

# Introductory activity on NCDs

Answer the following questions : Do you know someone in your family and community affected by CVDs ? As a Community health worker, what would be your recommendations for young people like you ? Select two of the CVDs risk factors and propose concrete activities in your community to reduce these risk factors.

## Lukuman Musa Center Inzone Diffa, Niger

Activity Number one: Do you know someone in you family and community affected by CVDs ?

Answer:

Yes i know someone in my community hypertention is one of the cardiovascular diseases that affects people in my community. Because of over thinking about loss of his money, parents and his friends.

Question two:

The five main modifiable risk factors are as follow:

- Tobacco use
- Alcohol use
- Air pollution
- Unhealthy diet
- Physical inactivity

For young people to protect themselves from contacting CVDs is by stopping and starting the following actions as follow;

- Stay away from smoking tobacco and other ineligible smoking items.
- Keep away from drinking alcohol.
- To engage more physical activities.

Be friendly with healthy diet and keep away from fast foods.

Question three

A: *Tobacco use*

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

B: *Unhealthy diet:*

A healthy diet can reduce the risk of cardiovascular diseases, cancer, diabetes and other conditions linked to obesity. An unhealthy diet is one of the major risk factors for a range of chronic diseases, including **cardiovascular diseases, cancer, diabetes and other conditions linked to obesity.**

## HAMSATU ABUBAKAR HAMME

1. Question;

Do you know someone in your family and community affected by CVDs?

1. Answer;  
yes

2. Question

As a community health worker, what would be your recommendations in terms of life style and healthy habits for young people like you to prevent CVDs?

2. Answer

To advice them about tobacco use, drinking harmful alcohol, physical inactivities, and unhealthy diet.

3. Question

Select two of the CVDs risk factors and propose concrete activity in your community to reduce these risk factors?

1. Answer

1. Tobacco

2. Physical inactivity

1- Tobacco

I advice them to keep away from smoking, because smoking causes cancer, heart diseases, stroke lung diseases, and diabetes, smoking also increases risk for tuberculosis.

2- Physical inactivity;

I advice them to do physical activity, because being physical activity can improve their brain health, help manage weight, reduce the risk of disease and improve their ability to do everyday activities.

Not getting enough physical activity can lead to heart disease, even for people who have no other risk factors. It can also increase the likelihood of developing other heart deases, risk factors, including obesity, high blood presure, high blood cholesterol type 2 diabetes

⇒ **Name : Zubairu Sani, Inzone study Centre Diffa, Niger.**

End of Module 9 Activity :

Question 1. Do you know some one in your family or community affected by Cardiovascular diseases CVDs ?

Answer:

Yes upcourse ,I know people from both the family and community who were affected with Hypertension as one of cardiovascular disease. Among them one had gotten the condition due to the over thinking as a result of loosing his properties burnt during boko haram crisis and loosing some family members , while the other one is in my family has gotten the disease as a result of getting addicted to unhealthy diet that is salty soup which later have gotten stopped by the doctor and start to take medication and adjustment.

Question 2: As a community Health Worker what would be my recommendations interms of lifestyle and health harbit for young people to prevent the case of cardiovascular diseases.

I selected physical inactivity and the use of Tobacco as risk factors to cardiovascular diseases

TOBACCO

Concrete activity to stop using tobacco among youth in sayam camp community are:

1. Educating the youth on the side effects of tobacco and its products.
2. Youth engagement meeting and sensitisation on drug abuse ,smoking tobacco and alcohol and their effects.
3. Youth enlightenment campaign on SAY NO TO SMOKING cigar
4. Creating awareness to the public ; youth and parents on staying away from Tobacco and other unwanted unhealthy products.

#### PHYSICAL INACTIVITY

Physical inactivity is a risk factor which can lead to the development of hypertention especially among youth . To address this issue the following activities by the community health worker can be plan and implement as follows:

A: creating awareness among youths on the importance of physical excersis

B: Youths education and engagement in athletics activities like races,football,hand ball, press up,jogging , bally ball and etc

C. Organising physical exercises teams and competitions among youths in order to maintain the harbits and arouse the attention of others

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#### ⇒ Umar Muhammad - InZone Diffa Niger

Question one: Do you know someone in your family and community affected by CVDs ?

answer: Yes i know someone in my community hypertention is one of the cardiovascular diseases that affects people in my community. Because of over thinking about loss of their money, parents and their friends.

Question Two;

As a community health worker, what would be your recommendations in terms oàf life style and healthy habits for young people like you to prevent CVDs?

Answer;

For young people to protect themselves from contracting CVDs is by stopping and starting the following actions as follows;

- Stay away from smoking tubacco and other ineligible smoking items.
- Keep away from drinking alcohol.
- To engage more in physical activities.
- Be friendly with healthy diet and keep away from fast foods.

Question 3;

Select two of the CVDs risk factors and propose concrete activities in your community to reduce these risk factors.

1: Unhealty Diets

The following are the recommendations towards the adoption of healthy diet to prevent high fasting blood sugar :

1- Creating awareness and education on healthy diet to the community.

2: Tobacco smoking. Causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. This can be minimize, mitigated or stop by educating the young againse the of tobacco use.

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↳ **ALI CHERI-Diffa InZONE HUB**

Question 1-

Do you know someone ion your family and community affected by CVDs?

Answer;

Yes. I know many among my community and this happens as a result of the temptation of the tragedy they found themselves. Some experience the situation in the midst of the crises while some during the immigration and after the displacement due to the fact that lives are lost (which are mainly family members and relatives) houses are being demolished and most of all their resources and properties are lost also. This has been the major causes of CVDs in my context (Heart attack and Stroke)

Question 2-

As a community health worker, what would be your recommendations in terms of life style and healthy habits for young people like you to prevent CVDs?

Answer;

As a community health worker, my advice to young people, especially for those in adolescent stage should be adhered to;

- To stay away from smoking tobacco, indian helm and shinsha.
- To put more effort by involving themselves more in exercises and other sports practices and physical activities.
- Be more friendly with saturated foods rather than fast foods.
- By putting more effort in decorating their life style through voluntary community engagement practices like public enlightment practices in schools and public places.
- Through raising awareness meetings to the stake holders, parents of the so-called adolscents individuals.

If all the aforementioned ideas, if were taken into consideration, one will be

fully prevented from contracting CVDs.

### Question 3-

Select two of the CVDs risk factors and propose concrete activities in your community to reduce these risk factors?

Answer;

- 1- Heart attack
- 2- Stroke

Heart Attack;

As discussed in the lectures, heart attack is one of the major risk factor concerning the case of CVDs. Which results through coronary artery disease, diabetes, smoking and depression.

In this context and in a nutshell, let me use this point to discuss one of the major cause of heart attack in my context. Being among the four causes of the disease, depression is one of the leading cause of haert attack in my community.

As this is one the life-challenging diseases, as said in the NCDs in the Humanitarian settings, 1 out of 4 of people living worldwide especially those in an emergency settings. They are more likely vulnerable to this case than those that are not living in that context.

Depression usually lead our people to this life-threatening disease.

This can only be addressed by giving the vulnerable ones a special time-framing event like Public englightment campaign, motivation lectures/seminars and psychosocial training support.

### 2- Stroke

Through this, we experienced so many paralyzed individual cases. People became disable due to the life temptation and tragedy they encountered during the course of their lives. stresses and over thinking usually leads to stroke and paralysis.

As a community health worker, here, I will engage myself in postering such positive ideas to the victims of such disease and do as possible to contribute positively in hindering the occurence of stroke to the patients of heart-related diseases or CVDs in general.

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### ⇒ MELE AJAMA INZONE DIFFA

Q1. Activity Number one: Do you know someone in you family and community affected by CVDs?

Answer:

Yes i know someone in my community hypertention is one of the cardiovascular diseases that affects people in my community. because of over thinking about loss of money, parents and his friends.

Q2.

The 5 main modifiable risk factors are follows:

Unhealthy diet

Tobacco use

Air pollution

Alcohol use

Physical inactivity

For young people to protect themselves from contracting CVDs is by stopping and starting the following action as follows;

1. Stay away from smoking tobacco and other ineligible smoking items.
2. Keep away from drinking alcohol.
3. To engage more in physical activities.
4. Be friendly with healthy diet and keep away from fast foods.

Question 3

Unhealthy diet:

A. A healthy diet can reduce the risk of cardiovascular diseases, cancer, diabetes and other conditions linked to obesity. An unhealthy diet is one of the major risk factors for a range of chronic diseases, including **cardiovascular diseases, cancer, diabetes and other conditions linked to obesity.**

B. Tobacco use:

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

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⇒ **ALI SHAABU INZONE CENTRE,DIFFA NIGER REPUBLIC.**

Q1..Do you know someone in your family and community affected by cardiovascular diseases?.

Yes.

In my community someone has affected with high blood pressure as one of the cardiovascular diseases, in case of the crisis of boko haram he loosed some of his child, friend, and relatives, and lack of diet during force displacement.

Q2..As a community health worker, what would be your recommendation for young people like you ?

As a community health worker, i would try to educate my community on cardiovascular risk factors, The risk factors are as follow:  
.High blood pressure, Tobacco use, Physical inactivity, e, t, c.

Q3..Select two of the cardiovascular diseases risk factors and propose concrete activities in your community to reduce these factors.

The two risk factors are;

1. Physical inactivity.
2. Hypertension.

1. Physical inactivity is a risk factor of cardiovascular diseases, This is any activity that make you sweat, your heart beat faster and mildly out of breath.

2.Hypertension this is also risk factor of cardiovascular diseases which is also high blood pressure,

These will preventable by the following method,

- a..Avoid tobacco.
- b..Reduce alcohol drinking.
- c..Reduce salt to less than 5g per daily.
- d..Be physically active every day.

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⇒ **YAGANA A. UMAR**

QUESTION 1

Cadiovascular diseases burden in humanitarian setting ;As a community health worker in my community, yes i know someone affected with cadiovascular diseases. A housewife, and this happens as a result of consequences she faced by the crises of Boko Haram that forced her to fled her country in which also resulted in the loss of her husband and her one child. In this case, as a community health worker, my recommendation will be to advise that woman to be attending health facility promptly.

QUESTION 2

As a community health worker, I will advice the younger ones to;

- 1- To be physically fit
- 2- To say no to smoking tobacco
- 3- Eat healthy
- 4- Stay away from fast foods

QUESTION 3

- 1- Hypertension
- 2-Tobacco

1-Hypertension;

High blood pressure is the pressure of blood in your blood vessel(arteries someone affected i will advice him/her to visit the clinic as soon as possible or inform your doctor or nurse, Reduce salt to less than 5g daily, Eat fruits and vegetables regularly, Avoid tabacco, Reduce alcohol, Be physically active everyday;

- Take all medications every day,not only when you feel unwell
- Check with your nurse of doctor before taking other medications including herbal or supplements
- tell the doctor or nurse if you medicine makes you sick
- Refill your medicine before it runs out
- Keep your clinic oppointments
- carry your medicines when you travel
- Maintain a healthy lifesyle.

2- Tobacco;

Cessation of tobacco. As a community health worker i will give advice to young peole like me i will go to schools by schools to give advice for young and tell the risk of tobbaco as it affects lungs and liable to kill younger ones.

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⇒ **Hashimu Mohammed: INZONE STUDY CENTER. DIFFA, NIGER REPUBLIC**

## Introductory activities on NCDs

Q1. Do you know someone in your family community affected by CVDs?

The answer of this question is

YES. I knew more than one whose affected by among the cardiovascular diseases . include: Hypertension and Tobacco

Q2. As a community health care worker, what would be your recommendations for young people like you?

So, as a community health worker, my recommendations for young people like me are as follows:

1. Health education and motivation
2. Community mobilization
3. Lifestyle counseling e.t.c

As a CHWs I would start with a campaign to raise awareness about CVDs and its risk factors among the people and educate them about its sign and symptoms, prevention and treatment, and motivate them to take action to prevent the diseases its risks factors.

Encouraging healthy changes such as improving the healthy diet, stopping smoking and reducing weight can help to lower cholesterol levels and reduce the risks of CVDs. Finally these are some habits whose need to maintain in order to prevent.

- \* Eating healthy diet
- \* Be actively by physical exercise everyday
- \* Stay a healthy weight
- \* Quit smoking and alcohol
- \* Control your cholesterol and blood pressure
- \* manage stress e.t.c

Q3. The risk factors of CVDs

Hypertension and Tobacco

Educating the community about the S/S of blood pressure and offering them to B/P measurement time to time to check their B/P.

Encouraging Hypertension patient to visit the clinic in case of making sure that they check their B/P.

Creating awareness among the youths on the importance of physical exercise.

Tobacco

Educating the community risks of alcohol consumption and smoking tobacco and their effects.

Avoiding and stop all kind of its relate like unhealthy food and some drinks.

Providing some advices which is prevent them from affected. by changing their lifestyle, for example stopping

smoking, reducing alcohol intake, maintaining a healthy diet and exercise regularly.

Promoting on regular health screening tests and take steps to prevent infection.



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⇒ **Mustapha Goni InZone Study  
Centre Diffa Niger Republic**

Q1. Do you know someone in your family and community affected by CVDs?

Answer:

Yes, I know a person with one of CVDs which is hypertension and the reason leading to this condition was losing his properties as a result of Boko Haram crisis, he lost his son and his other assets, this is what led to the attack of hypertension.

Q2. As a CHW, what would be your recommendations for young people like you? Select two of the CVDs risk factors and propose concrete activities in your community to reduce these risk factors.

Answer:

My recommendation about young people on reducing risk to CVDs is taking themselves away from unwanted activities of smoking tobacco and taking alcohol through public awareness and education.

1. Tobacco And

2. Physical inactivity

TOBACCO

1. Public education especially youth on cessation of using tobacco and its products.
2. Youth engagement in enlightenment campaign on stop smoking cigarette.
3. Sensitisation on effects of tobacco, alcohol, and drugs abuse in youth.

PHYSICAL INACTIVITY

1. Youth alliance and advocacy on physical exercises and its importance.
2. Changing the youth's mind to participate in either one athletic activities.
3. Creation of timely races, football, handball, ballyball competition as a measure to physical inactivity.

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⇒ **Hafsat Abubakar Inzone Center Diffa Niger**

Activity One:

Question Do you know someone in your family and community affected by cardiovascular disease ?

Yes I know a woman in our community that was affected with stroke due to life's difficulties after migration.

Question two:

the risk factors leading to cardiovascular diseases are as follows:

- 1, use of tobacco products
- 2, use of alcohol
- 3, unhealthy diet
- 4, air pollution
- 5, physical inactivity

I recommend that youths can be sensitized to abate themselves from negative attitudes

of smoking and alcohol taking this can be achieved through awareness and education

A Concrete health program and recommendation to prevent cardiovascular diseases are

#### 1: USE OF ALCOHOL AMONG YOUTH

This habit can be mitigated by the help of community health worker in collaboration with stakeholders through the following responses

a: public enlightenment campaign

on the health effect of alcohol

b: educating the youth to abate

themselves from taking alcohol

c: sensitisation of the community on

the diseases caused by alcoholic usage.

#### 2. PHYSICAL INACTIVITY

1: Public education and Youth

awareness on physical exercises

2: creating sensitisation on

sports activities by the youth

3: mobilization of the youth for daily exercises

Physical inactivity especially for the Youth is

leading various CVDs, therefore the following

can be done to reduce or prevent the event

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### ⇒ TIJJANI MOHAMMED DIFFA NIGER

Question 1

The Answer is YES

Question 2 ; 5 main modifiable risk factors are:

Tobacco use, Alcohol use, physical inactivity, and Air pollution, Unhealthy diet.

Question 3

select 2 of the CVDs risk factors and propose concrete activities in your community to reduce these risk factors

answer

1- Heart Attack

2- Stroke

Heart attack is one of the major risk factors concerning the case of CVDs.

The results are coronary artery disease, smoking and depression.

Depression usually leads our people to this life-threatening disease.

Stroke

We experienced so many paralyzed individual cases. People become disabled due to the life temptation and tragedy they encountered during the course of their lives.

As a community healthcare worker, I will engage myself in posting such positive ideas to the victims of such disease and do as possible to contribute positively in hindering the occurrence of stroke to the patients of heart-related diseases or CVDs.

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⇒ **Micah I. Ayub, Inzone kakuma refugee**

**1) Importance of Cardiovascular Diseases (CVDs).**

Cardiovascular diseases (CVDs) are significant health concerns globally. It can lead to severe health complications and even death if not managed properly and it's caused with the following reasons unhealthy diet, tobacco use, physical inactivity, alcohol use and air pollution.

**2) Recommendations in terms of life style and healthy habits as CWs.**

- a) Engage in regular physical activity such as walking, jogging, cycling, or sports
- b) Educate young people about the risks of excessive alcohol consumption, smoking and the importance of avoiding tobacco and encourage moderation or abstaining from alcohol, smoking and tobacco altogether.

**3) As community health worker**

I will educate the community on NCDs prevention. Identify the individual with chronic conditions. Refer the individuals to health professionals .

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⇒ **Name: Chacha Nyadung , Inzone Kakuma**

Below are my group members

- 1. Vianney Malek
- 2. Darasalam Yakub
- 3. Abdifatah Bishar
- 4. Kuku Said Kuku

**Importance of cardiovascular disease in my context**

**Do you know someone in your family and community affected by CVDs?**

No one in my family is affected by CVDs. But in my community I know several people who suffer from Cardiovascular Diseases.

**As a community health worker, what would be your recommendations in terms of life style and healthy habits for young people like you to prevent CVDs?**

My recommendations to young people like me living with Cardiovascular Diseases include;

1. They should eat healthy diet. They should avoid consumption of excessive fats and oil but instead they should eat fresh food such fruits and vegetables. In order for to lead healthier lives, they, should also avoid excessive intake of salts and they should also limited their consumption of red meat. These are things which lead to condition such as hypertension which is one of the risk factors of cardiovascular diseases.
2. People living with CVDs should need to do exercise regularly
3. They should limit taking alcohol
4. They should stop smoking tobacco.

**Select two of the CVDs risk factors and propose concrete activities in your community to reduce these risk factors.**

**The risk factors I selected include, hypertension and diabetes**

Concrete activities to reduce CVDs include:

1. By playing physical games they enjoy and comfortable doing such as playing football, volleyball, netball, basketball, netball, and many other games that involves physical activities.
2. By jogging or running to reduces fats in their body so as to prevent accumulation of fats in their body which will stick on the heart and block their blood vessels which will further lead to worsening of their conditions.

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## ⇒ INZONE KAKUMA GROUP 2

Group members

1. Difan Suleiman
2. Asma Ahmed
3. Pharmacy Luol
4. Joel Makamba
5. Sarah Aker

**Quiz 1:** discuss the importance of Cardiovascular Diseases (CVDs) in your context .

Cardiovascular diseases (CVDs) are a significant concern in many communities around the world due to their impact on health and well-being. In my context, CVDs are a leading cause of death and disability, affecting individuals of all ages. They place a heavy burden on healthcare systems and families, leading to economic strain and emotional distress.

**Quiz 2 :** Do you know someone in your family and community affected by CVDs ?.

Yes.

This personal connection has made me more aware of the importance of preventive actions and lifestyle changes to reduce the risk of developing these conditions.

**Quiz 3.** As a community health worker, what would be your recommendations in terms of life style and healthy habits for young people like you to prevent CVDs ?

1. Engaging in healthy physical activities
2. Healthy diet.
3. Avoid Tobacco.
4. Managing stress.

**Quiz 4:** Select two of the CVDs risk factors and propose concrete activities in your community to reduce these risk factors.

To address the risk factors of alcohol consumption in my community, I would propose the following activities:

1. Awareness campaigns: Organizing educational workshops, seminars, and community events to raise awareness about the risks of excessive alcohol consumption and its impact on heart health.

2. Support groups: Establishing support groups for individuals struggling with alcohol misuse, providing a safe space for them to seek help, share experiences, and access resources for treatment and recovery.

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⇒ **INZONE KAKUMA**

GROUP 5.

Makuei Gatdor

Sabri Musa

Dot

Micha Idris

Yar Majok

Sarah Juma

IMPORTANT OF CARDIOVASCULAR DISEASES IN OUR CONTEXT.

- since cardiovascular diseases (CVDs) are the leading cause of death globally it should be prioritizing no matter how minimum the cases are here in the camp.
- most of the CVDs can be prevented by addressing behavioral risk factors such as tobacco use, unhealthy diet and obesity, physical inactivity and harmful use of alcohol.
- it's important to detect cardiovascular disease as early as possible so that management with counselling and medicines can begin.

ANYONE IN MY FAMILY OR MY COMMUNITY AFFECTED BY CVDs?

- none in my family members has ever been diagnosed with cardiovascular disease. However, I have known some few individuals affected by CVDs especially the thrombosis in my community.

MY RECOMMENDATIONS FOR HEALTHY HABITS AND LIFESTYLE FOR YOUNG PEOPLE LIKE ME ARE;

- Regular physical activity: i would encourage the youth to engage in daily exercise to lower the risk of heart attack.
- Healthy eating habits: encourage the society to choose a balanced diet that includes fruits and vegetables, whole grains, lean proteins, and healthy fats. In the contrary, they should limit the following: sodium, saturated fats, and trans fats.
- urge them to void smoking and limit alcohol consumption
- maintain a healthy weight since excessive weight increases the risk of heart disease.

- manage the stress, chronic stress can impact heart health.
- educate the youth on how to identify the warning signs of a heart attack and stroke.

TWO OF RISK FACTORS AND CONCRETE ACTIVITY BEING DONE TO AVOID THEM

- Tobacco use - there is enforce bans on tobacco advertising, promotion and sponsorship. Also, taxes have been raised on tobacco.
- Use of alcohol - there is usually a taskforce organized by Kenyan government which normally go door-to-door in search for local brews and other illegal substances here in the kakuma camp.

⇒ **BELLO SANI Inzone study centre Diffa Niger.**

Question 1. Do you know some one in your family or community affected by cardiovascular diseases CVDs?

Answer:

Yes ofcourse. I know person losing your wife one moment affected with Hypertension as one of cardiovascular diseases CVDs.

Question 2. As a community Health Worker what would be my recommendation interms of lifestyle and health harbit for young people to prevent the case of cardiovascular diseases.

Tobacco

Tobacco using is a leading cause of cancer. people who use tobacco produst or who are regularly aroud environmental tobacco smoke have an increased risk of cancer because tobacco products and secondhand smoke have many chemicals that damage DNA.

Physical Inactivity

Physical activity can improve health now and in the future. People of all ages, races and ethnicities, shapes, sizes, and abilities can benefit from more physical activity.

1. Do at least 30 minutes of physical activity 5 days a week
2. This is any activity that makes you sweat, your heart beat faster and mildly out of breath
3. Example: brisk walking, swimmng, cycling, skipping, running.

Exercise: participants to give examples or exercises their community members can do.

⇒ **KAMUSHABE JUDE TADEO INZONE HUB KAKUMA,**

1 Yes i know two elderly persons in my community ,  
 The following factors are mainly the causes of CVDS  
 Tobbacco use excessively,  
 Alcohol taking irresponsively  
 Air pollution  
 Unhealthy diet  
 Physical inability

Therefore as young of this generation we need do the following to be safe from such undesired challenges of health

- 1,physical exercises must be on our dialy schedules so as to remain with health bodies and energetic
- 2 contineous visiting the health practictioners with out fail
- 3 applying agood and anutritional advise of having the best diet through taking in balanced diet
- 4 completely avoiding tobbaeco products use at any time both liquid or any content
- 5 practicing and loving staying in areas or environment free from pollution like inustrial parks,factories,which are well aerated from from airborne areas
- 6 Also involving community leaders ,religious,guardians,private sectors,and also policy makes involment to embrace these wonderful practices ,
- 7 Government enforcement on newly ammended laws concerning health well being is very essential
- 8 Also mass mobilisation and sensitization concerning the bad habits on such menace practices with in community like smooking,alcoholic excessive drinking unconfirmed products from smuggled or black markets

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⇒ **HAMISU MUHAMMAD inzone Diffa . NIGER**

1 Activity number one ; Do you know someone in your family and community affected by CVDs ?

Answer.

yes i know someone in my community hypertention is one of the cardiavascular diseases that affects people in my community. over thinking about loss of his parents and his money.

Question 2: As a community health worker what would be my recommendations interms of lifestyle and health habit for young people to prevent the case of cardiovascular diseases

tabacco concrete activity to stop using tobacco among people in sayam camp are.

- 1 leaders engagement meeting and discuses on drugs abuse, smoking tobacco and Alcohol and the others.
- 2 Educating the people on the part of effects of tobacco and Alcohol
- 3 creating awereness to the public of peolpe and parent on staying away from tobacco and other unwanted unhealthy products.

#### PHYSICAL INACTIVITY

physical inactivity is a risk factor which can lead to the development of hypertention especially among people, to address this issues the following activities by the community health workers.

- A. people Education and inform them and shows them activities like, basketball ballyball and football hand ball and etc.
- B. creating awereness among people on the importance of excersis.

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⇒ **Vianney Malek**

1. do you know someone with chronic CVDS in your community?  
Yes, some of my neighbors have Hypertension.
  2. As a community health worker, what would be my recommendation in terms of their lifestyles and healthy habit for young people.  
\_ To stay away from harmful influences and take responsibility for their action while having full awareness about the consequences.  
\_to remain Active and updated about the current world threats about CVDS and seek accurate information regarding the myth and misconceptions.
  3. Select two of the CVDs risk factors and gives concrete activity in my community.  
The tobacco use: the ministry of Health △ people that Smokers dies young! therefore it is our choice to make wise and informed decisions regarding smoking habit and stay away from the wrong influencers.  
The Alcohol use: Since we have heard, seen and witnessed some people who has lost their path in life through alcohol drinking or some of the Bar hoppers making irresponsible decision while neglecting the most vulnerable individuals in their families while forgetting thier health concerns. It would be wise if we take them as our guardian, mentors or whom we had witnessed worse of alcoholic.
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⇒ **Nania Ayub; INZONE KAKUMA**

1. The importance of CVDs

Cardiovascular diseases (CVDs) is/are defined as a group of disorders that affect the heart and the blood vessels. and generally, CVDs are prevented by addressing the risk factors such as reducing of salt intake, be physically active and this is by doing regular exercise, eating plenty vegetables, less alcohol intake and avoiding tobacco. by following all the preventive measures, you will be able to maintain your overall well-being.

2. As a CHW, I will educate /advise the community to.

Do regular physical exercise such as dancing, walking to maintain good health and as well prevent hypertension. Eat balance diet, for example consume diets such as fruits, vegetables, proteins and take a lot of water to stay hydrated. Maintain a healthy weight, (not overweight or underweight). Avoid smoking and limit alcoholic intake. Monitor their blood pressure and routine checkups as directed by the doctor.

3. Two risk factors.

Physical inactivity.  
unhealthy diet.

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⇒ **INZONE-KAKUMA**

**Group members**

- 5. Ezekiel Luka
- 6. Kuna Maki
- 7. Abuniran Ismail
- 8. Martha Osman

In the Kakuma refugee camp context where there is a rampant case of CDVs due to poor lifestyle and limited awareness of proper management of CVDs and Diabetes, we have witnessed many cases of Diabetes and other CVDs. Discussing the importance of cardiovascular diseases (CVDs) is very Impotent in any context because they are a leading cause of death globally. In Kakuma camp context, CVDs are a significant concern due to lifestyle factors such as unhealthy diet, lack of physical activity, and stress. Many people in the camp are affected by CVDs, including young and elderly people these cases are also found in each and every one of our relatives. Witnessing their struggles with heart-related issues has made all of us more aware of the importance of prevention and early intervention.

As a community health worker, we would recommend the following lifestyle changes and healthy habits for young and elderly people to prevent CVDs:

1. **Healthy Diet**

in Refugee context, it is not easy for individuals to get all the diet they might need. as a CHPs we will encourage individuals to adopt a balanced diet rich in fruits with the

little the get to maintain good health. vegetables, whole grains, and lean proteins while reducing the intake of processed foods, sugary drinks, and foods high in saturated and trans fats

## 2. Regular Physical Activity

As a community health worker, we would Encourage young people to engage in regular physical activity for at least 30 minutes a day, five days a week. This could include activities such as walking, jogging, cycling, swimming, or playing sports like football and volleyball

### Reducing two CVD risk factors in the community

#### 1. Smoking

As a community health worker (CHPs), we will Implement smoking cessation programs and campaigns to raise awareness about the dangers of smoking and secondhand smoke exposure. We will also Provide resources and support for individuals who want to quit smoking tobacco and other drug abuse, such as counseling services, nicotine replacement therapy, and support groups. Moreover, we will collaborate with health care professionals and other community leaders Organize educational workshops in schools and community centers to educate young people about the health risks of smoking and empower them to resist peer pressure to start smoking.

#### 2. Stress

In refugee context, stress is the leading one of the most leading cases in the community trauma. As a CHPs our role is to act as a community surveillance. We will be responsible in Organizing stress management workshops and mindfulness meditation sessions to teach young people coping strategies for dealing with stress in healthy ways. Encourage the practice of relaxation techniques such as deep breathing exercises.

In conclusion, to addressing these risk factors and promoting healthy lifestyle habits, we can work together as a community to prevent CVDs and improve the overall health and well-being of our youth and elderly people.

