



SENSITIZATION PACKAGE ON NON-COMMUNICABLE DISEASES – DRAFT 1

Indicator - Prescribed Sensitization package for non-communicable diseases (NCDs), NCD risk factors (unhealthy diets, physical inactivity, tobacco use and alcohol use) Stress management and mental well being

Introduction:

Non Communicable diseases have become a growing public health concern responsible for both devastating and economic consequences. It is for this reasons that prevention and control of NCDs has been incorporated as a dynamic indicator in the public sector performance contract mechanism. Implementation of this indicator is based on coverage of at least 80% of all staff and family members under Maisha 1. The target groups expand to include clients and key stakeholders under Maisha 2. This package is designed to support workplace NCD focal points to carrying out comprehensive NCD sensitization sessions. Before a sensitization session or facilitating a group discussion, one should read and review the components of this guide to be familiar with the key areas to be addressed during NCD sensitization sessions.

1. COMPONENTS OF THE BASIC COMPREHENSIVE NCD SENSITIZATION PACKAGE FOR WORKPLACES

The Basic Comprehensive NCD Sensitization Package for Workplaces comprises of the following key areas

1. NCD Situation in Kenya
2. Basic Facts on NCDs
3. Healthy diets
4. Physical activity
5. Alcohol use
6. Tobacco use
7. Adherence to NCD treatment and care literacy

2.1 Current situation of NCD Situation

Data on the current NCD situation is available on the NCD-ICC website

2.2 Basic Facts on NCDs

The key areas to be addressed are:

- Describing what an NCD is
- What is diabetes?
- What are the symptoms of diabetes?
- Early screening and cut off points for diagnosis of diabetes
- Myths and misconceptions of diabetes
- What is hypertension?
- What are the symptoms of hypertension?

- How do you prevent hypertension?
- What is Cancer?
- How does one get cancer?
- How do you prevent cancer
- Cancer screening

2.3 Healthy diets

The key areas to be addressed are:

- Describing the components of a healthy diet
 - Adequate amounts of fruits and vegetables
 - Portions of the healthy plate
 - Healthy and unhealthy fats
 - Salt intake
 - Maintaining a healthy weight
 - Where to get help on nutritional support and weight management
- Planning a healthy diet

2.4 Physical activity

The key areas to be addressed are:

- What is physical activity
- Types of physical activity
- Benefits of physical activity
- Recommended types of physical activity for different populations e.g. in pregnancy, persons with disabilities, the elderly, persons living with diabetes, asthma etc.
- Recommended durations for physical activity
- Where to get help on physical activity

2.5 Alcohol Use

The key areas to be addressed are:

- Harm caused by alcohol use
- What the Kenyan laws say about the control of alcohol
- Symptoms of alcohol addiction
- How to get assistance to quit alcohol drinking

2.6 Tobacco use

The key areas to be addressed are:

- The forms of tobacco
- Harm caused by tobacco use
- What the Kenyan laws say about the control of alcohol
- Benefits of quitting tobacco use
- How to get assistance to quit tobacco use

2.7 Adherence to NCD treatment and care literacy

This will be largely focused on persons living with NCDs. The key areas to be addressed are:

- Forms of treatment for specific NCDs
- Common side effects of NCD medicines
- Positive NCD treatment outcomes
- Adherence support
- Forms of non-adherence
- Negative NCD treatment outcomes- acute and chronic complications
- Monitoring adherence and treatment outcomes

3. Monitoring and Evaluation

All sensitization sessions should be properly documented, reports generated, participants lists prepared and signed. Key action points to be identified for implementation and follow-up and proper storage of all evidence maintained for easy retrieval for use.