

NURSE DOUGLAS- ATKINSON

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**Talk Well
Live Well**

September **2025** VOLUME #24

**NON-
COMMUNICABLE
DISEASES IN
JAMAICA**

 **NURSE'S
NOTES** 

YOUR MONTHLY DOSE OF SCHOOL WELLNESS



NON-COMMUNICABLE DISEASES (NCDs)

*What are Non-communicable Diseases (NCDs) and why are they important?***What are Non-communicable Diseases (NCDs)?**

Also called chronic diseases, are conditions that are not passed from person to person, usually, lasting for a long time, and progresses slowly. In simpler terms, **'uh yah ketch it, but if uh don't tek care a it now, it ago get worse!'**

**What are some examples of NCDs?**

- cardiovascular diseases (such as heart attacks and stroke)
- diabetes,
- cancers (such as. prostate, breast, cervical)
- chronic lower respiratory diseases (such as chronic obstructive pulmonary disease and asthma)
- sickle cell disease,
- mental illness and injuries.

Why should this matter to me?

Diabetes and stroke are the two leading causes of death in Jamaica – we have a non-communicable disease health crisis, and we need to act NOW. **What can you do to decrease NCDs in your life? Simply by adapting a healthier lifestyle by:**

- drinking more water throughout the day (2–3 litres per day)
- have a more balanced diet
- consume less sugar and less sodium (salt)
- getting regular doctor check-ups
- eliminate the use of smoking, drinking, and substance use in your life
- remain compliant to your medications



"Wellness a all a wi bizniz, look out fi each Oda, and mek sure uh fren and family dem a keep up dem health." - Nurse D ❤️

Reference

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