

## How can I improve my numbers?

- ✓ Exercise regularly to stay strong and fit.
- ✓ Prayer and meditation help to reduce stress. Have counseling and support to help you leading a happier and more fulfilling life.
- ✓ If you smoke or if you use drugs not prescribed by a doctor, quit this habit.
- ✓ Visit a doctor immediately when unwell and follow the doctor's instructions.
- ✓ Get enough sleep and rest.
- ✓ Enjoy the company of your partner, family and friends.
- ✓ Spend time with them and live a happy and positive life.

## Eat a well-balanced diet!

This keeps you strong and energetic and helps your body to protect itself. Eat food which is rich in energy, protein, vitamins and minerals, for example: rice, sweet potatoes, fruits, beans, leafy vegetables, fish, meat, eggs, milk, groundnuts or peas. Avoid or at least reduce processed food and food with a lot of fat and sugar. Wash your food well, especially raw items, to avoid falling sick from germs.

If you are not sure about your diet, talk to your doctor or nurse. You can also call the **free nutrition helpline: 116**

## Here are YOUR NUMBERS:

Ask your health care provider to enter your results here, then you always know your numbers and can monitor your health status.

Date	BMI	Blood Pressure	Blood Sugar

Weight Categories		BMI
BMI	Underweight	<18.5
	Perfect Weight	18.5 - 24.9
	Over Weight	25 -29.9
	Obese	>30

Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120		less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Diabetes Control Card	HbA <sub>1c</sub> test score	MEAN BLOOD GLUCOSE	
		mg/dL	mmol/L
	14.0	380	21.1
	13.0	350	19.3
	12.0	315	17.4
	11.0	280	15.6
	10.0	250	13.7
	9.0	215	11.9
	8.0	180	10.0
	7.0	150	8.2
	6.0	115	6.3
	5.0	80	4.7
4.0	50	2.6	

Blood Sugar



## KNOW YOUR NUMBERS!

### CHOLESTEROL

LDL less than **70** | HDL greater than **40**

### BLOOD PRESSURE

less than **140/90**

### BLOOD SUGAR

Hemoglobin A1c  
less than **6** (non diabetic)  
less than **7** (diabetic)

### WEIGHT

BMI (body mass index)  
less than **25**



## IMPROVE YOUR HEALTH!



### Christian Social Services Commission (CSSC)

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## Introduction:

Christian Social Services Commission (CSSC) is an ecumenical umbrella organization for the Churches in Tanzania. It coordinates the services of 900 church-owned health facilities and more than 1,000 church-owned education facilities all over the country. CSSC was jointly established in 1992 by the Christian Council of Tanzania (CCT) and the Tanzania Episcopal Conference (TEC). It has its head office in Dar es Salaam as well as 5 zonal offices in Morogoro, Tabora, Arusha, Mwanza and Mbeya.

**Know Your Numbers!** is a campaign to raise awareness and sensitize about the prevention of NCDs conducted by CSSC in collaboration with its network of church-based health facilities. CSSC as one of the key stakeholders in the health sector fully participates and contributes towards the implementation of the Health Sector Strategic Plan (HSSP IV 2015-2020) and the achievement of its goals. Hence, CSSC complements the MoH's and Country's efforts to prevent NCDs through intensive health promotion and education.

## Which numbers do I have to know?

You can fall sick not only from infections and injuries, but also from your lifestyle. For example, overweight can lead to high blood pressure and heart diseases. Too much fat and sugar intake increases the risk for diabetes and kidney problems. Such illnesses tend to be of long duration and are called **non-communicable diseases (NCDs)** because they are not transmitted from another person or animal, but are the result of a combination of genetic, physiological, environmental and behavior factors. To avoid that, you need to observe your body weight, your blood pressure and your sugar and cholesterol levels.

## Did you know?

- Every year, NCDs kill 41 million people in the world and 15 million of those people die between the ages of 30 and 69 years.
- Incidence of NCD raised by 24% in 2018 in Tanzania, so NCDs such as heart diseases and diabetes are now one of the top 3 leading causes of death.
- In Tanzania, almost every fifth adult (aged 30-70 years) is at risk to die prematurely of a NCD.
- 21% of all adults in Tanzania have raised blood pressure and 11% of all adult women in Tanzania are obese, i.e. suffer from serious overweight.

NCDs are lifelong, chronic diseases. They are very expensive to treat, for example, treatment of heart failure costs about 60,000 Tshs. per patient per month, but easy to prevent. **Whether you are at risk to suffer from a NCD or not, is greatly influenced by your lifestyle,** that means :



Harmful use of alcohol



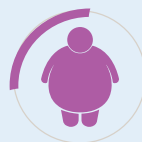
Physical inactivity



Salt/Sodium intake



Tobacco use



Obesity

## What is my BMI?

**Your Body Mass Index (BMI)** is your weight in kilograms divided by the square of your height in meters. A high BMI can be an indicator of high body fatness. BMI is used to screen for weight categories that may lead to health problems.

### BMI Formula

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2} \quad \text{or} \quad \text{BMI} = \frac{\text{Weight (lb)}}{\text{Height (in)}^2} \times 703$$



## What is my Blood Pressure?

**Blood pressure (BP)** is a measure of the force that your heart uses to pump blood around your body. Blood pressure is measured in millimetres of mercury (mmHg) and is given as 2 figures: systolic pressure – the pressure when your heart pushes blood out and diastolic pressure – the pressure when your heart rests between beats.

## What is diabetes?

Diabetes means that your blood sugar level cannot be controlled by your body, anymore. Insulin is responsible for the regulation of your blood sugar level. It is produced in your pancreas. Diabetes occurs when your pancreas is unable to produce sufficient insulin or when your body cannot use the insulin effectively.