

Non communicable diseases



Non communicable diseases, lifestyle, preventie en behandeling

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Non communicable diseases



World Health
Organization

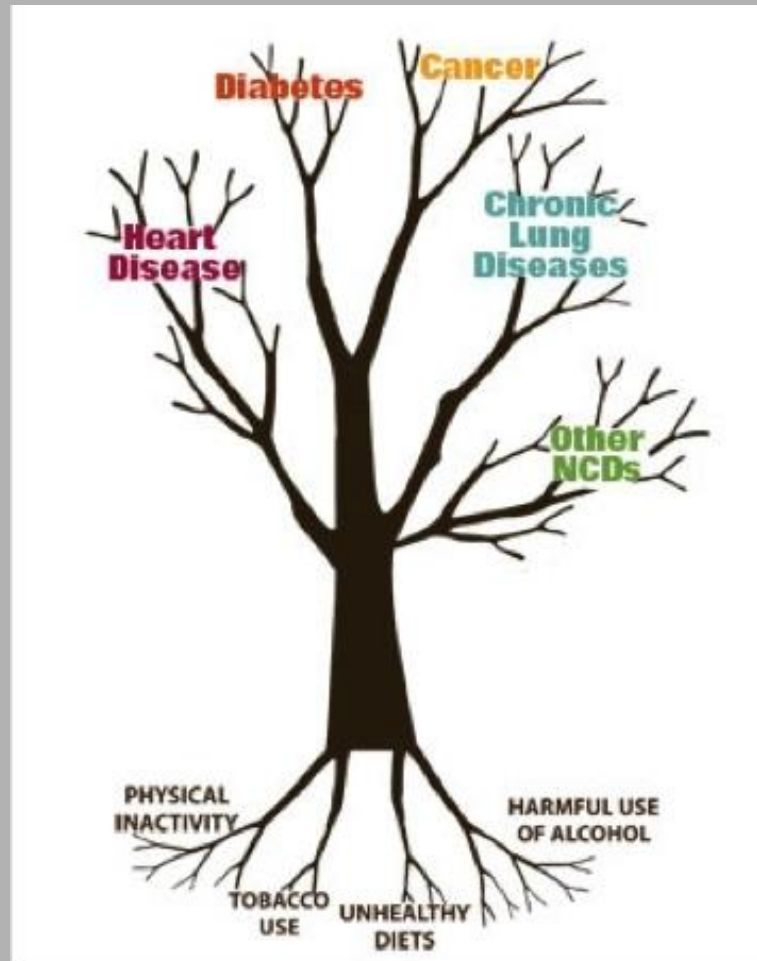
Noncommunicable diseases (NCDs), also known as chronic diseases, are not passed from person to person.

They are of long duration and generally slow progression.

The 4 main types of noncommunicable diseases are;

- Cardiovascular diseases
 - (like heart attacks and stroke),
- Chronic respiratory diseases
 - (such as chronic obstructed pulmonary disease and asthma)
- Diabetes
- Cancers

Non communicable diseases



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Key facts

NCDs kill 38 million people each year.

75% of NCDs deaths - 28 million - occur in low- and middle-income countries.

16 million NCD deaths <70 years

82% all NCDS deaths annually:

- Cardiovascular diseases 17.5 million people annually,
- **Cancers (8.2 million)**,
- Respiratory diseases (4 million),
- Diabetes (1.5 million).

Non communicable diseases



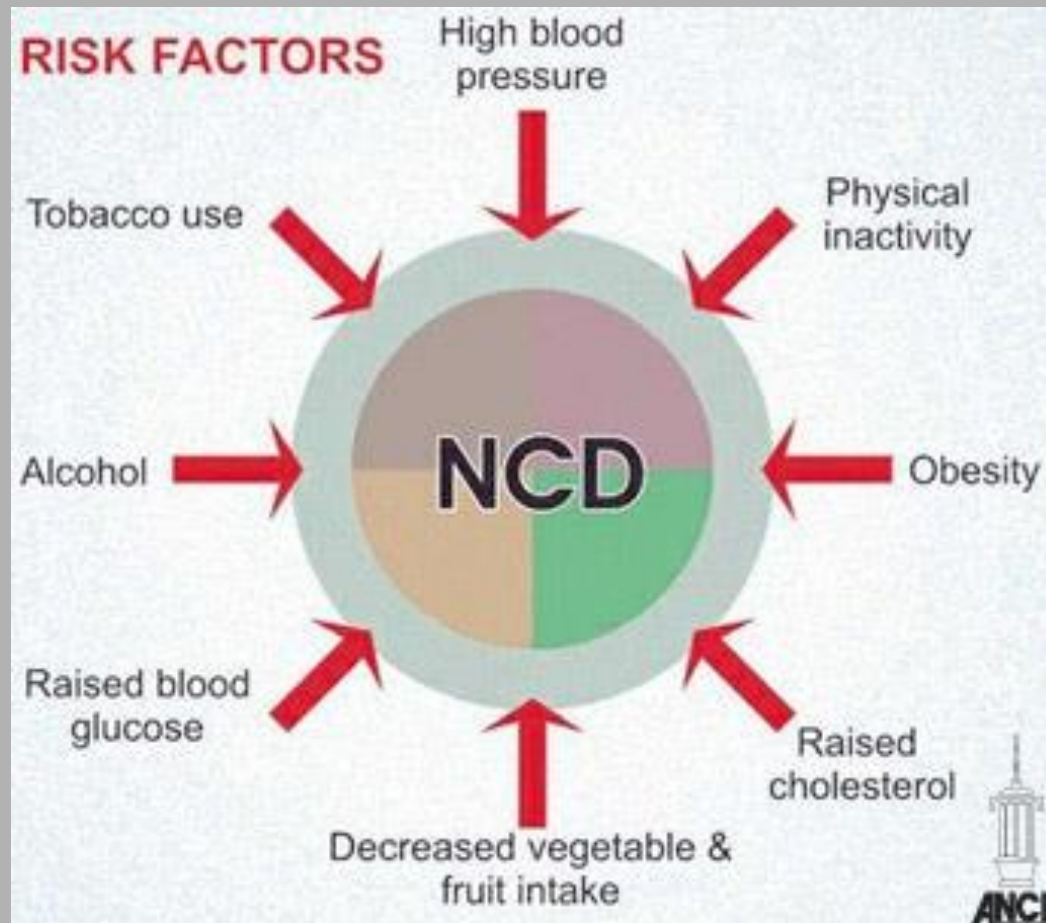
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Risk factors Modifiable behavioural risk factors

Tobacco use, physical inactivity, unhealthy diet and the harmful use of alcohol.

- Tobacco 6 million deaths every year (including from the effects of exposure to second-hand smoke), and is projected to increase to 8 million by 2030.
- 3.2 million deaths annually can be attributed to insufficient physical activity.
- 1.7 million annual deaths from harmful drinking are from NCDs ¹.
- In 2010, 1.7 million annual deaths from cardiovascular causes have been attributed to excess salt/sodium intake.(2)

Non communicable diseases

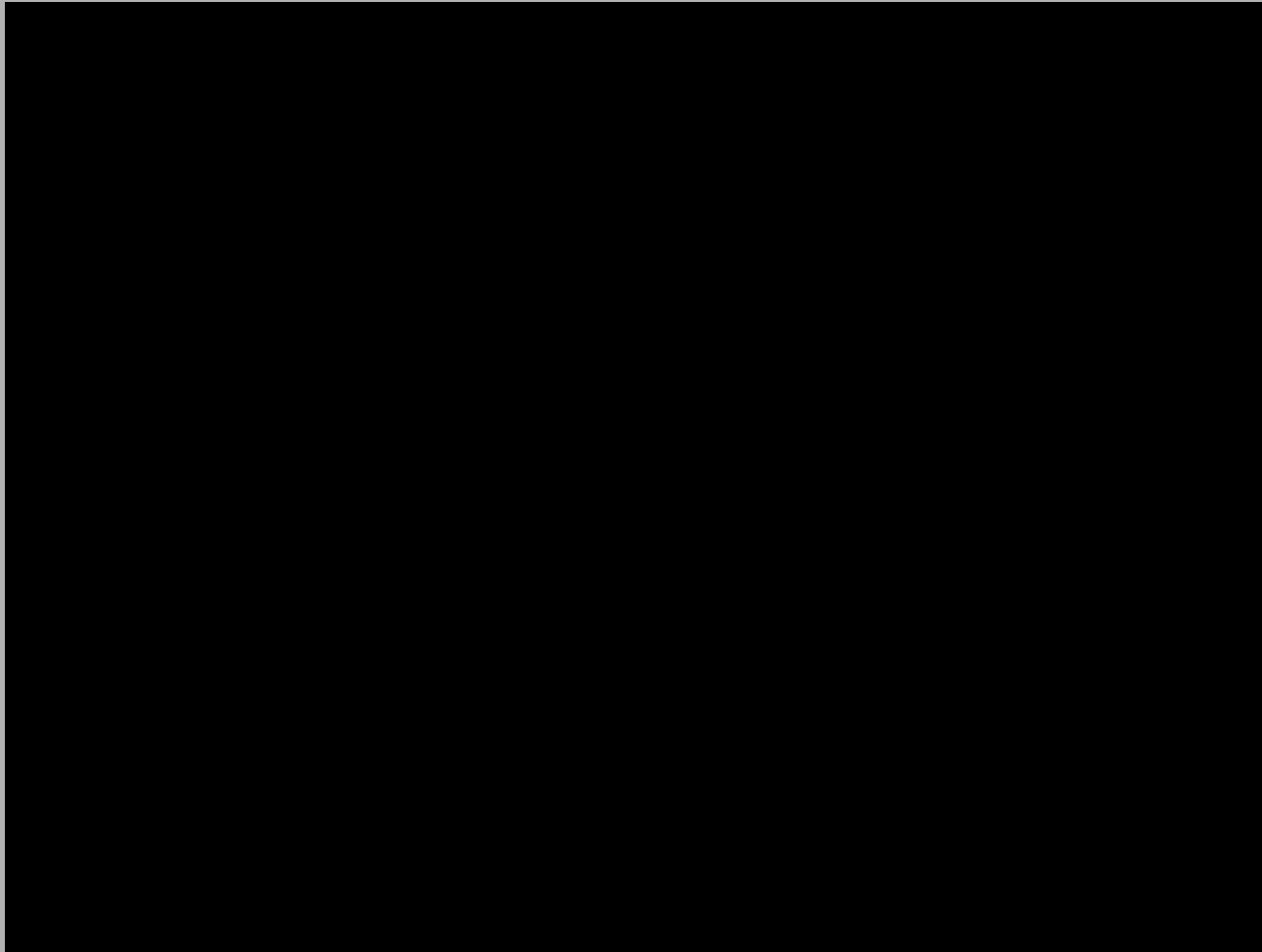


(Daily News May 17th 2015)

Filmpje NCDS



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Risicofactoren en relatie NCDS



(Kontis V. (2014) Contribution....NCDS mortality reduction,*Lancet*)

Risk factors	Relatie maligniteiten	Overige NCDS
Tobacco use	KNO, oesophagus, colorectaal, lever, pancreas, trachea, bronchus, long, cervix, blaas, nier, AML	Ischemie hart, herseninfarct, cardiovasculaire ziekten, COPD, longinfecties
Alcohol use	KNO, oesophagus, colorectaal, larynx, borst, pancreas,	Ischemie hart, herseninfarct, atrium fibrillatie, epileptie, levercirrose, pancreatitis, longinfectie
Salt intake	Maag	Hypertensie, ischemie hart, herseninfarct, cardiomyopathie, endocarditis, nier ziekte
Obesity	Colorectaal, pancreas,	Diabetes, hartziekte,



	colorectaal, larynx, borst, pancreas,	herseninfarct, atrium fibrillatie, epileptie, levercirrose, pancreatitis, longinfectie
Salt intake	Maag	Hypertensie, ischemie hart, herseninfarct, cardiomyopathie, endocarditis, nier ziekte
Obesity	Colorectaal, pancreas, post menopausaal borst, lever, ovarium, uterus, prostaat. Leukemie, galblaas, nier, non-hodgkin, multiple myeloom, schildklier	Diabetes, hartziekte, herseninfarct, nierziekte, osteoarthritis
Raised blood pressure		Hartziekten, nierziekten
Raised blood glucose		Diabetes, harziekten, nierziekten, tuberculosis

Risicofactoren en relatie NCDS

Kanker preventie



- Be as lean as possible without becoming underweight. BMI 20-25
- Be physically active for at least **30 minutes** every day.
- **Avoid sugary drinks.** Limit consumption of energy-dense foods.
- Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
- Limit consumption of **red meats** (such as beef, pork and lamb) and avoid processed meats.
- If consumed at all, limit alcoholic **drinks to 2 for men and 1 for women a day.**

Kanker preventie



- Limit consumption of salty foods and foods processed with salt (sodium).
- Don't use supplements to protect against cancer.
- * It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
- * After treatment, cancer survivors should follow the recommendations for cancer prevention.
(Special Population Recommendations)
- And always remember **do not smoke or chew tobacco.**

Bewegen, bewegen, bewegen



Dat genoeg bewegen je kans op kanker verkleint, heeft allerlei oorzaken:

- Regelmatig bewegen zorgt voor gezonde hoeveelheden hormonen. Belangrijk, want te hoge hormoonspiegels geven meer risico op kanker.
- Lichaamsbeweging versterkt het immuunsysteem.
- Bij genoeg bewegen voert je lichaam afvalstoffen sneller af via de dikke darm.
- Bewegen helpt mee aan een gezond gewicht, wat de kans op kanker ook verkleint.

Bewegen, bewegen, bewegen



Wat kun je zelf doen

Volwassenen hebben 5 dagen per week een halfuur bewegen nodig. (3 blokken van 10 minuten!)

Kinderen tot 18 jaar hebben het dubbele nodig: 5 dagen per week 1 uur bewegen.

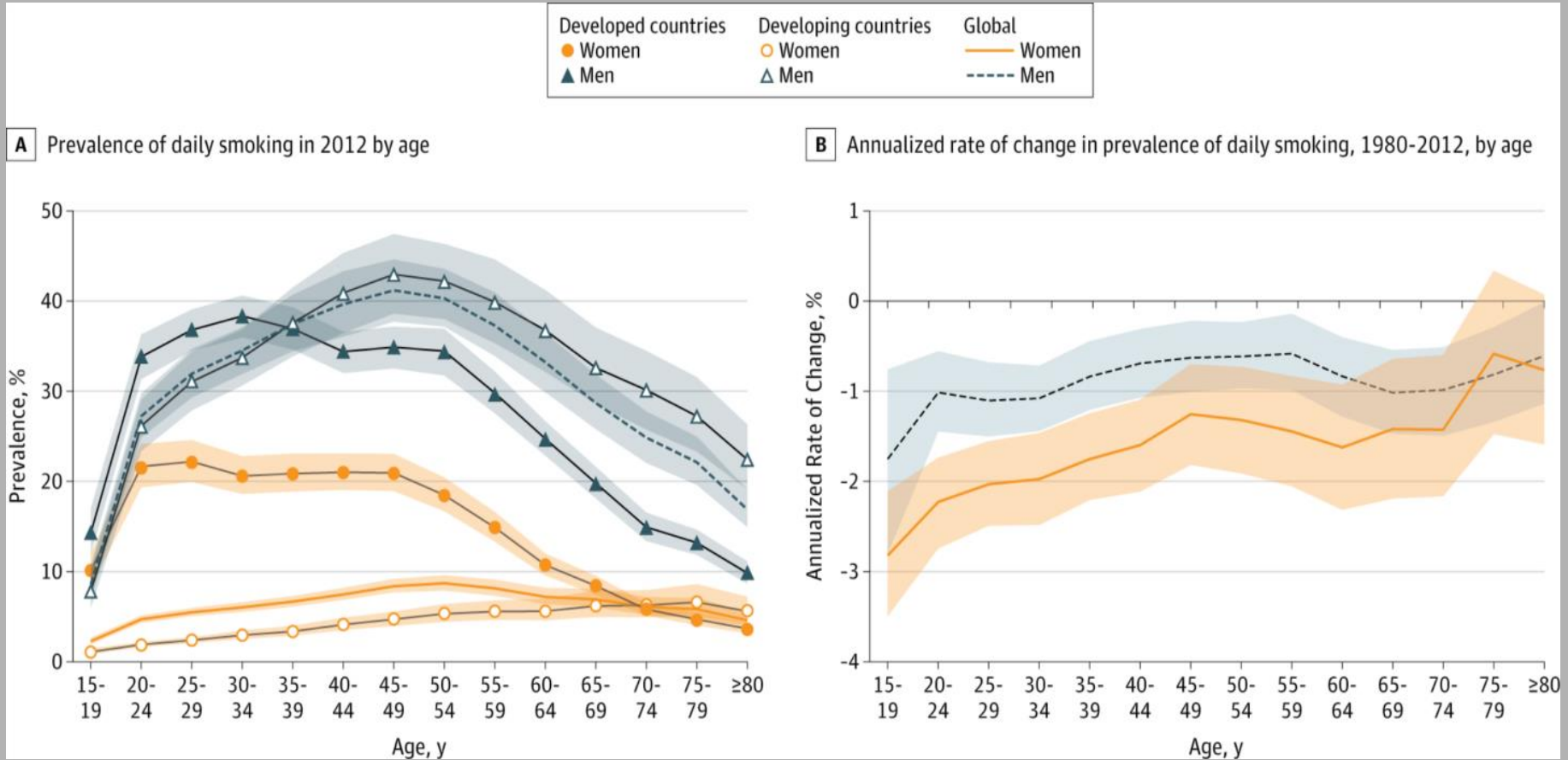
Bewegen kan sporten zijn, maar ook gewoon je dagelijkse activiteiten. (werken in de tuin, naar je werk fietsen of de hond uitlaten.)

Wat tips:

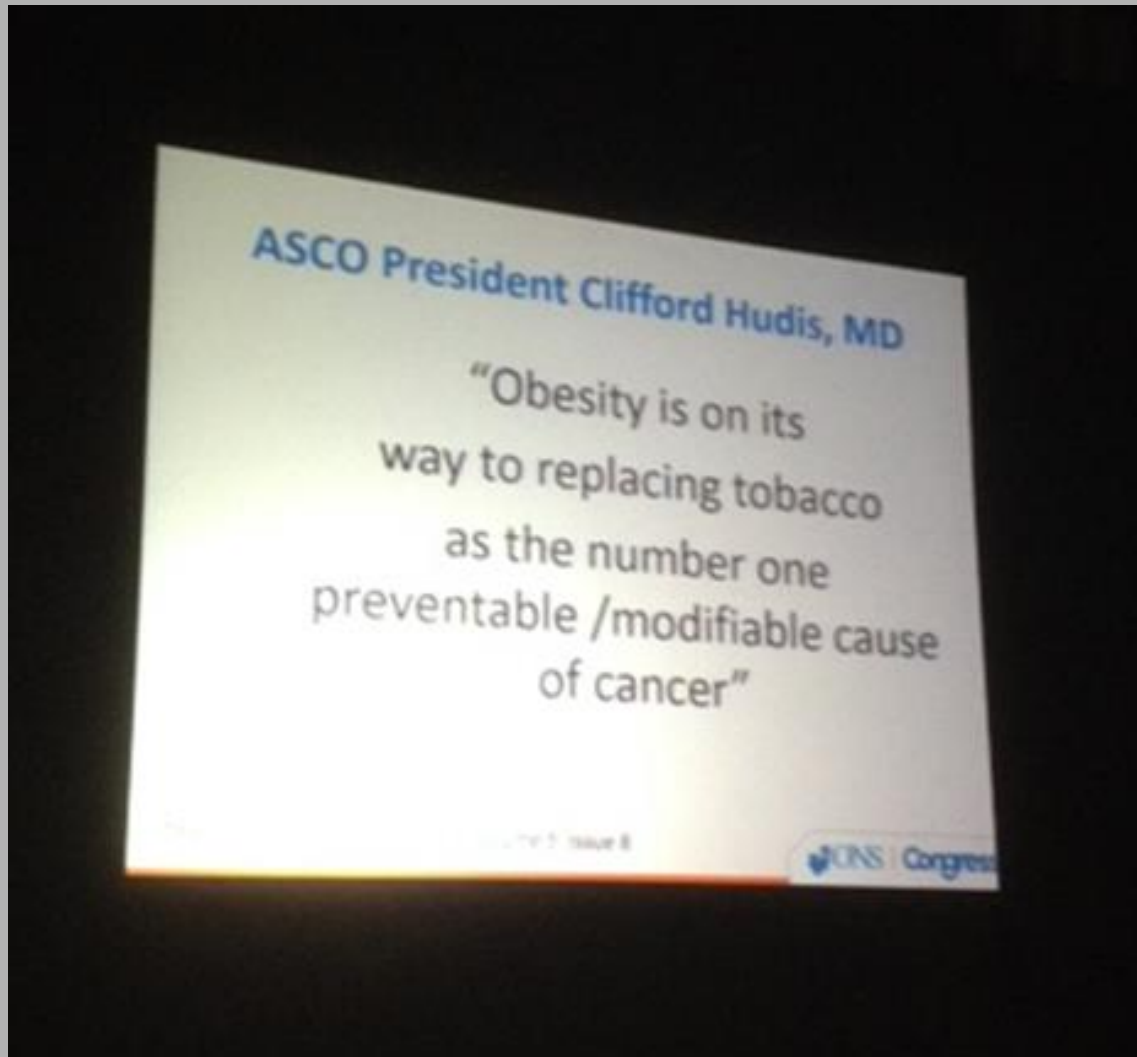
- neem de trap in plaats van de roltrap of lift,
- overall waar dat kan ga met de fiets boodschappen doen, of lopend
- stap een halte eerder uit en loop de rest, wanneer je de tram/bus neemt

Lichaamsbeweging is ook een goede manier om het risico te verlagen op hart- en vaatziekten, obesitas en diabetes.

Prevalentie Roken



Roken en obesitas USA



Wondgenezing en roken



[Ann Surg.](#) 2012 Jun;255(6):1069-79. doi: 10.1097/SLA.0b013e31824f632d.

Wound healing and infection in surgery: the pathophysiological impact of smoking, smoking cessation, and nicotine replacement therapy: a systematic review.

[Sørensen LT](#)¹.

Stoppen met roken herstelt zuurstof in de cel en metabolisme en bevordert wondgenezing

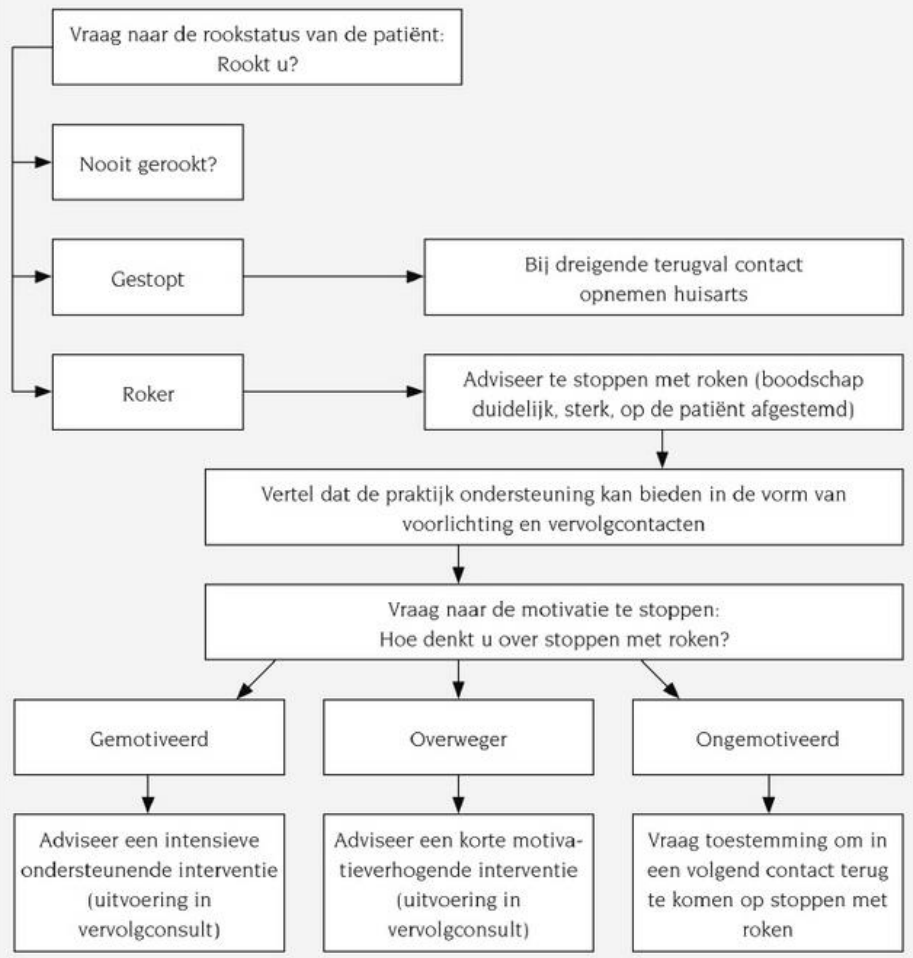
Stoppen met roken



- Verhogen TAX
- Beperken verkoop punten



Figuur 1 Stroomdiagram diagnostiek en beleid eerste spreekuurbezoek



Voeding en fysieke activiteit en kanker preventie



World Cancer Research Fund  American Institute for Cancer Research

Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective

Home	Continuous Update Project	Second Expert Report	Policy Report	Cancer prevention recommendations	Resource downloads
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Welcome to the WCRF global network's diet and cancer report website

The latest evidence on food, nutrition, physical activity, body fatness and the prevention of cancer. Find out about WCRF/AICR's Continuous Update Project (CUP), Second Expert Report and Policy Report.

This website is scheduled to be taken offline in the next few months. For the latest information and full details about the CUP and its reports please visit [World Cancer Research International's website](#).



Recommendations for Cancer Prevention
Find out more about the WCRF/AICR Recommendations for Cancer Prevention

New Reports Coming Soon

 New CUP report on [gallbladder cancer](#) will be coming soon.

Resource Downloads

 Download free resources for the Continuous Update Project, including protocols, systematic literature reviews and reports, as well as the Second Expert and Policy Reports.

Our Global Network

Our WCRF Global Network is dedicated to funding research and health education programmes into the links between food, nutrition, physical activity, body fatness and cancer risk.

Second Expert Report

 Our Second Expert Report is the largest ever report on how diet, physical activity and body fatness affect cancer risk. The evidence is now being kept up to date with the [Continuous Update Project](#).

Policy Report

 Policy and Action for Cancer Prevention, provides advice and guidance on what can be done to influence and change the lifestyle choices that people make, as they relate to their risk of cancer.

Did You Know...

The CUP database is the largest of its kind in the world

Voeding en fysieke activiteit en kanker preventie



eerlijk over eten
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De Waarheid op Tafel "Als je na 8 uur 's avonds eet, verbrand je niets meer volgens mij"

Het Voedingscentrum geeft je inzicht in veel voorkomende voedselabels.

[Wat denk jij?](#)

[encyclopedie / kanker](#)

Kanker

De kans op sommige vormen van kanker kan verkleind worden door gevarieerd te eten, dagelijks 2 ons groente en 2 keer fruit te eten, matig te zijn met alcohol, geen voedsel met zwarte randjes of korstjes te eten, zoals aangebrand vlees of te donker gefrituurd voedsel.

Het is daarnaast belangrijk om overgewicht te voorkomen. Voeding kan de kans op kanker niet alleen vergroten, maar ook verkleinen. Het is echter nog lang niet duidelijk welke stoffen uit de voeding een rol spelen en wat ze precies doen. Er zijn veel vormen van kanker en de invloed van voedsel hierop is erg ingewikkeld.

Inhoud

[Omschrijving](#)
[Voedingsadvies](#)
[Meer informatie](#)

Omschrijving

Lifestyle interventions improve school achievement



- Overgewicht en obesitas verhoogd fysieke ziekte en emotionele stress, beïnvloed cognitie
- Meer activiteit
- Minder calorieën
- Minder zitten



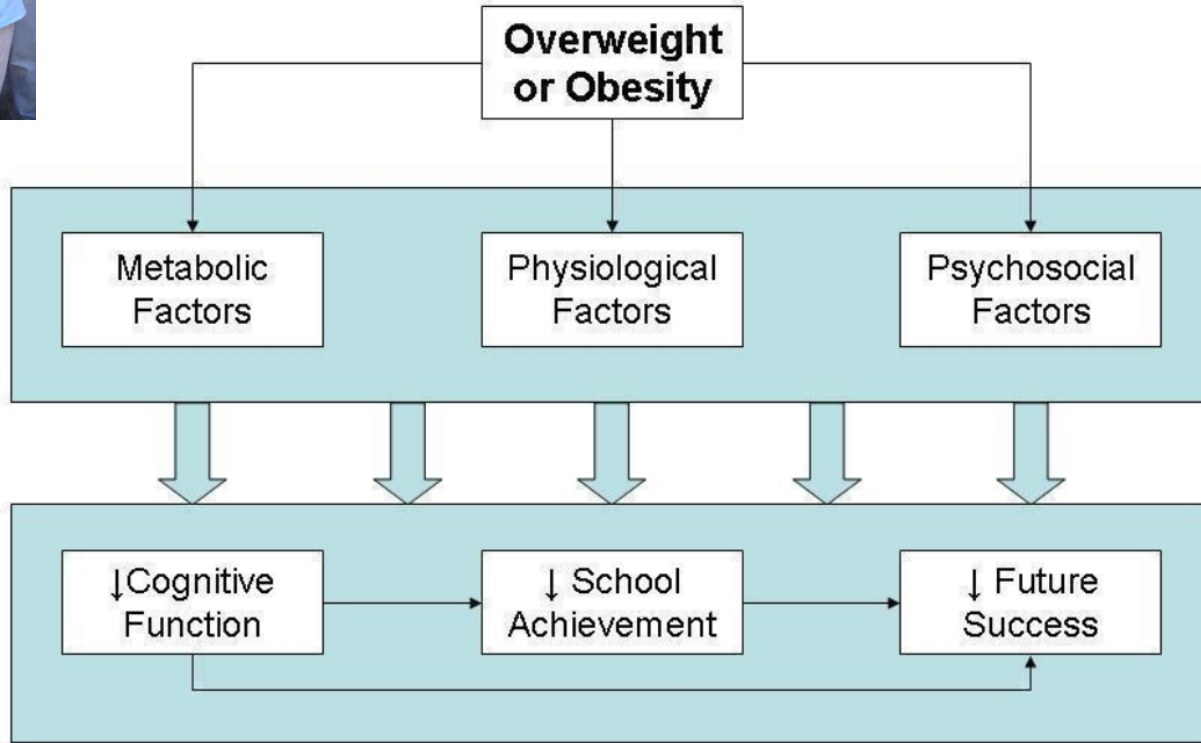


Figure 1. Potential causal links between overweight or obesity and impaired cognitive function, school achievement and future success. Reverse causation may also occur when cognitive function, school achievement and future success can impact the 'mediating factors', and both in turn may cause worsening of overweight and obesity.

Verpleegkundige als rol model



Niet altijd goede voorbeeld

- >50% voldeed niet aan adviezen
- 20% rokers
- 75% niet voldoende fruit/groeten
- 66% meer alcohol
- 30% overgewicht en obesitas
- Minder actieven meer roken en drinken



Roimodel



Impact onregelmatig werken op gezondheid en gedrag



The impact of shift work on people's daily health habits and adverse health outcomes

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ABSTRACT

Objective

To review the published scientific literature for studies analysing the association between shift work and people's daily health habits (as measured by diet, exercise, smoking or alcohol consumption) and adverse health outcomes such as obesity.

Methods

The following selection criteria were used to systematically search the literature: the studies were to be primary observational or analytical in design; targeted populations were working adults engaged in shift work; and outcome measures were the association between shift work and either diet, exercise, BMI, smoking or alcohol consumption. Data extraction and quality assessment were performed independently by the two authors using a standardised procedure. Synthesis of data is presented in text and tabular format. Meta-analysis was not possible due to the heterogenic nature of the studies reviewed.

Results

This review retrieved seventeen studies that met all inclusion criteria. The majority of the studies found that shift workers had more adverse lifestyle behaviours. Compared to non-shift workers, the nutritional intake of shift workers is less healthy and they are more likely to smoke when compared to non-shift workers. Shift workers also tend to be overweight. The impact of shift work on exercise patterns and alcohol consumption could not be ascertained because of the paucity of high quality studies.

Conclusions

Shift work impacts negatively on daily health habits and can lead to adverse health outcomes, such as poor dietary intake, smoking, and becoming overweight. The majority of Australian health care workers, and in particular nurses, work rotating shifts. It is important to have a greater understanding of the impact of shift work on our health care workforce.

Conclusions

Shift work impacts negatively on daily health habits and can lead to adverse health outcomes, such as poor dietary intake, smoking, and becoming overweight. The majority of Australian health care workers, and in particular nurses, work rotating shifts. It is important to have a greater understanding of the impact of shift work on our health care workforce.

De misleiding



Groter

De misleiding



Maatvoering
blijft L alleen
L wordt XL



De misleiding



Groter en goedkoper

De misleiding



COCA-COLA
regular, light, light cafeïnevrij
of zero, 2 flessen à 1.5 liter

~~3.56~~
2.67

2^e halve prijs
ltr. 0.89

The advertisement shows two 1.5-liter plastic bottles of Coca-Cola. The bottle on the left is regular Coca-Cola with a red label, and the bottle on the right is Coca-Cola light with a silver label. In the background, there is a green circular logo with the text 'EINWIL' and 'VOORDEELIG!' around a stylized smile. A red speech bubble in the foreground contains the text '2^e halve prijs' and 'ltr. 0.89'. The price tag shows a crossed-out price of 3.56 and a new price of 2.67.

De misleiding



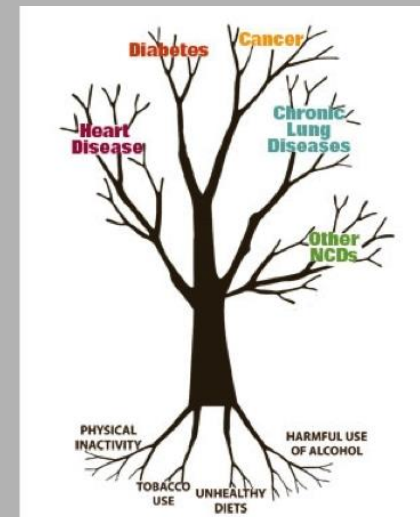
De misleiding



Conclusie



- 4 elementen zijn heel bepalend voor kanker probleem
- Kanker in relatie tot andere NCDS
- Preventie
- Resultaten behandeling



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Non communicable diseases, lifestyle, preventie en behandeling

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