

Non-communicable diseases

What causes many non-communicable diseases?

Non-communicable diseases

What is the BMI equation?

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What does a high waist : hip ratio show?

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How do you calculate waist : hip ratio?

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What are obesity and malnutrition?

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How does drinking too much alcohol affect health?

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How does smoking affect cardiovascular health?

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What are the three levels at which lifestyle effects are considered?

BMI = mass (kg) ÷ height (m)²

The interaction of a number of factors, such as lifestyle, environmental and inherited factors.

Waist circumference ÷ hip circumference, both in the same unit. The ratio has no units.

More fat stored around the waist, linked to a higher risk of cardiovascular disease.

It damages the liver, causing liver disease such as cirrhosis.

Obesity is having too much body fat. Malnutrition is a diet without the right balance of nutrients.

Local, national and global.

It damages artery linings, leading to fatty build-up and narrowing, and raises heart rate and blood pressure.

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Name three types of treatment for cardiovascular disease.

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Give a disadvantage of each treatment for cardiovascular disease.

Medication: taken for life with side effects.
Surgery: risks and recovery. Lifestyle changes: slow and need effort.

Life-long medication, surgical procedures and lifestyle changes.