

Hello There!

I hope this **awesome** study guide helps you get that **A** you want on our next exam!

Happy Studying!

P.S: It is answered with a mix of information from the textbook + the class slides

In some points, I have included where **(BOOK)** **(SLIDE)** I found the information from so it is easier for you to go to the main source if you need to do so

Also, whenever you read "**note:**" it's something that she may have not asked in the SG and you therefore most likely don't need to memorize but I thought it was important to include for better understanding of the material

I am aware this SG is a little long, but this is a class I personally feel you need to read re-read the material and then summarize what you understood. **(Considering her exams are a lot of times short answer not multiple choice)**

So, take your time, read each point and feel free to delete/summarize as you like.

Personally, I will print this and write down on a separate paper the main points for each question **Please, don't hesitate to email me** if you have any questions!

Now let's get started...

Readings to prepare: Textbook chapters 6 & 7, article posted online about HIV prevention

Non Communicable Diseases

(BOOK) (SLIDE) (GOOGLE)

- **What are they? (how defined and examples)**
(GOOGLE)

Non communicable disease: medical condition or disease that is by definition non-infectious and non-transmissible among people. Currently, NCDs are the leading causes of death and disease burden worldwide. Together, they represent the majority of causes of death and disability in most developed countries.

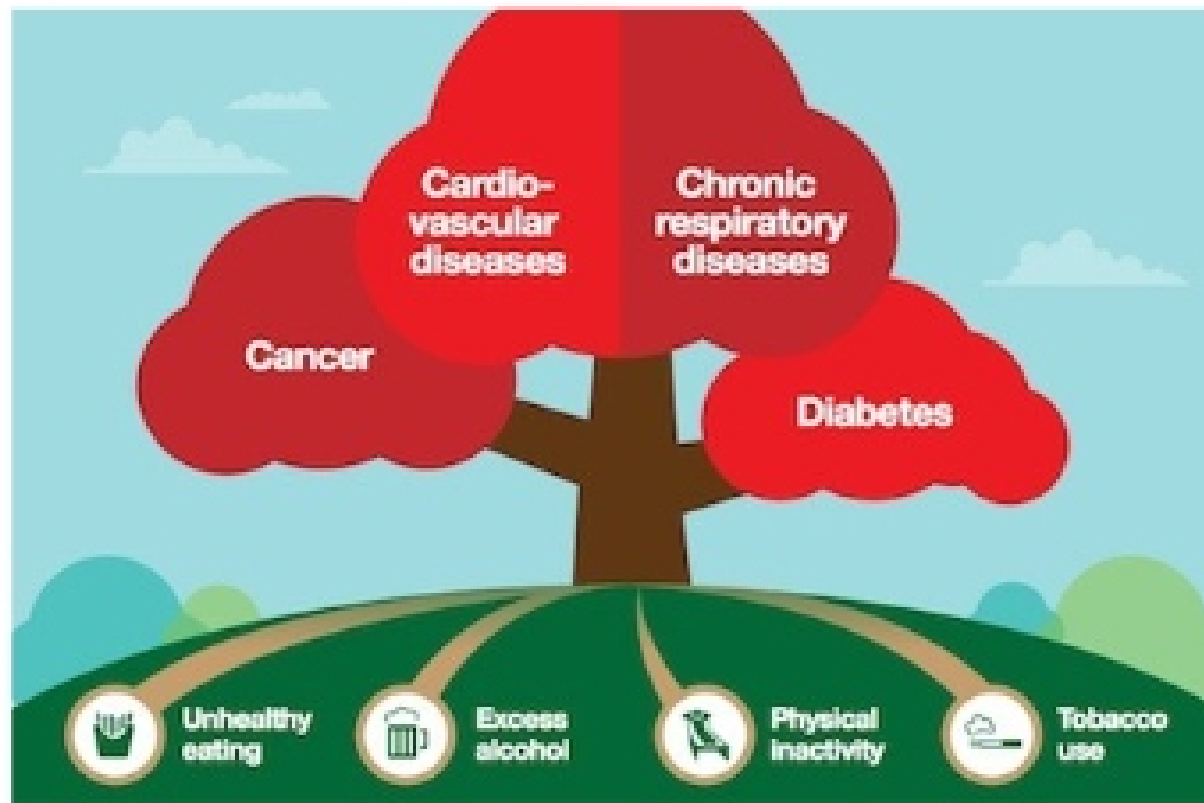
Note:

Other facts she wrote under the slide:

- Non communicable diseases will be the predominant global public health challenge of the 21st century.
- Prevention of premature deaths due to non-communicable diseases and reduction of related health care costs will be the main goals of health policy.
- Improving the detection and treatment of non-communicable diseases and preventing complications and catastrophic events will be the major goals of clinical medicine.
- A multilevel approach that integrates policy actions, regulations, health education, and efficient health systems to achieve these goals will be the mission of public health. All countries can benefit by sharing experience and pooling expertise for the prevention and control of non-communicable diseases.

(BOOK) Examples of non-communicable diseases

- Cardiovascular diseases
- Cancer
- Depression
- Alzheimer's
- Chronic arthritis
- Diabetes
- Chronic respiratory diseases



What are some of the causes of non-communicable diseases?

- Unhealthy eating
- Excess alcohol
- Lack of physical activity
- Tobacco use

(SLIDE) (she wrote these notes under the tree slide above)

Lifestyle diseases are diseases that appear to become more widespread as countries become more industrialized.

Lifestyle diseases are different from other diseases because they are potentially preventable, and can be lowered with changes in diet, lifestyle, and environment. So what are some of the behavioral determinants?

- Diet
- Exercise
- Leisure Activities
- Risk taking
- Substance use: Tobacco, Alcohol, Drugs
- Safety Practices: Seatbelts, Helmets
- Health values: BP checks, Stress coping, annual exams.

Risk factors for non-communicable diseases: (SLIDE)