

Name _____

Answer the questions on this worksheet as you are shown the presentation/film to help you understand more about non-communicable diseases.

What does NCD stand for? Non-communicable disease

Are NCDs passed from person to person (ie are they infectious diseases)? Circle your answer:

No Yes

What are the characteristics of NCDs? Circle your answer:

Slow progression & long duration Fast progression and short duration

Circle the NCDs in the list below:

Heart disease Flu Chicken Pox ***Asthma*** Meningitis
Diabetes ***Cancer***

Can NCDs be prevented? (circle your answer):

Yes / No

Approximately how many people are killed by NCDs each year? *41 million*

Where do the majority of deaths occur? *Low and middle income countries*

What are the 4 main risk factors for NCDs? *unhealthy diets, physical inactivity, exposure to tobacco smoke or the harmful use of alcohol.*

How many people die from physical inactivity every year? 1.7 million 1.6 million 1.5 million

How many deaths does tobacco account for each year? 1.6 million 17.2 million 7.2 million

Name 3 ways NCDs be prevented (any 3 from the following):

Prevention (educating people about risks and helping them to adopt healthy behaviours), eg educating people about the risks of tobacco smoke and harmful alcohol intake and encouraging people to be more physically active and eat more healthily, helping mothers stay healthy during pregnancy, good nutrition, living in a healthy environment, preventing accidents and injuries and promoting good mental health and wellbeing.