



# **CHANDIGARH HEALTHY HEART ACTION PROJECT**

A WHO and GOI biennium project (2004-2005)

## **PARTNERS:**

HEALTH DEPARTMENT, CHANDIGARH  
DEPARTMENT OF COMMUNITY MEDICINE,  
INTERNAL MEDICINE & CARDIOLOGY (PGIMER) CHANDIGARH  
WHO INDIA.

(MODULE FOR CHHAP VOLUNTEERS)

## **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.

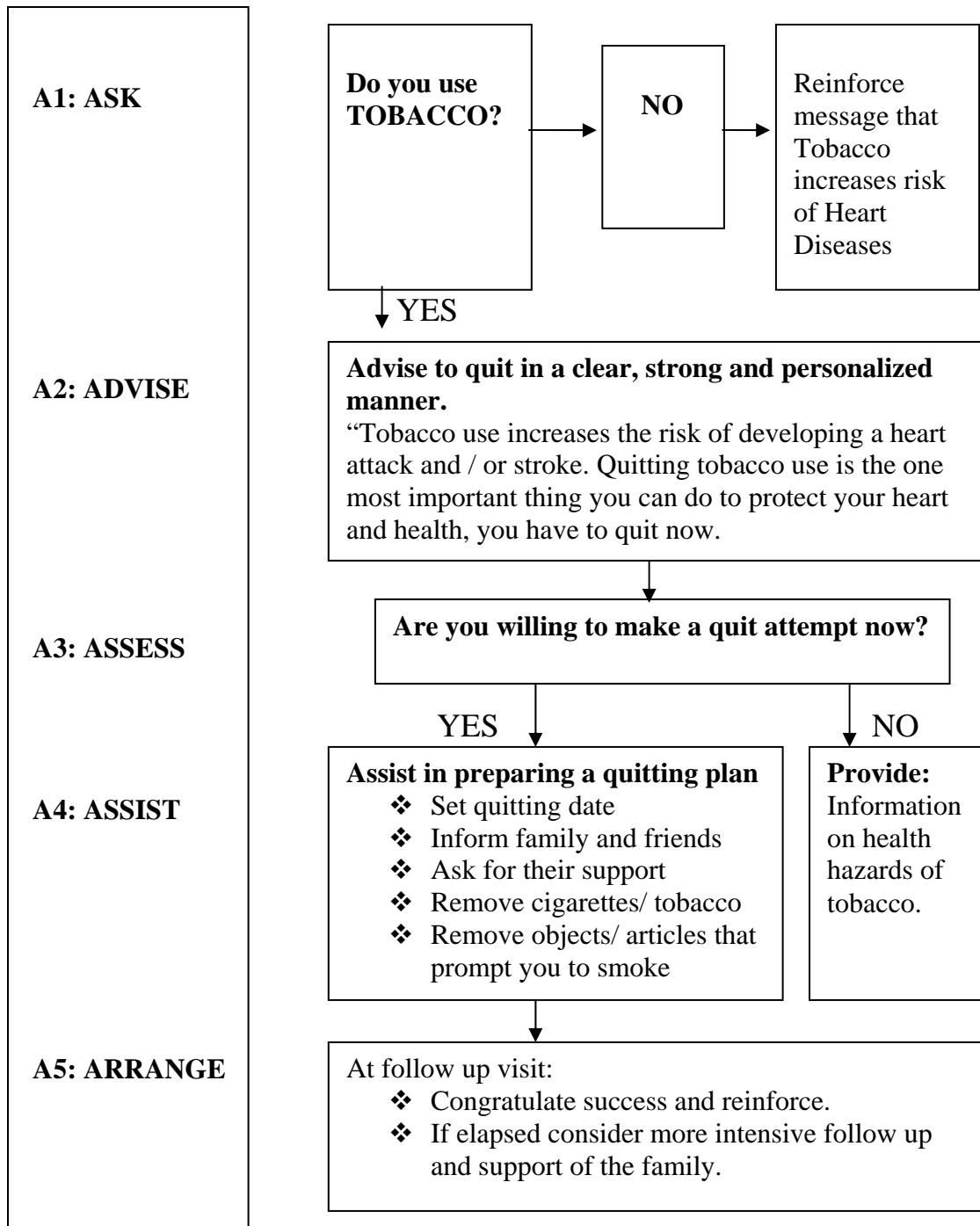
**REMEMBER DPT:**

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 21<sup>st</sup> 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 TRAINING cum WORKSHOP:**

You will be required to work for the promotion of physical activity / educating people about various risk factors and preventive measures for various NCD's / tobacco & alcohol cessation and dissemination of health education material.

You can make strong impact on the ever growing minds 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 people, 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 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.

**A Single Step today  
A Giant Leap for Next Generation**