



GenNext – Exit NCDs

Intervention Tool for prevention of
NCD risk factors among schoolchildren



**Facilitator's manual for
schoolteachers**



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NCD risk factors among schoolchildren

**This Facilitator’s manual for schoolteachers
is to be used along with the GenNext Intervention tool**



REGIONAL OFFICE FOR

**World Health
Organization**

South-East Asia

GenNext – Exit NCDs Intervention Tool for prevention of NCD risk factors among schoolchildren

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About this manual

This manual aims to act as a guide for schoolteachers. It guides them in implementing an intervention tool for the prevention of risk factors of noncommunicable diseases (NCDs) and teaches selected relevant life skills to schoolchildren. The intervention tool imparts knowledge and describes activities to be conducted for promoting healthy lifestyles to prevent NCDs and equips them with adaptive and positive behaviour to deal with the challenges of everyday life. The manual details classroom-/school-level activities for students of classes I–X (aged 5–15 years) through teachers as facilitators. This intervention tool is to be implemented within the ambit of the health-promoting school initiative of the World Health Organization. These activities are designed to motivate students to take the corrective measures needed to lead a healthy life.

Teachers are a vital component in implementing the intervention tool with the help of the Facilitator's manual. The manual contains six modules under two major sections, i.e. promotion of a healthy lifestyle and prevention of unhealthy behaviour. The modules included in the manual are: physical activity; healthy diet; environmental pollution and protection; mental well-being and suicide prevention; Internet addiction and bullying; and life skills. These themes have been selected on a scientific basis, emphasizing the increasing burden of NCD risk factors among the youth and their capability to deal with day-to-day challenges.

This manual considers various theories of behaviour change and initiatives taken in the WHO South-East Asia Region under the health-promoting school programme. The intervention tool intends to update and further augment the knowledge of teachers regarding health promotion in school-based settings. Implementation of the module on life skills is to be done as part of ongoing school health programmes at the country level.

Acronyms

BMI	body mass index
HFSS	high fat sugar salt
HPN	healthier populations and noncommunicable diseases
E Cigarettes	electronic cigarettes
E waste	electronic waste
NCDs	noncommunicable diseases
NGO	non-government organization
PM	particulate matter
RTA	road traffic accidents
RTI	road traffic injury
WHO	world health organization

Message from Regional Director



Noncommunicable diseases (NCDs) kill almost 41 million people globally every year and account for 71% of all deaths. In the WHO South-East Asia Region, NCDs kill an estimated 8.5 million people annually, with 48% of all NCD deaths in the Region premature. Tobacco use, harmful use of alcohol, insufficient physical activity, unhealthy diet, and overweight and obesity are important NCD risk factors. Since 2014, preventing and controlling NCDs through cost-effective “best buys” has been one of the Region’s eight Flagship Priority Programmes.

Promoting healthy behaviour in children is a proven way to reduce the NCD burden. Many NCD-related behaviours and habits develop in childhood and adolescence. Preventive interventions in the development phase often have greater impact than interventions to reduce risk and restore health in adults. WHO has for many years promoted school health programmes as a strategic way to prevent health risks and engage the education sector. Since 1995, WHO’s Global School Health Initiative has strengthened health promotion and education activities at the local, national, regional and global levels. The aim of the initiative is to increase the number of schools that can truly be called “Health Promoting Schools”.

This Intervention Tool and Facilitator’s Manual builds on WHO’s work to promote health in schools. Together the tool and manual provide guidance to school teachers on implementing evidence-based interventions that prevent NCD risk factors and imparting relevant life skills – including adaptive and positive behaviour – to schoolchildren aged 5–15 years. This will increase health promotion in schools and advance health and well-being for all.

I urge all countries to adopt, adapt and implement the Intervention Tool and Facilitator’s Manual according to their needs. The evidence-based interventions contained herein will help all children in the Region get the healthiest start

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