

Blong preventem mo kontrolem Non Communicable Diseases (NCD's), yu mas gat 30 minot blong fisikal aktiviti wan taem long wan dei blong 5 dei long evri wik (eksampol: ronron, wokbaot, swip long haos, sport).

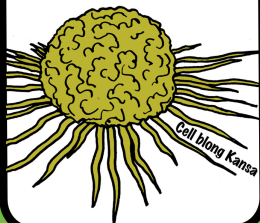
30 x 5

Oi NCD's olsem...

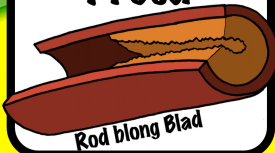
...Sik blong Suga



...Kansa



...Hae Blad Presa



...Alkol/Kava/ Drugs/Betel Nut



Mi stap folem 30 x 5 oltaem blong lukaotem gud helt blong mi!

...Fatfat tumas



...Mental Helt i no gud

mi stap wori oltaem

mi harem sori oltaem



Designed and Illustrated by Ebs Clark-Sutton



Shefa Provincial Govt i enkorajem evri man, woman, mo pikinini blong livim wan helti laefstael tru long fisikal aktiviti mo kaekae helti kaekae oltaem.

Kontaktem dokta, nes, o helt woka long komuniti blong yu blong save moa infomesen.

Women we i mekem 30 x 5 - Rosie Thomas (AYAD volunteer)

Wanem ia '30 x 5' Fisikel Aktiviti edukeisen pakej?

30 x 5 = 30 minit blong fisikel aktiviti x 5 dei long wan wik

Wanem ia?

30 x 5 hemi wan besik fisikel aktiviti helt edukeisen pakej we oli mekem blong oli givimaot long ol ples blong spot mo fisikel aktiviti. Hemi fokus long fisikel aktiviti mo olsem wanem hemi help blong priventem olgeta Non Communicable Disease (NCD). Be, hemi inpoten tumas blong save abaot olgeta narafala wei blong privensen inkludim; kakai helti kakai, drink klin wota, kipim ol ples oli klin oltaem mo yusum toilet, no tekem ol samting olsem sigaret, alkohol etc.

Hu nao i givimaot pakej ia?

Oli mekem blong olgeta we oli wok long ol spot mo fisikel aktiviti sekta blong Shefa Provins we oli trenem olgeta blong fasiliateitem aweanes blong fisikel aktiviti pakej ia oli givimaot. Ol gudfala taem blong givimaot 30 x 5 pakej long eria blong spot mo fisikel aktiviti i inkludim; ol festival, tunamen, aotrij program, ol helt dei we oli putum, Nasonal gem, ol fisikel edukeisen klas long ol skul etc.

Inpoten, plis yu tekem not: ol man we oli givimaot pakej ia oli no ol expet blong helt o dokta so hemi inpoten so hemi inpoten se yu tokbaot ol helt problem mo kwesten blong yu wetem lokol nes o dokta blong yu.

Wanem i stap insaed long pakej ia?

Pakej i gat plante helt promosen wei blong save kasem plante man mo i inkludim;

- 30 x 5 Fasiliateita Manual (smol buk ia)
- 30 x 5 Fisikel Aktiviti mo NCD Powerpoint Presenteisen
- 30 x 5 Fisikel Aktiviti Post

Shefa Provinsol Gavman Kaonsel i stap enkarejem evriwan blong liv wan helti laefstael tru fisikel aktiviti mo helti kakai.



Shefa Provinsol Gavman Kaonsel - 30 x 5 Fisikel Aktiviti mo Helt Edukeisen Aktiviti Pakej

Fisikel Aktiviti

Wanem ia Fisikel Aktiviti?

Fisikel aktiviti i minim se mekem bodi i muvmuv. Hemi inkludim plante aktiviti inkludim; wokbaot, haoswok, mekem Karen, ron mo ol narafala had spot tu.

From wanem Fisikel Aktiviti i inpoten tumas olsem?

Yumi save se sipos yumi aktiv oltaem bae i gat plante positive ifekt long helt blong yumi olsem:

- katem daon risk blong kasem ol Non Communicable Diseases (NCD)
- kipim bodi blong yu i helti (katem daon risk blong gat ol problem blong rod blong blad mo ol joen)
- yusum eneji, hemi save givhan blong kontrolem weit blong yu
- plante man oli luksave tu se taem oli aktiv oltaem oli filim gud moa, strong moa mo hapi moa
- stap fit i minim se yu save wokbaot mo mekem ol modereit aktiviti be yu no sik o taet tumas

Ol man long Vanuatu oli fisikli inaktiv?

Long Vanuatu, ova 40% blong ol woman mo ino bitim 20% blong ol man oli gat low level blong fisikel aktiviti we i minim se oli no stap mekem inaf fisikel aktiviti blong impruvum helt blong olgeta (National NCD STEPS survey 2011-2012).

Hamas Fisikel Aktiviti nao mi shud mekem?

Amaon blong aktiviti we oli rekomendem blong ol ***hemi 30 minit blong modereit aktiviti long wan dei, blong minimum 5 dei long wan wik mo blong ol pikinini hemi 60 minit blong aktiviti evri dei.*** Hemi inpoten se aktiviti ia hemi regula, eksampol: hemi moa gud blong wokbaot evri dei blong ten minit bitim mekem wan longfala wokbaot wan taem long wan yia.

From wanem mi mas plei spot?

Spot hemi gat paoa blong katem daon janis blong kasem ol NCD mo ol narafala problem blong helt mo hemi save mekem ol helti komiuniti oli kam tugeta. Spot hemi fun, be hemi help tu blong impruvum olgeta samting we oli tajem helt insaed long komiuniti inkludim; inkrisim koneksen long komiuniti mo lokol sevis blong helt mo edukeisen, i krieitem frensip, inkrisim lidasip, positiv rol model, katem daon ol kriminol aktiviti, katem daon domestik vaelens etc..



Wanem nao yumi save abaot ol NCD mo ol risk blong olgeta long Vanuatu?

STEP Sevei 2011 (Acknowledgements to Ministry of Health & World Health Organisation)

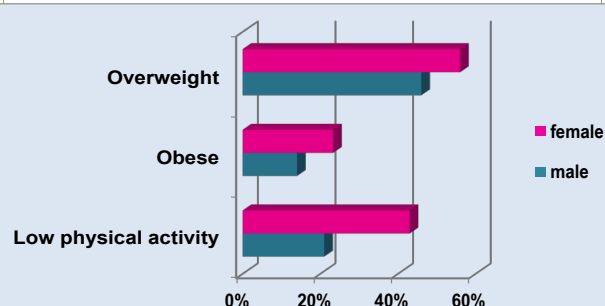
What do we know about the risk of NCD's in Vanuatu?

National STEPS survey on Non Communicable Diseases (2011-2012) conducted by WHO & MoH

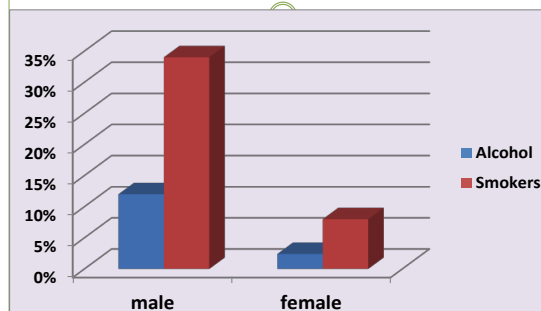
Provinces	Enum Areas	House H
Torba	4	176
Sanma	22	968
Malampa	19	836
Penama	16	704
Shefa	38	1,672
Tafea	14	616
Total	113	4972

- 6 Provinces
- 25-64 years
- 113 Enumeration areas
- 4,972 planned
- 97% response rates
- Cost – 27 million VT

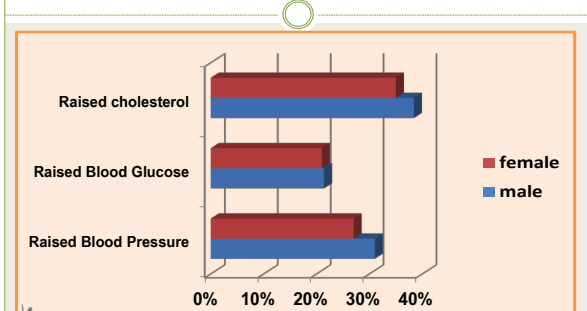
Overweight, obesity & physical activity



Smoking and Alcohol



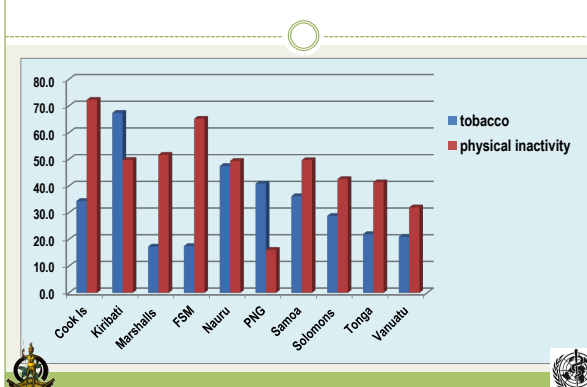
BP, Glucose & Cholesterol



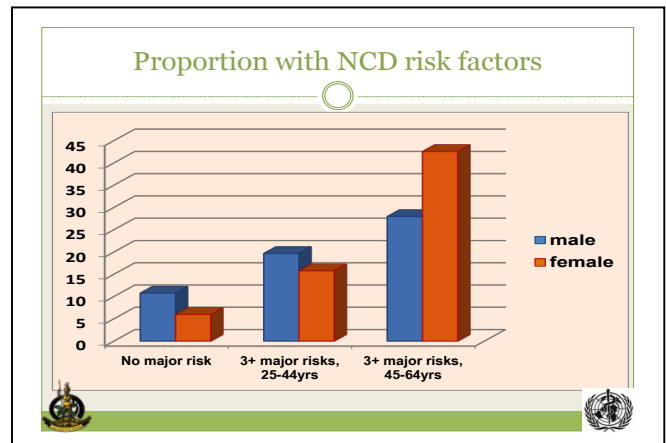
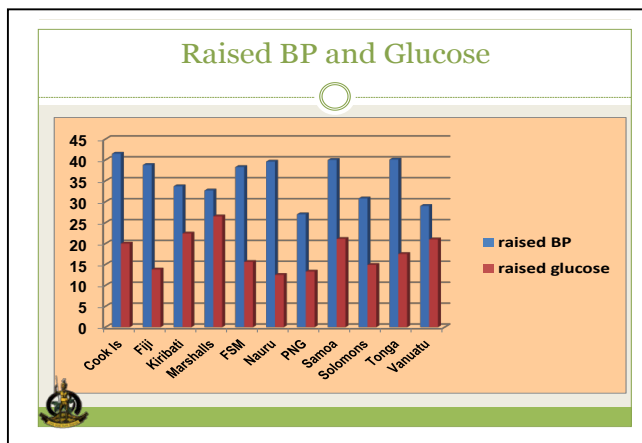
Obesity and Overweight Vanuatu and other Pacific Island Countries



Inadequate Physical Activity and Tobacco



Shefa Provinsol Gavman Kaonsel - 30 x 5 Fisikel Aktiviti mo Helt Edukeisen Aktiviti Pakej



STEP's survey findings

- High prevalence of NCD risk factors in Vanuatu
- Increased risks predict increased NCD burden
- NCD's are largely preventable
- Early detection and vigorous treatment are needed to avoid complications and premature deaths



**World Health Organisation
(WHO)**



**Ministry of Health
(MoH)**

Fatfat tumas & Ovaweit & Fisikel Aktiviti

Long Vanuatu, ova long 50% blong ol woman mo 40% blong ol man oli man oli ovaweit mo antap long hemia 20% long ol woman mo 15% long ol man oli fatfat tumas (National NDC Steps Survey 2011-2012). Hemia hemi wan inpoten helt problem we Vanuatu i stap fesem Vanuatu.

Fasin blong fatfat tumas hemi some wan siries problem blong weit we i save lid i go long siries helt problem moa bitim ovaweit. Ovaweit mo fatfat tumas i hapen taem we yumi kakai mo yumi drink moa “eneji” bitim hemia we yumi yusum tru long fisikel aktiviti mo bodi i strorem olsem gris.

Sipos yumi inkrisim level blong fisikel aktiviti mo yumi kakai helti kakai hemi gudfala wei blong lusum weit mo katem daon risk we yumi save kasem sipos yumi fatfat tumas o ovaweit olsem; hae blad presa, cadiovaskula disis, sik blong suka mo kansa.



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Diabetes (Type II) mo Fisikel Aktiviti

Type II Diabetes o sik blong suka hemi stap kasem ol man we oli ovaweit o fatfat tumas mekem se bodi blong olgeta ino moa save kontrolem amaon blong suga we i stap insaed long blad blong olgeta. Sik blong suka i save lid i go long long tem helt problem long olgeta nev, ae, kidni, masel blong hat, imiuniti mo hiling blong ol soa.

Olsem fatfat tumas mo ovaweit, helti kakai tugeta wetem regula fisikel aktiviti i save help blong lusum weit we i kontribiut bigwan long Type II Diabetes.

Coronary Heart Disease mo Fisikel Aktiviti

Coronary Heart disease (CHD) hemi namba wan o namba tu sik we i kilim man i ded long plante kaontri long Pasifik mo hemi mekem man i sik mo gat rabis helt.

CHD hemi hapen taem we masel blong hat ino kasem inaf blad from rod blong blad i blok mo i kam smol from tumas gris long hem. Hemi kosem wan hat atak.

I gat gudfala pruf se wan samting we i kosem CHD hemi taem ino gat fisikel aktiviti, so inkrisim eksesaes mo mentenem wan helti weit bae i help bigwan blong priventem o kontrolem CHD.

Hae blad presa mo Fisikel Aktiviti

Kolosap 95% blong ol man Vanuatu we oli gat hae blad presa oli no karem meresin blong tritim sik ia (National NDC Steps Survey 2011-2012).

Hae blad pres i hapen taem we rod blong blad i kam had o i blok mo blad ino save ron fri we i mekem se hat i mas wok had moa blong pamem semak amaon blong blad. Hae blad presa i karem bigfala risk blong kasem Strok mo CHD.

Fisikel aktiviti mo lusum weit oli tufala inpoten wei blong priventem hae blad presa mo helti kakai tu. Hemi inpoten tu se ol man we oli gat hae blad presa oli katem daon amaon blong sol we oli kakai.

Kansa mo Fisikel Aktiviti

Yumi save priventem kasem 40% blong evri kansa sipos yumi gat wan helti laefstael speseli



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kakai mo eksesaes (Bakraon material blong Fo Posta, Secretariat of Pacific Communities 2002).

Kansa i stat taem we ol cell insaed long bodi oli no develop gud mo gro bitim mak mo i kam wan tuma. Fatfat tumas mo ovaweit oli ol risk fakta blong plante kansa be kansa blong titi mo gat o rod blong kakai nao tufala i kosem plante wori from tufala i rileit long fisikel aktiviti.

Olgeta wei blong katem daon risk blong kasem kansa blong Pasifik i inkludim: mentenem wan helti weit mo stap aktiv mo mekem wan samting olsem wokbaot o go swim evri dei.

Mentol Helt mo Fisikel Aktiviti

Olgeta bigfala samtin we oli hapen long laef olsem wok, problem blong evri dei laef, laefstael problem, nogat inaf silip, self kritisism, mo problem blong envaeromen i save

mekem man i stress o wori. Olgeta wori ia long bodi blong yumi oli save lid i go long hat disis, kansa, sik blong lang, aksiden, mo fasin we man i kilim hemwan.

Eksesaes i promotem gud mentol helt mo gud laef. Regula eksesaes i save katem daon fasin blong wori mo tingting tumas, harem nogud mo depresen mo hemi save helpem yu tu blong gat wan positiv tingting. Hemi save helpem yu tu blong yu silip gud moa.

Plei spot insaed long wan tim i save developem frensip mo sapot netwok we i save helpem yu taem yu wori o harem nogud.

Yusum tumas ol samting olsem alkol, sigaret mo Fisikel Aktiviti

Sipos yu yusum tumas olgeta samting ia bambae oli save mekem se yu no fit mo yu no helti. Hemi inkludim:

- bae yuno save pulum gud win from smok blong tobako i damejem lang blong yuo
- yu lusum motiveisen blong yu drink kava
- yu harem nogud from yu bin dring tumas long naet.

Evri samting ia oli afektem apetaet blong yu we bae i mekem se bae yu no save mentenem wan gudfala fisikel helt.

Tobako

Long Vanuatu, 52.5% blong ol man we oli toktok long olgeta long taem blong Steps Sevei long



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2011 oli stap smok naoia mo long olgeta ia, 27.5% oli smokem sigaret evri dei. Ol man nao oli plante mo oli mekem 62.3% blong olgeta we oli smok mo ol woman oli mekem 20.2% (National NDC Steps Survey 2011-2012).

Wan averej sigaret i gat wan mix blong samples 4000 kemikol long hem mo ating hemi kosem samples 25 sik we series wan nao hemi kansa blong lang.

Smok: Olgeta Helt RISK:

- Smok i inkrisim kasem tri taem risk blong man i ded from ol sik blong hat mo rod blong pulum win hemi 10 taem,
 - Hemi dabilem tu risk blong kasem sik blong suka mo hemi
 - Save mekem woman i gat komplikeisen taem hemi gat bel mo lusum bebi
- (Bakraon material blong Fo Posta, Secretariat of Pacific Communities 2002).

Smok hemi gat plante helt risk mo hemi sas tu mo hemi save afektem olgeta we oli smok mo famili blong olgeta mo i save afektem tu ability blong ol papa mo mama blong pem ol helti kakai blong ol family blong olgeta. Ino gat wan level blong smok we i sef mo i moa gud long helt blong yu blong yu stop smok.

Alkol

Drink low level blong alkol hemi no mekem damej long bodi be taem man i drink tumas hemi inkrisim bigwan risk blong hemi ded o kasem sik. Tumas alkol i inkrisim risk blong kasem kansa (blong titi, kolon, rectum, maot, oesophagus, larynx mo stomach), mekem man i fatfat tumas, liva ino wok gud, hae blad presa, sik blong suka, strok mo depresen.

Tumas alkol i mekem plante sosol problem long ol komiuniti blong yumi inkludim; aksiden long rod, vaelens, mestem wok, westem mani. When misused, alcohol also has significant social consequences for our communities including; road accidents, violence, missing work and a waste of money. Oli putum se low risk drink hemi kasem 3 standed drink blong ol man mo 2 standed drink blong ol woman, eni alkol we man i tekem ova long standed ia hemi kam wan risk.



Kava

Ministri blong Helt blong Vanuatu i rekomendem blong man i tekem ino bitim 2 sel blong kava long wan wik (MoH Healthy Islands IEC Package, 1st Edn). Taem man i drink tumas kava o i drink kava evri dei hemi damejem brain mo liva blong hem, mekem hemi no stap wantem kakai, skin i drae mo rod aksiden. Hemi kosem sosol problem tu inkludim; lusum prodaktiviti mo problem blong mani, famili mo maret etc.

Marijuana

Marijuana hemi no ligol be hemi kam wan bigfala problem long Vanuatu. Ifekt blong marijuana i save stap long 2 kasem 4 haoa. Olgeta we oli yusum marijuana longtaem bambae hemi katem daon konsentreisen mo memori blong olgeta, katem daon abiliti blong lanem samting mo motiveisen, givim kansa blong lang mo mentol problem. Olsem kava mo ol narafala rabis samting fasin blong smokem marijuana i save kosem sosol problem inkludim lusum prodaktiviti mo famili problem. Hemi agensem loa blong planem, salem o mekem bisnis long marijuana.

Betel Nut

Fasin blong kakai betel nut hemi kam antap plante long Pasifik mo hemi gat tri pat long hem;

- insaed blong areca nut (hemia nao i givim eneji long man);
- ol grin lif blong piper betel plant (we test blong hem i spaesi);
- paoda blong laem we oli mekem long sel, korel ston o korel blong solwora

Oli yusum ol lif blong mekem wan smol basket blong putum ol narafala samting insaed. Plante taem oli stap putum tu tobako mo ol pispis sigaret. Oli putum smol basket ia i go long maot mo oli kakai blong longfala taem. Betel we man i kaka i mekem spet iron moa bitim oltaem mekem se man ia i mas spet oltaem. Betel nut i pentem maot, tut mo spet long wan red kala. Taem man i kakai betel nut ol kemikol oli kamaot, inkludim nikotin oli kamaot long hem.

Oli ting se fasin blong kakai betel nut hemi kosem kansa blong maot mo sik blong gum, ino gat wan level blong kakai betel nut we i sef.



Healti Laefstael

Olsem we yumi tokbaot finis, olgeta sik blong laefstael i gat sik blong suka, sik blong hat, strok, hae blad presa, kansa, fatfat tumas, gout mo problem blong ol joen mo blong muvmuv taem man i fatfat tumas. Oli singaotem olgeta ol sik blong 'laefstael' from yumi save se wan helti laefstael i **save help blong blokem** o help blong kontrolem long ol man we oli kasem finis. Toktok ia i lukluk moa nao long fisiket aktiviti be hemi inpoten tumas blong andastanem olsem wanem wan helti kakai i katem daon tu ol risk blong kasem ol sik blong laefstael.

Nutrisen

Evri kakai i gat ol nutrient long olgeta mo ol nutrient ia oli wok long bodi blong yumi long difren. Ol nutrient i gat ol gris, kabohaedret, protin, ol vaetamin mo mineral.

- Gris i givim enei mo mekem yumi gro. Be tumas gris i save mekem yumi sik mo fatfat tumas.
- Ol kabohaedret oli givim enei we yumi nidim blong wokabaot, toktok, kakai, silip, mekem spot.
- Protin i helpem olgeta masel long bodi blong yumi blong oli stap strong, hemi helpem bodi blong yumi tu blong mekem ol samting olsem mekem niu cell mo mekem hea, skin mo ol nail blong yumi oli gro.
- Olgeta Vitamin and mineral oli gat spesel wok blong kipim bodi blong yumi i helti

Vanuatu i gat 3 grup blong kakai

Ol kakai blong givim enei- Oli ol kakai we oli fulap long gris o kabohaedret. Oli putum olgeta tugeta from oli givim enei long bodi blong yumi blong mekem ol aktiviti blong evri dei mo gro helti. Be rimemba, i gat ol gris mo kabohaedret we oli helti mo olgeta we oli no helti mo hemi inpoten blong kakai olgeta we oli helti (olsem avocado, taro, banana mo manioc) mo no kakai olgeta we oli no helti (olsem bata, chips, crackers, biskit, pae, mo 2 minit noodle).

Ol kakai blong bildim bodi- Oli ol kakai we oli fulap long protin. Oli putum olgeta tugeta from se oli givim ol strong masel mo paoa long yumi blong mekem ol samting olsem ron, wokabaot mo mekem Karen. Ol kakai long grup ia oli inkludim mit (we oli katemaot gris long hem), ek, fish, ol bin mo nut.



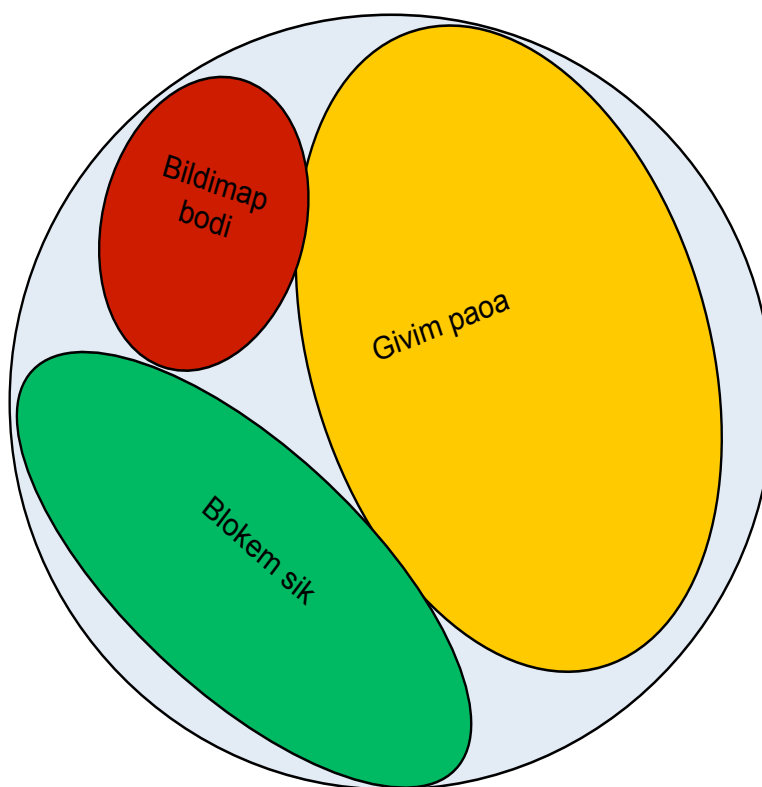
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Ol kakai blong protektem bodi- Oli ol kakai we oli gat plante vaetamin mo mineral. Oli putum olgeta tugeta from se oli protektem yumi long ol sik mo oli mekem spesel wok long bodi blong yumi olsem oli givim helti skin mo gud ae. Ol kakai long grup ia oli ol kakai olsem aelan kabij, swit banana, mango, popo mo kukamba. Ol kakai long grup ia oli gat fulap faeba tu we hemi inpoten long wan helti daejestiv sistem.

Hamas kakai long wan grup nao mi mas kakai blong stap helti?

Taem yu kakai insaed long pleit blong yu i shud gat 1/2 long ol kakai we oli givim enej, 1/3 long ol kakai blong protektem bodi mo /6 long ol kakai we oli bildim bodi. Long taem blong

Kakai pleit blond yu I shud luk olsem lon pikja ia:



Fasin blong mekem fisikel aktiviti oltaem mo mentenem wan helti kakai oli tufala inpoten wei blong bloke mol Non Communicable Diseases. Be hemi inpoten blong rimemba tu se wan helti laefstael hemi inkludim tu;



** Drink plante klin wota*

** Wasem han mo kipim kakai i sef*

** Tekem taem blong relax mo enjoem taem wetem ol famili mo fren*

**Givim titi nomo long bebi kasem hemi gat 6 manis mo gohed blong givim titi wetem kakai kasem hemi gat 2 yia.*

30 x 5 Tangkio toktok

Woman we i mekem 30 x 5;

Rosie Thomas

Australian Youth Ambassador for Development (AYAD volontia)

Shefa Provinsol Gavman Kaonsel - Yut mo Spot

Ol patna oganaeseisen

- Ministri blong Helt
- Shefa Provinsol Helt
- Ministri blong Yut mo Spot
- VASANOC
- World Health Organisation
- Secretariat of Pacific Communities (SPC)



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