

HEALTH EDUCATION ON DIET AND NUTRITION FOR NON COMMUNICABLE DISEASES

“Healthy Food, Healthy Heart, Healthy Life”

Organized by: Department of Community Medicine

Institution: Arunai Medical College and Hospital (AMCH)

Date: 19.09.2026

Venue: Perumanam Village

Guidance: Dr. A. Balaji, Professor & Head of the Department.

Under the guidance of **Dr. A. Balaji, Professor & Head, Department of Community Medicine**, a comprehensive health education programme was conducted today at **Perumanam Village** for patients and their relatives as part of the community health awareness activities of the Department of Community Medicine. The programme was conducted by the **Dr. Janarthanan, Assistant Professor, Department of Community Medicine, Community Rural Medical Interns (CRMIs)** along with the Health Inspectors **Mr. Deiveegan, Mr. Harikrishnan and Mr. Kuzhandai**. A total of **40 beneficiaries**, including patients and their family members, actively participated in the programme.



The programme aimed to improve awareness regarding the prevention and management of **Non-Communicable Diseases (NCDs)**, particularly **Diabetes Mellitus, Hypertension and Cardiovascular Diseases**, with special emphasis on healthy diet, appropriate nutrition and lifestyle modification. In addition, a health awareness session on **dengue prevention and control** was conducted to promote community participation in vector-control activities.

A total of **40 beneficiaries**, including patients and their family members, actively participated in the programme. The session included interactive health education, discussion of healthy lifestyle practices, dietary modifications, prevention of NCD complications, and measures to prevent dengue transmission.

The NCD health education session began with an explanation of the meaning of **Non-Communicable Diseases** and their importance as major causes of long-term illness and complications. The beneficiaries were educated that NCDs are generally chronic conditions that do not spread from person to person and can often be prevented or controlled through appropriate lifestyle practices, early detection and regular treatment. Special emphasis was given to **Diabetes Mellitus, Hypertension and Cardiovascular Diseases** and their common risk factors such as unhealthy diet, physical inactivity, overweight and obesity, tobacco use, harmful alcohol consumption, stress and inadequate sleep.

The participants were educated about the importance of a **balanced and nutritious diet** in the prevention and management of NCDs. The CRMIs explained the importance of consuming adequate quantities of vegetables, fruits, whole grains, millets, pulses and other fiber-rich foods. The beneficiaries were advised to reduce their intake of **salt, free sugars, fried foods, unhealthy fats, processed foods and sugar-sweetened beverages**. The importance of portion control and appropriate meal planning was explained, particularly for individuals with diabetes and hypertension. Healthy cooking methods such as steaming, boiling and grilling were encouraged instead of frequent deep frying.

For patients with diabetes, awareness was provided regarding appropriate carbohydrate intake, avoidance of excessive sweets and sugary beverages, regular blood glucose monitoring and adherence to prescribed medications. For patients with hypertension, emphasis was placed on

reducing salt intake, avoiding high-sodium processed foods and regularly monitoring blood pressure. In relation to cardiovascular disease prevention, the beneficiaries were educated about maintaining a healthy body weight, consuming a heart-healthy diet, remaining physically active, avoiding tobacco and seeking medical attention promptly when warning symptoms occur.



The programme also included an **interactive question-and-answer session**, during which patients and their relatives clarified their doubts regarding diabetic diet, salt restriction, healthy cooking practices, physical activity, blood pressure and blood glucose monitoring, dengue symptoms and mosquito-control measures. Common misconceptions related to diet and disease prevention were discussed and clarified by the health team.

The programme concluded with reinforcement of the key health messages: **“Eat Healthy, Move More, Check Regularly and Prevent NCDs”**. The beneficiaries were encouraged to adopt these preventive practices at the individual, family and community levels for a healthier and safer community.

**“Healthy Diet + Physical Activity + Regular Check-up = A Healthier Life
Free from NCD Complications.”**