





Christine Hancock

Nurses As Leaders Against Non-Communicable Diseases

Why nurses?

If the millions of nurses in a thousand different places articulate the same ideas and convictions...and come together as one force, they could act as a powerhouse for change.

Dr Haefden Mahler, WHO Director General (1985)

Learning outcomes

- Learn about the global burden of non-communicable diseases (NCDs) and the impact on your region
- Understand the risk factors which cause NCDs
- Reflect on own health
- Know the interventions which will prevent NCDs



71% of the

worldwide

disease burden



Four chronic diseases

chronic lung disease

Tobacco use

Lack of physical activity

Lack of physical activity

Cancers

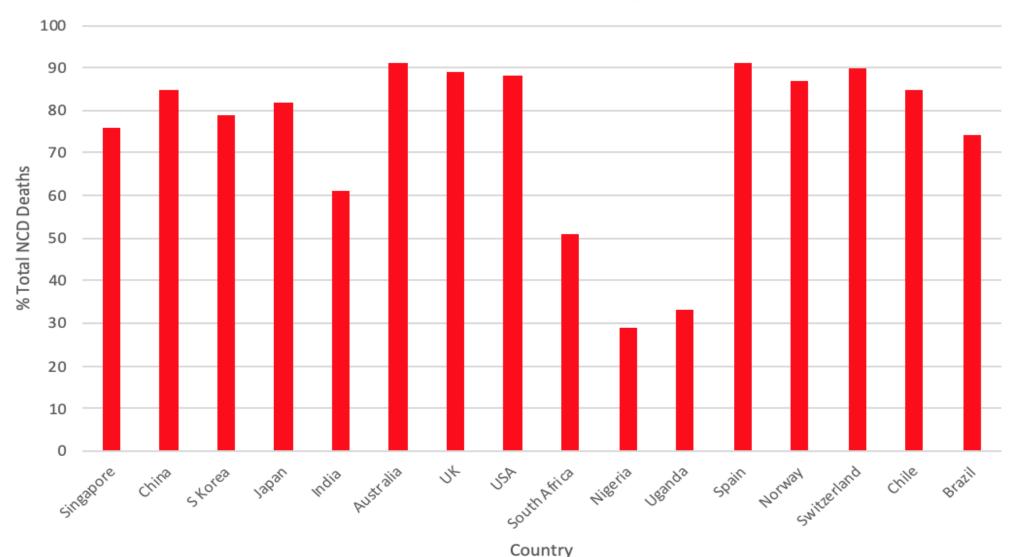
What we eat and drink

3 risk factors

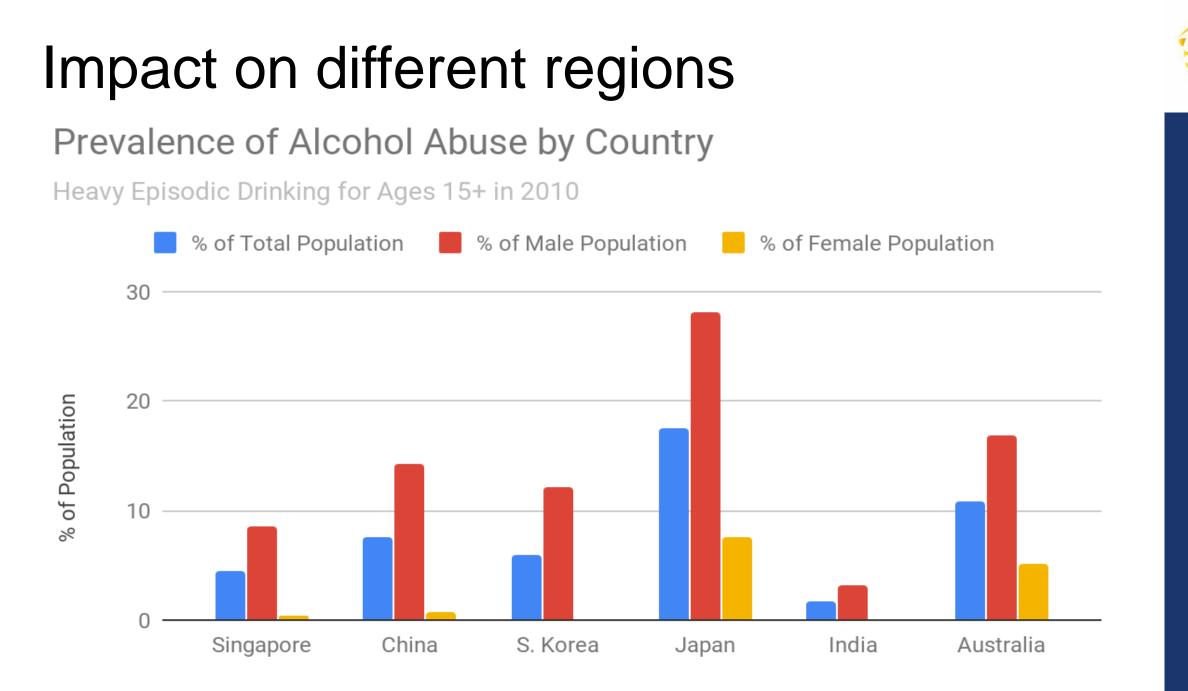
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Impact on different regions

% Total Non-communicable Disease (NCD) Deaths

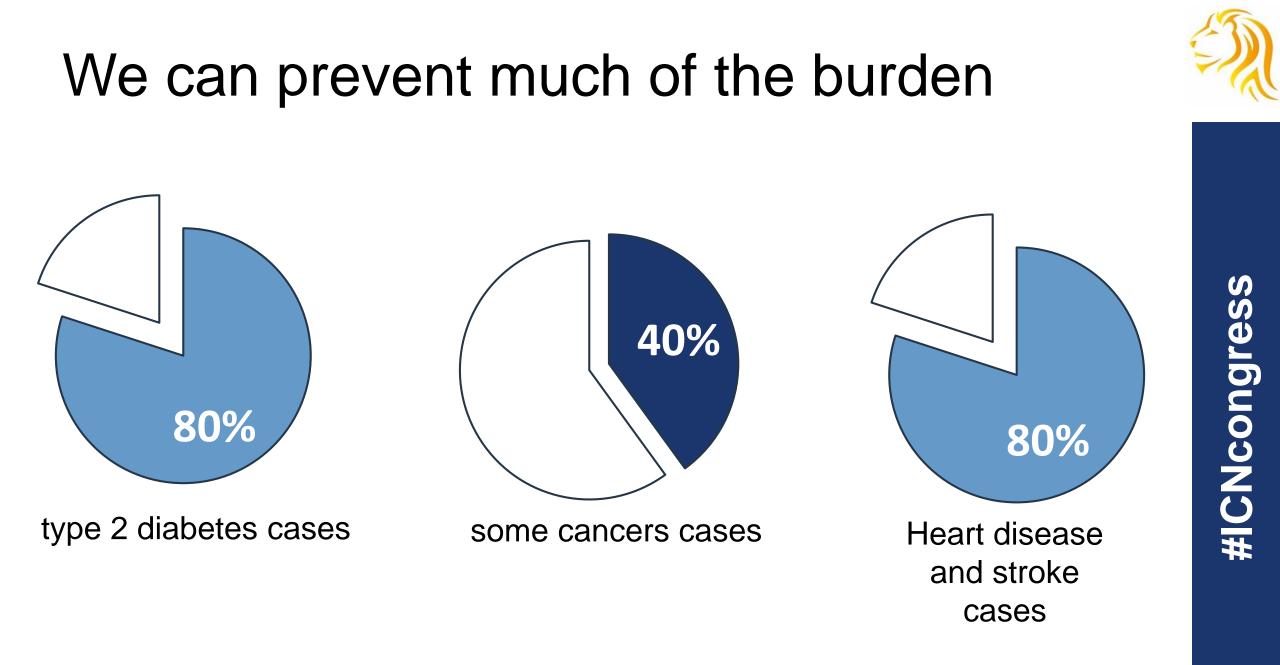


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Country

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Source: WHO, Chronic Disease: A Vital Investment (2005)

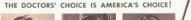


According to repeated nationwide surveys,

More Doctors Smoke CAMELS than any other cigarette!

Doctors in every branch of medicine were asked, "What cigarette do you smoke?" The brand named most was Camel!

You'll enjoy Camels for the same reasons so many doctors enjoy them. Camels have cool, cool mildness, pack after pack, and a flavor unmatched by any other cigarette Make this sensible test: Smoke only Camels for 30 days and see how well Camels please your taste, how well they suit your throat as your steady smoke. You'll see how enjoyable a cigarette can be!







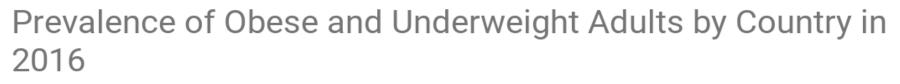
~50%

of all smokers will be killed by their addiction

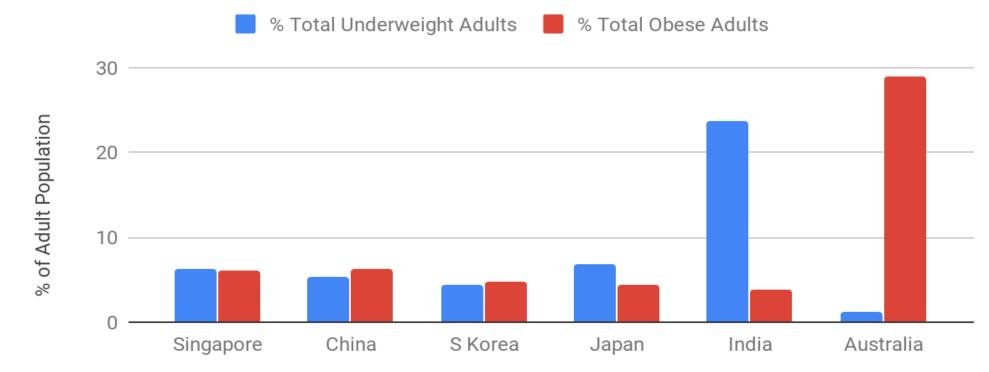
10 years

Average years of life lost from smoking





Percentage of BMI < 18 vs BMI >/= 30



The impact of physical activity

Physical activity reduces the risk of:

- breast cancer by approximately 20–40% among those who do vigorous physical activity for 30–60 minutes on 5 days each week;
- colon cancer: the most active people are at 30% lower risk than the least fit;
- stroke by 25–30% among active individuals;
- **coronary heart disease**: physically inactive people can have as much as twice the risk;
- diabetes by 30–50%;
- plus benefits for musculoskeletal and mental health.





Nurses' capacity to influence health begins with self-care

- Healthier nurses are more productive, more alert, and safer practitioners
- Harness the potential of nurses to serve as change agents for health through their own improved health behaviour
- Capitalise on the power of a positive nurse 'role model' to influence patients, families, colleagues, communities and society as a whole





Join us Saturday, June 29 17.30 – 19.00

Health of Nurses Room 7

www.c3health.org | @C3health

20.7 million nurses and midwives

Nurses with the knowledge, skills, capacity and opportunity can:

- promote healthy behaviour
- support lifestyle change
- prevent and detect disease
- manage ill-health and prevent complications
- influence health and wellbeing across the lifespan
- work in diverse settings and with all sectors of society and
- step into people's lives to make a difference



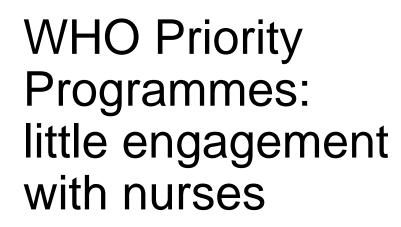
ALERT to WHO and governments:

• No WHO or government-led programmes will have impact without the leadership and example of nurses

• No WHO recommendations will have impact if not carefully adapted to country/community realities



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HEARTS

Technical package for cardiovascular disease management in primary health care





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Should nurses' own health be a priority for your government/country?

YES

NO



2. Does a nurse's own health have an impact on their effectiveness in prevention?

YES

NO



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