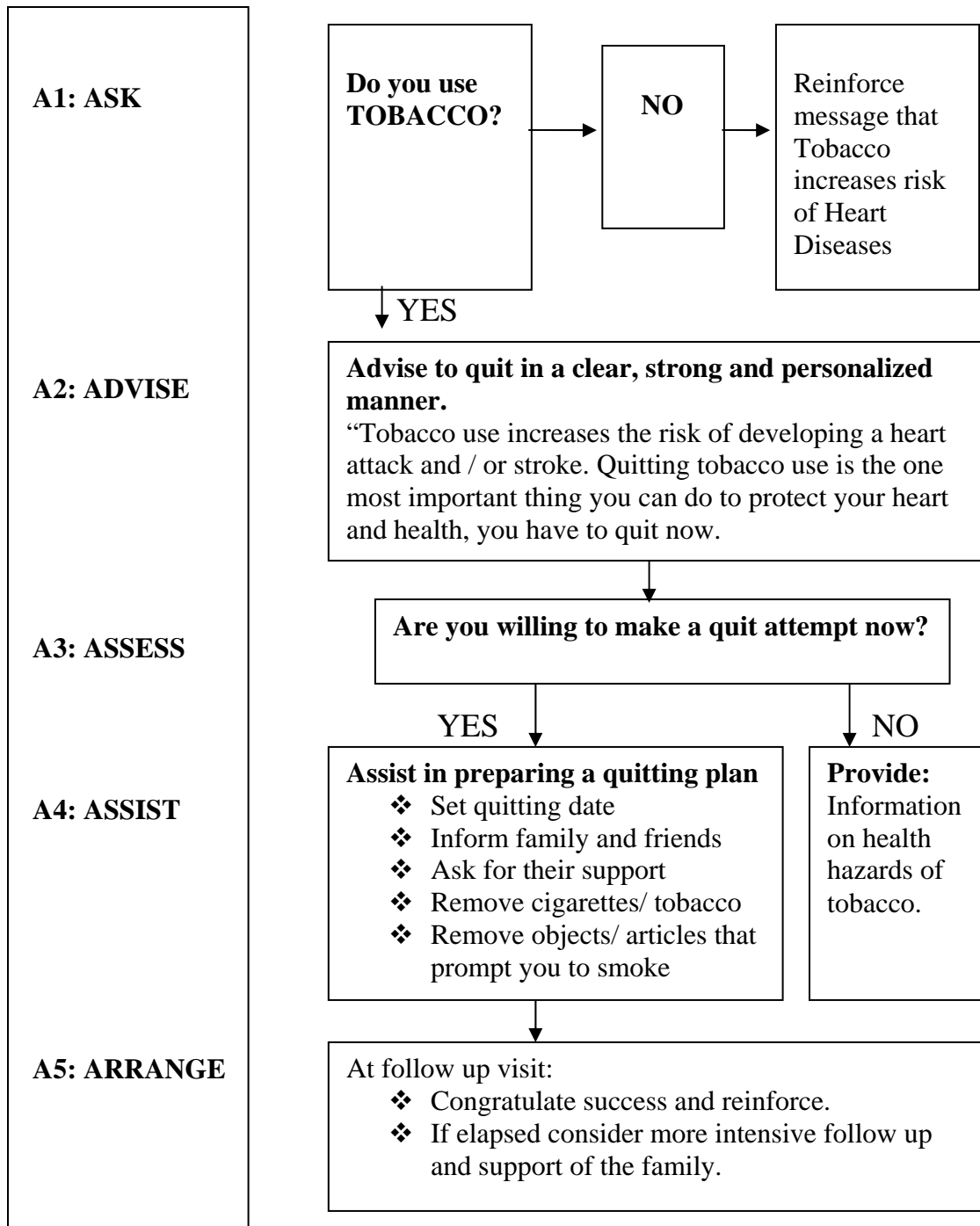
REMEMBER DPT:

DIET, PHYSICAL ACTIVITY, NOT TO
TOBACCO AND ALCOHOL.

**PHYSICAL
ACTIVITY:**

Progressively
increase moderate
Physical activity
such as Brisk
walking, cycling at
least 30 minutes per
day.

HOW TO COUNSEL ON CESSATION OF TOBACCO:



The **CHANDIGARH HEALTHY HEART ACTION PROJECT** was launched on 21st October 2004. This is being carried out in urban, rural and slum areas of Chandigarh covering a population of 10 lakhs.

A survey had been carried out to a representative sample of 2600 people to know the level of awareness of CVD's among the residents of Chandigarh along with the information about the risk factors, health related behaviour, demographic and socioeconomic details. The main objectives of this project are:

1. To increase awareness of community for major CVD's by providing relevant health education for primary prevention of CVD's focusing on:
 - Lifestyle changes
 - Smoking cessation
 - Regular physical activity
 - Healthy diet

2. Implementation of standard protocol for CVD's risk management by health care staff :
 - Training to Doctors
 - Training to Health workers

3. To conduct surveillance of selected risk factors for CVD's covering population of:
 - Urban
 - Slum
 - Rural area

OBJECTIVE OF CONDUCTING WORKSHOP OF TEACHERS:

Adolescence is the time when the identities are at height. Learning is the key process in human behaviour, it pervades everything we do and think.

Teachers can make strong impact on the ever growing of students and mould them in a way by discussing issue related to both their mental and physical well being so that they lead a healthy life. Your role is very crucial and we visualize your following roles:

1. Counsel your students about the CVD risk factors:
 - ❖ Eat heart healthy diet
 - ❖ Stop tobacco use
 - ❖ Take regular physical activity
 - ❖ Health hazards of Alcohol.

2. Student – Parent approach:
 - ❖ Ask students to counsel their parents about the CVD risk factors.
 - ❖ Counsel parents directly in PTA meeting or whenever you meet them personally.

3. Group activities among schools:
 - ❖ Organize various competitions like poster making, debates, group discussions, slogan making, painting etc. among the students of your school covering risk factors of CVD's. Green clubs can also be used for promotion of healthy lifestyle among children.

4. Periodically all the schools will be evaluated for undertaking various health educational activities and the three best schools will be given award/ memento.

5. Sensitize other school teachers and principal in your school in routine monthly meetings about CVD's risk factors and their prevention.

6. You will raise a cadre of CHHAP Volunteers in your school to increase awareness about risk factors and promotion of healthy life style by student-to-student approach.

A Single Step for a Teacher A Giant Leap for Next Generation