

WE ARE HEALTHY

*Empowering school children to champion healthy living
& become change agents in society*



**Ministry of Health, Nutrition and Indigenous Medicine
Ministry of Education**



UNESCO



NCD Bureau



GMOA



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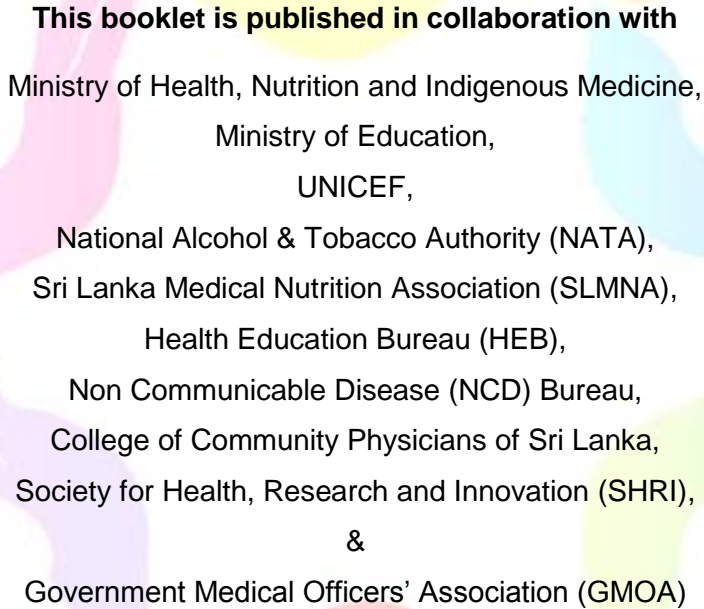
HEB



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Name of the reader of this book



Dear parents,

This book is written with the collaboration of many individuals to ensure healthy life for your children and the family

It is your responsibility to guide your children for that purpose.

As such please motivate your children and provide opportunities for them to read, memorize and follow the content of this book and to champion healthy living.

Message from the Ministry of Health

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for the

GUIDANCE – COURAGE – COORPORATION

extended, recognizing the timely value of the concept of

**‘empowering school children to champion healthy
living & become change agents in society’**

- ❧ ❧ ❧ ❧ ❧ -

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Preface ...

Sri Lanka has made many achievements in the fields of education and health. Sri Lanka's literacy rate is amongst the highest in Asia. Furthermore, Sri Lankan health care indices like infant mortality rate, immunization coverage and life expectancy at birth are comparable to those of developed countries.

However, Sri Lankans, especially children and youth are facing new health challenges. While undernutrition among Sri Lankan children remains a significant problem, childhood over-weight and obesity show rising trends as well. Chronic kidney disease of unknown origin has affected a significant population in North Central, Uva and Eastern Provinces and continues to spread. Sri Lanka is on the verge of facing an unprecedented crisis of non communicable diseases.

Drinking clean water, healthy eating and eliminating the use of tobacco/ alcohol are pivotal and cost-effective in addressing the threat of non communicable diseases.

UNESCO club of Royal College has organized the "Heartbeat 2015 – Young Hearts Beat for a Better Tomorrow" project to propagate above themes by empowering school children to champion healthy living and to act as change-agents to bring about the healthy changes in the society. UNICEF, Ministry of Health, Ministry of Education, National Alcohol and Tobacco Authority, College of Community Physicians of Sri Lanka, Sri Lanka Medical Nutrition Association and Government Medical Officers' Association have collaborated with the UNESCO club of Royal College in this endeavor.

We expect that this booklet will contribute to build capacity among school children as change-agents enabling them to disseminate healthy messages to their peers, parents and to the society.

We would like to forward our sincere gratitude to all who have contributed in many ways to complete this book.

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CHAPTER 1
DRINKING WATER
FOR A HEALTHY LIFE



DRINKING WATER

FOR A HEALTHY LIFE

CHAPTER 1



Do you know why water is really important for you?

More than 60% of your body comprises of water. No one can live for more than 3 to 5 days without water.

Water has lots of functions in the body.



To carry nutrients and oxygen within the body by being the main component of blood

To help in digestion of food you eat

To keep your body temperature stable

To protect your body from injuries

To keep the surface of your mouth, eyes, & nose moist

To wash out unnecessary waste as sweat and urine

To help your brain to perform well

To prevent constipation



How much water to drink daily?

If you know the age, calculation of the amount of water needed per day is very easy.

Table 1:1 Calculation of daily requirement of water for drinking.

Age Group	Pre School (1-5 years)	Primary School (6-10 years)	Adolescents (11-18 years)
*Fluid Volume	750 - 1000 milliliter	1 - 1.5 Liter	1.5- 2 Liter

*(Above values are based on the daily fluid requirement for a male child with a median weight according to WHO & CDC growth charts)

For **adults go by the weight:** divide the body weight by 30 and you get the amount of water needed for a day, in liters. However, this is just a rough guide. The amount of water

$$\text{Amount of fluid required per day (Liters)} = \frac{\text{Body Weight (Kg)}}{30}$$

needed per day depends on so many other factors.

When do you need to drink an extra amount of water?

- When you sweat a lot during sports and exercises,
- If it is a hot day,
- When you are exposed to Sun,
- While under a fan or an air conditioner
- When there is strong wind,
- If you suffer from an illness like flu, loose motions etc.



When you do **sports**, drinking an adequate amount of water ensures best performance. You could use the following guide.

Figure 1:1 Guide to drink extra water before/ during and after physical activity

- 1 hour before activity - 500 ml
- During activity 250 ml at every active 15 mins
- After activity - 250 ml



What is the best drink?

The best drink is **water over all the other beverages**; not sweet drinks and energy drinks. Those beverages contain added chemicals which are unhealthy and which could even harm you.



**Water is the
best drink.**






Selecting a water bottle

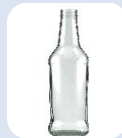
Often, we carry a bottle of water when we go out. There are various types of bottles in the market and we have to be cautious while selecting one for our personal use.

Plastic Bottles - We have to **minimize the use of plastics bottles**. But sometimes we do not have other options. Have you noticed the code number mentioned on the plastic bottles? From these recycling codes on plastic bottles, we can get a guide selecting which one is safer.



 <p>Mineral water & Cooled beverage bottles</p>	<p>Suitable for single use. Never reuse and it cannot be cleaned by washing. Never use even once if exposed to direct sunlight or heat. Never fill hot water to drink.</p>
 <p>Plastic Bottle used by school children</p>	<p>Suitable for reuse. However, using same bottle for years is not advisable. It is best to avoid filling hot water. It can be washed and cleaned but do not damage the inner surface by rubbing hard or using detergents. If the inner surface is damaged better to discard.</p>
 <p>Mineral Water bottles 5/10 liters</p>	<p>Suitable for reuse. It is better avoided if exposed to direct sun light or heat. Discard if the discolored or shape is changed.</p> <p>compared to plastic bottles it is better to use a clay post or a clay "Guruleththuwa" with a lid for storage of drinking water.</p>

Glass Bottles - School students use glass bottles rarely as they are heavy and fragile. As they do not get damaged during cleaning and are heat stable glass bottles are safer compared to plastic bottles. Suitable for reuse for long time and to fill hot water.



Stainless steel bottles - Steel bottles with both inner and outer stainless surfaces are suitable for reuse for long time. Suitable to fill hot water.

However, there are steel bottles made up of Aluminum, where the inner surface is not stainless and not suitable to store food or drinks.



Table 1:2 A guide to select a safe bottle, to carry drinking water

Add watery food to your diet

There are lots of **watery foods** we can add to our diet. Fruits, vegetables, some leafy vegetables, king coconut, dairy products and food preparations like tea, porridge and soup contain lots of water. In addition, herbal drinks such as ranawara, polpala, beli mal are also good sources of water.

If you drink enough water.....

Your urine would be **colourless**.

Do not wait until you feel thirsty. You should drink plenty of water before feeling thirsty.

So, drink water!

Drink water throughout the day

Keep a water container with you at school and anywhere you go, so that you can drink water whenever you want.

Drinking water as soon as **you get up in the morning, before going to bed in the night and before a bath/ swim**, said to be associated with additional health benefits.



Drink sips of water while watching television and working on the computer. When you go on a trip, make it a habit to drink water frequently.

If you do not drink enough water.

You may get following unwanted effects

- Inability to concentrate on studies
- Failure to perform sports and extra-curricular activities optimally
- You might get dehydrated and feel thirsty
- Mouth and eyes get dry allowing germs to grow
- You may feel sleepy and unfit
- You may get bad-tempered
- Your skin may become dry and wrinkled

You might have had a similar experience, when you forgot to drink water. Avoidance of these unwanted effects is in your hands and it is simple.

Drink adequate amounts of good quality water

- Put this knowledge into practice and be a role model
- Ensure best practices of water drinking among your friends, family and relatives.



Figure 1:1**Six steps for healthy use of drinking water**

(It can be remembered as ABCDE and F)

A

Drink **ADEQUATE AMOUNT** of water.
Know the amount that is right for you.
Avoid being dehydrated.
Prefer pure water to artificial beverages.

B

Keep a **BOTTLE** of water with you always. Use a glass/ reusable bottle for personal use. Do not use single-use plastic bottles (mineral water and beverage bottles) repeatedly and if exposed to heat and direct sunlight.

C

Use **CLEAN** water.
Avoid dirty, contaminated water with germs, and toxic chemicals.

D

Drink water throughout the **DAY**, from morning to night. Plan how to get your water requirement before leaving home.

E

Drink **EXTRA** water when you are physically active, exposed to heat, staying under a fan or an air conditioner and when you have illnesses like flu/ loose motion.

F

Eat watery **FOODS**. There are so many foods rich in water such as fruits, vegetables, leaves, king coconut, dairy foods, porridge, soup and herbal drinks.



CHAPTER 2

HEALTHY EATING

FOR A HEALTHY LIFE



HEALTHY EATING FOR A HEALTHY LIFE

CHAPTER 2

Food is one of our basic needs and we cannot live without food.

However, do you know there are various health issues related to food habits among children and adolescents.

Table 2:1 Issues related to food consumption among children and adolescents

Problem	Effect
Not eating enough food	Underweight, poor growth and anaemia
Eating too much (sugar, salt, fats, junk food and processed food)	Overweight and obesity, non-communicable diseases (diabetes, heart disease, cancers, kidney diseases)
Not eating enough vegetables and fruits	Vitamin deficiencies, poor immunity, constipation, low educational performance, poor vision etc.
Skiping meals	Nutritional deficiencies, gastritis, poor physical performance

We can avoid above mentioned adverse effects by adopting to **'healthy eating'**. Therefore, we should be cautious about **what we eat** and **how we eat**.



What is meant by "Healthy eating"?

“**Healthy eating** is the intake of a **variety** of food, in **required quantities**, and adherence to **healthy eating practices**”.

In order to achieve ‘healthy eating’, we should learn;

- I. **What to eat** – eat a variety of food
- II. **How much to eat** – eat portions right for you
- III. **How to eat** – adopt ‘healthy eating’ practices
- IV. **What to avoid** – avoid unhealthy food

Healthy eating,

- plays a major role for optimum growth and development
- prevents non-communicable disease in adulthood

We will tell you
a practical way to achieve
‘healthy eating’.

Planning the plate is
the easiest way to
recognize the **variety of
food** and know the **right
quantity**.



Planning the 'Plate'

We eat **three main meals**; breakfast, lunch and dinner.
We should not skip the main meals.

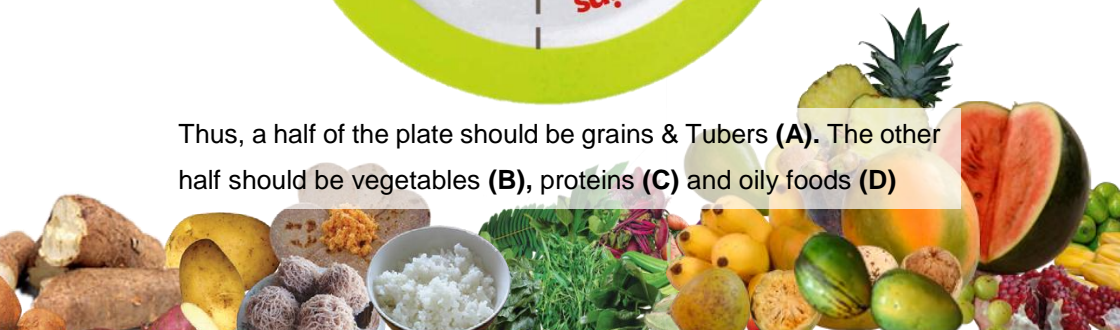
Reflect about the plate you eat at home. How should it look like?

The plate of a main meal should comprise of the following:

- A. Grains and tubers** (about half of the plate)
- B. Vegetables** ($2/3^{\text{rd}}$ of the remaining half of the plate)
- C. Fish, pulses, eggs and meat** ($1/3^{\text{rd}}$ of the remaining half of the plate)
- D. Fats/ nuts and oil seeds** (in moderate amount)



Thus, a half of the plate should be grains & Tubers (**A**). The other half should be vegetables (**B**), proteins (**C**) and oily foods (**D**)



In addition, we eat the following food groups either with the main meal, as a dessert or as a snack.

Fruits are an **essential component** of our daily meal.

- E. Fruits (at least 2 servings per day, preferably at different times)
- F. Dairy products (2 servings per day, preferably at different times)

How to select a variety of food in our meal?

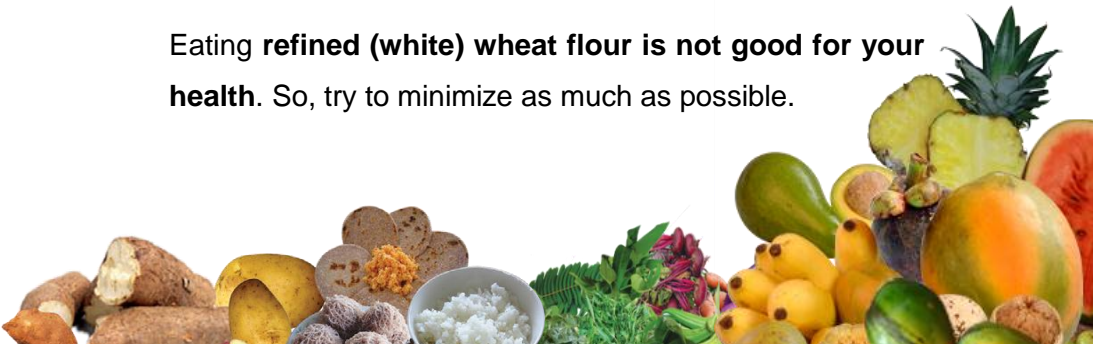
Each food group out of 6 above groups (A-F) has a variety of food items. If we know different items in each food group, we can easily choose a variety of food for each meal.

A. Grains (cereals) and tubers (yams)

- Rice – most commonly used grain in Sri Lanka.
- Kurakkan, maize (corn), wheat
- Flour preparations of rice, kurakkan and wheat; string hoppers, hoppers, bread, rotti etc.
- Starchy fruits – jack, breadfruit
- Tubers – manioc, sweet potato, innala, kiri-ala



Eating **refined (white) wheat flour** is not good for your **health**. So, try to minimize as much as possible.



B. Vegetables

- Vegetables are a good source of vitamins, minerals and specially anti-oxidants and fibre.



Because of the anti-oxidant property and high fiber content, they protect us from illnesses such as cancers, diabetes and heart diseases.

- In Sri Lanka, there are hundreds of different vegetables that we can choose from. So, we should try to eat locally available and seasonal vegetables as much as possible.

Steps to obtain maximum benefit from vegetables

- Select fresh and seasonal vegetables
- Wash before cutting
- Cook immediately after cutting
- Minimize the duration of cooking

Types of Vegetables

- **Leafy vegetables** gotukola, mukunuwenna, sarana, spinach, kankun, katurumurunga, drumstick(murunga) leaves etc.
- **Root and fruit vegetables** carrot, beet, pumpkins, gourds, brinjals, tomato, ash plantains, ladies-fingers, etc.



C. Fish, pulses, eggs and meat

- **Animal products** like fish, eggs and meat provide us with high quality proteins. We can eat a variety of fish such as fresh water fish, sea fish, sprats, dried fish, shell fish (prawns, cuttlefish). Consuming small fish gives you more health benefits.
- **Pulses** also contain proteins. We can have a variety of pulses such as kadala, green gram, cowpea, soy bean, ulundu, lentil (dhal) and other beans.



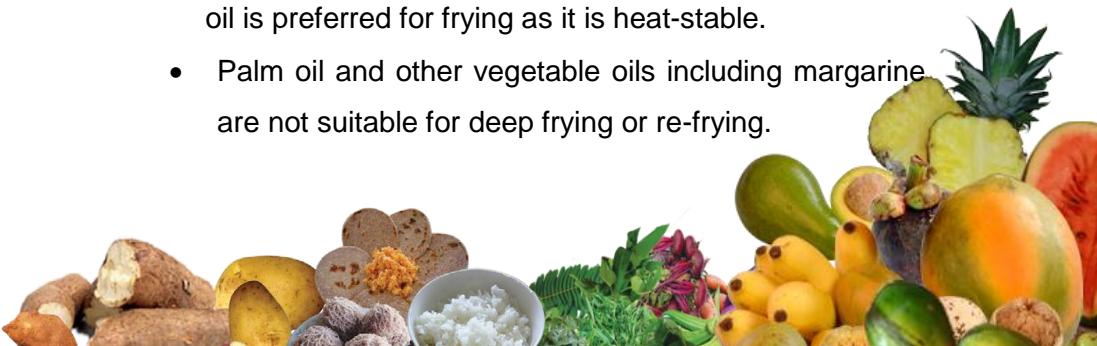
D. Fats/ Oils

- This group is also important for optimum growth and body functioning. **However, excess consumption of fat is harmful for us and leads to many non-communicable diseases.**



Coconut, coconut milk, coconut oil and other oils which we use for cooking contains fat. Deep frying should be limited as much as possible. Coconut oil is preferred for frying as it is heat-stable.

- Palm oil and other vegetable oils including margarine are not suitable for deep frying or re-frying.



- **Oily fish** is a source of healthy oils (e.g. mackerel, tuna, herring, sardinella, kumbalawa, trout, salmon).

- **Nuts and oil seeds** – Nuts contain healthy fat, dietary fiber, vitamin E, plant sterols and other minerals. Nuts are good for a healthy heart. They contain good cholesterol. peanuts, kottang, cashew nuts, almond, walnut, pumpkin seeds and sesame seeds are a few examples.



- **Unhealthy Fats** – Bakery products such as fried foods, pastries, biscuits, cakes and some type of margarine contain trans-fat which is not good for our health.

E. Fruits

- We should consume fruits daily for a healthy living.
- Fruits are a good source of vitamins, minerals, anti-oxidants and fibres.
- **Two or more servings** of fruits per day are recommended.
- Regular fruit consumption will prevent bowel diseases and constipation and cancers.
- Eating locally available **seasonal and fresh fruits** has many health benefits.
- We should **wash them before cutting** to preserve the nutrients.



Similar to vegetables, our country is blessed with a variety of fruits; banana, papaya, guava, nelli, water melon, wood-apple, pineapple, pomegranate, avocado, veralu, rose-apple, local berries (e.g. maadang), 'galsiyambala', sour-sap (anoda), tamarind (siyambala), 'ugurassa', 'gaduguda', 'ambilla', 'lovi', 'belli' etc.

F. Milk and/or milk products



Dairy foods are an important part of our diet. They contain carbohydrates, proteins, fats, calcium, minerals and vitamins.

Fresh milk, curd, yoghurt and cheese are some of the dairy products we can consume.

- **Fresh milk** is preferred than powdered milk. $\frac{1}{2}$ -1 cup of fresh liquid milk or 1 cup of yogurt or curd per day is recommended for growing children and adolescents.
- **Minimize using milk packets**, which contain high amount of sugar and chemicals such as flavours and preservatives.

Unhealthy Eating

So far we have explained about **healthy eating** and ways to ensure a balanced diet. It is also important to understand what is '**Unhealthy eating**'.



What is 'Unhealthy eating'?

Intake of food with high amounts of sugar, salt or fat processed/ junk food with artificial preservatives and additives is unhealthy eating.

Eating an unbalance diet is also included in this category.

A. Salt per day...

One person **should not exceed one teaspoon (5 g)** of added salt per day.

We should always use **iodized salt**.

Limit sauces, sausages, chips, savoury biscuits and snacks which are high in added salt.

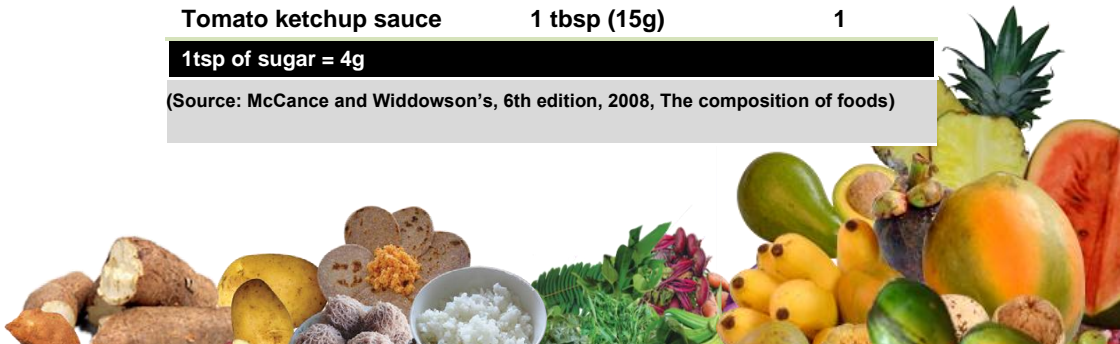


Table 2:2 Hidden sugar in commonly consumed foods

Items	Unit	Sugar (Tea spoons)
Milk chocolates	1slab (100g)	14
Chocolate biscuits fully coated	9 biscuits (100g)	11
Fruit cake, plain	1 pcs (50 g)	5
Cola carbonated drink	1 glass (200 ml)	5
Ice cream (vanilla)	100g	4 ½
Lemonade	1 glass (200 ml)	3
Jam	1 tbsp (20g)	3
Malted drinks, powdered	1 tbsp (15g)	1 – 2
Tomato ketchup sauce	1 tbsp (15g)	1

1tsp of sugar = 4g

(Source: McCance and Widdowson's, 6th edition, 2008, The composition of foods)



B. Sugar per day....



You can consume a maximum of 6 teaspoons of sugar per day including “hidden sugar”. Commonly consumed sweets, snacks and beverages especially fizzy drinks contain high amounts of “hidden sugar” and should be avoided as much as possible.

C. Food with high amount of unhealthy fats

Bakery products and deep fried food (rolls, patties, pastries, buns etc.), biscuits, cakes, fried snacks (potato chips) and margarine are sources of high amounts of trans-fats, which are unhealthy.

D. Processed food

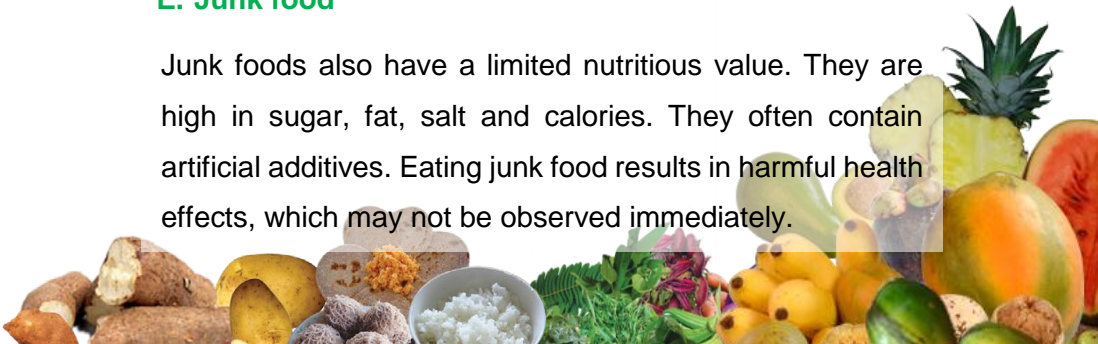
Processed food is technologically modified for preservation. They are dense in fat, salt, sugar and artificial preservatives and are deficient in dietary fibre and micronutrients, including vitamins & minerals.

As such we should minimize the use of processed food.

e.g. Instant noodles, processed meat products such as extruded snacks, sausages, meat balls.

E. Junk food

Junk foods also have a limited nutritious value. They are high in sugar, fat, salt and calories. They often contain artificial additives. Eating junk food results in harmful health effects, which may not be observed immediately.



So we should minimize consumption of junk food as well. e.g. carbonated beverages, sweet desserts, candies, toffees, peppermints, potato-chips

“Healthy Lunch box” / snack options

A. Fruits and vegetables

- Chopped fruits and vegetables (e.g. Cucumber, beans, carrot, pineapple, mango strips etc.) can be separately packed into the lunchbox, making them easy to eat.
- Fresh fruit – banana, veralu, lovi, divul, orange, rambutan, etc.
- Boiled vegetables

B. Cereal based food items

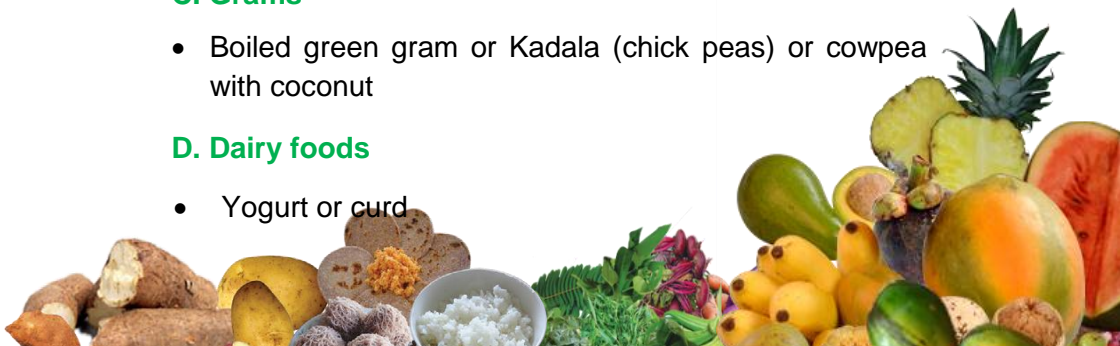
- Rice with 2 vegetables and fish/eggs or pluses
- Salad filling in a sandwich – grated Carrot, boiled Beetroot, Lettuce
- Boiled sweet potatoes or manioc with coconut
- ‘Helapa’, Sago porridge, ‘Mung guli’ or other home-made cereal based products
- Boiled corn

C. Grams

- Boiled green gram or Kadala (chick peas) or cowpea with coconut

D. Dairy foods

- Yogurt or curd



Food and drinks to leave out of the lunch box/ snack

- **Sticky or sweet foods** – lollies/ toffees, chocolates, jelly cups, cakes, plain sweet/cream-filled biscuits, doughnuts, sweet muffins
- **Salty, high fat foods** - potato chips, pop-corn, small savoury biscuits, cream biscuit
- **Sweetened drinks** - cordial and soft drink, artificial fruit juice, sports drinks, sweet milk packets.

Various healthy snacks we can use



kolakenda, fruit juice, fruit salad, boiled jackfruit/ breadfruit, boiled kiri ala, boiled bean, aggala, nutrition rotti, kira wade, ulundu wade, nutrition rott, keera wade, ulundu wade, cashew, peanut, vegetable salad, rice flakes, corn, soup.

Figure 2:1 Tips for Healthy Eating

We eat **3 main meals** a day (breakfast, lunch and dinner). We do not skip any meals.

We enjoy eating a **variety of nutritious food** items in all the food groups.

We eat **vegetables and fruits of different colours** (Rainbow).



Tips for Healthy Eating continued

We ensure getting at least **3 vegetables** and **2 fruits (3+2)** per day.

We get **2-3 healthy snacks** a day in between main meals (The snack may contain fruits, vegetables, cereals, milk, yoghurt, and healthy herbal porridge)

We prefer natural foods. We avoid processed and junk food.

We consume a moderate amount of fat in our diet.

We avoid food with high salt content.

We take **less sugar**, sweets or sweetened drinks

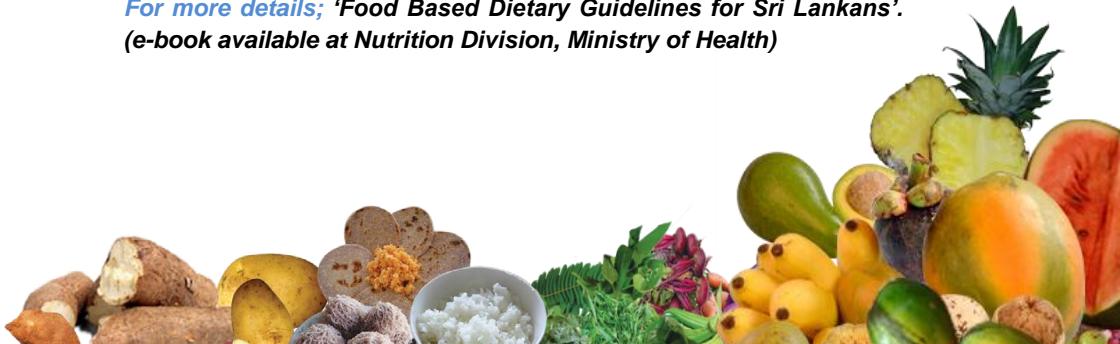
We do not eat our meal in a hurry. We **take time** to chew the food well, at least 10-15 minutes.

We do not eat while watching the television or working on a computer.

We are physically active and maintain a healthy body weight.



***For more details; 'Food Based Dietary Guidelines for Sri Lankans'.
(e-book available at Nutrition Division, Ministry of Health)***



CHAPTER 3

BE ACTIVE FOR A HEALTHY LIFE



What are the Benefits of being Active?

1. Improves strength of bones, joints and muscles.
2. Improves flexibility of joints.
3. Reduces weight and improves the outlook.
4. Reduces chronic diseases (diabetes, cancers, high blood pressure, heart diseases, strokes)
5. Improves mental health and focus and reduces stress.

What are the ways to be Physically Active?

1. Being active during day to day activities.
 - House hold work
 - Walking than using a vehicle whenever possible
 - Walk some distance before getting to public transport
 - Using stairs instead of lifts
2. Fast walking, jogging and cycling
3. Engaging in Sports
4. Planning trips/ Leisure activities where family and you can be physically engaged
5. Engage in Yoga/ Aerobics/ appropriate Weight lifting.

Recommendations

½ hour per day for 5 days a week for Adults

1 hour per day for 7 days a week for Children

moderate intensity activities



CHAPTER 4

MENTAL WELLBEING FOR HEALTHY LIFE



Mental Health is an essential component of healthy life and has a direct influence on the physical wellbeing as well.

But it is a common fact that most of the children and adolescents are mentally distressed due to various factors.

Figure 4:1 Reasons for mental distress in children and adolescents

- Mental and physical changes (that occur) in growing children and adolescents
- Not having enough sleep
- Spending a lot of time watching television or with the computer
- Exam oriented competent education.
- Lack of time to play and to be active
- Frequent exposure to annoying or high volume sounds
- Exposure to conflicts and having abusive living environment
- Having disputes with peers and siblings
- Risky behaviours such as using alcohol, smoking and engaging in inappropriate romantic or sexual relationships

Mental distress is the root of a stressful life. It prevents us from achieving the full potential in life, missing out many opportunities. Mental distance often become evident as a physical a discomfort.



Features of Mental Distress

- Headache, muscle pain at neck and shoulder
- Being more sensitive to bodily pain
- Losing appetite and burning sensation of the abdomen
- Irregular sleeping pattern
- Fall behind in studies
- Deterioration of extra-curricular activities
- Feeling weak and getting tired easily
- Weakening of immune system and easily falling ill
- Disruption of relationships at home or society
- Easily losing the temper leading to unnecessary troubles



Avoiding mental distress and developing a calm state of mind will provide us with many benefits.

Benefits of Mental Wellbeing

- Increased attention, memory and logical intelligence
- Developing self-confidence and independence
- Better educational achievements
- Being able to control negative emotions like anger, hatred and jealousy
- Healthy relationships at home, in school and society
- Success in sports and extra-curricular activities
- Improved immune system and physical health



Do you know what we can do to maintain our mental wellbeing? There are many things to be done and they can be divided into following four main categories.

1. Refraining from activities and situations that creates mental distress
2. Engaging in activities which make calmness of mind
3. Developing spiritual wellbeing according to noble, cultural and religious advices
4. Practicing mental relaxation exercises

Now we shall try to understand things that we can adopt to our day to day life from all these categories.

1. Refraining from activities and situations that results in mental distress

Avoiding the situations mentioned in the illustration 4:1 as much as possible will help you to develop a relaxed and sound mind.

2. Engaging in activities which make calmness of mind

- Developing a positive and optimistic attitude
- Entertaining some sense of humor and joy
- Doing some exercises and being physically active
- Plan your time effectively
- Spare time to be with your loved ones
- Get enough quality sleep
- Engage in arts, music and dancing



Some of the activities we engage in our leisure time is known to hamper the peace of our minds and cause mental distress. Those includes,

1. Watching TV
2. Spending time on social media sites or internet
3. Listening to vociferous or meaningless songs
4. Spending time with unsuitable people
5. Using tobacco, alcohol or other addictive drugs

Sleep

Adequate amount of sleep is mandatory to keep the mind relaxed and maintain mental tranquility. Good sleep is really necessary for children who spend more time on education, and to achieve their growth to its fullest potential.



Sleep lets your body refresh and restore by repairing the damages occurred during the day.

According to the guidelines a school age child/ adolescent should get at least 7 hours of sleep and adults at least 6 hours of sleep per day



Table 4.1: Recommended Number of Hours per day

Age Category	Recommended (Hours)	Appropriate (Hours)	Not less than
Preschoolers (3-5)	10 – 13	8 – 9	8
School Aged Children (6-13)	9 – 11	7 – 8	7
Teenagers (14-19)	8 – 10	7	7
Adults	7 – 9	6	6

Recommendations by The National Sleep Foundation available at <https://sleepfoundation.org/national-sleep-foundation-recommends-new-sleep-times>

When we do **not get enough sleep** we may have short term consequences such as headache and lack of energy and it might lead to long term complications such as heart diseases, diabetes, overweight and mental illnesses.

Not having enough sleep directly impedes your memory and results in difficulty to solve problems related to subject matters you learn. So cramming to do well in education by **cutting the sleeping time is not an effective way for learning.**

Besides, if you happen to be sleep deprived, have a **short nap** of 10 -15 minutes after lunch, keeping your head on



a desk or leaning back on a chair in a comfortable position, which can refresh you easily and efficiently.

We should not use medicine to get sleep. Getting used to medicine will further diminish your chance to get a better sleep.

3. Spiritual Wellbeing

Spiritual wellbeing is a valuable part of a healthy life. It makes our life fulfilling and rewarding. It empowers us with the ability to solve life issues and even to prevent them from happening. The guidance for spiritual wellbeing comes from the **cultural practices** and **noble religious advices**.

They guide us for what to do and what not to do; and to grow a fulfilling life through developing **humane values** such as affection, compassion, loving-kindness, patience and altruism.

We should get involved in cultural and religious activities at home and society where we feel as worthy contributors of the community who share common values and beliefs.



4. Practicing mental relaxation exercises

There are many mental relaxation techniques we can practice. Select a suitable one for you and practice daily.

Practicing mental relaxation exercises

Simple breathing exercise

Deep Breathing exercises

Progressive Muscular Relaxation

Sound and Music Relaxation

Yoga

Meditation

Ground rules for Mental relaxation exercises

- ∞ Find a place with minimum disturbances and distractions
- ∞ Maintain a straight and relaxed body posture
- ∞ Close the eyes
- ∞ Relax both your mind and body
- ∞ Concentrate your awareness (e.g.: on breathing)



Engaging in mental relaxation exercises daily is one of the best practices you can adopt.

Here is an easy exercise you can do. It can be done before going to bed, in the morning as you get up, before studies or whenever you have a free time.

1. Keep your back straight
2. Close your eyes lightly
3. Keep your both hands comfortably on the lap
4. Relax your body step by step from head to toe
5. Breath lightly in and out
6. Concentrate your awareness on your breathing
7. Then concentrate on your abdomen as it moves with breathing
8. Now count your breathing
9. Continue this for 5 to 10 minutes



When you practice this regularly you will be able to relax your mind effortlessly. Then you can move to more powerful relaxation techniques as well.



Figure 4.2 Things we should do to develop mental wellbeing

A

Free from you your busy life for few minutes and Relax your body. Take time to think about yourself.

B

Devote some time every day to review what you have done on that day and to plan the day follows

C

Limit the screening (TV, Computer, Tablet PC, Mobiles) time for 1 hour. Stop watching them at least 2hours before sleep.

D

Be a good friend and keep good friends.
Be with your family specially when they need you.

E

Get a good sleep. It is essential for your optimum physical and mental health. School children should sleep at least 7 hours every day. If you deprive sleep you can have 10 -15-minute short nap after lunch

F

Practice mental relaxation exercises daily at least for 10-15 minutes. Simple breathing is a good start.

If you experience mental distress it is very important to discuss with a trustworthy and suitable person you know.



CHAPTER 5

SAVE YOUR FAMILY AND FRIENDS FROM TOBACCO AND ALCOHOL



Save your family & friends from Tobacco & Alcohol

CHAPTER 5

You may have seen people smoke tobacco and drink alcohol. Some of your family members too, may smoke or drink alcohol. You might have friends that have tried smoking or drinking alcohol. They might have told you different experiences about tobacco and alcohol.

But you should never use Tobacco and Alcohol; not even once. It is your responsibility to save them from Tobacco & Alcohol.

Let's see why...

Tobacco and Alcohol kill your family and friends

Tobacco kills 50% of its users. That is 6 million people a year worldwide. One person dies every 6 seconds due to tobacco. Tobacco kills 20,000 people per year in Sri Lanka. That is 55 persons per day.

Alcohol kills one person every 10 seconds worldwide. In 2012, 3.3 million deaths were directly caused by alcohol.

Tobacco and Alcohol make your family and friends sick

Tobacco harms every system of the body. It is a leading cause of heart attacks and strokes (leaving thousands paralyzed every year).

Smoking causes asthma as well as Chronic Obstructive Pulmonary Diseases (COPD), a disease which causes long term difficulty in breathing in adults



Tobacco contains more than 250 harmful substances. More than 50 of them are known to cause cancer.

Tobacco is a main cause of cancers of the mouth, voice box (larynx), lungs, stomach, urinary bladder and many other parts of the body.



Smoking is a main cause of male sexual impotence

Alcohol leads to cirrhosis of the liver and damages the brain.

Alcohol also causes many cancers.

Thousands of people are injured everyday due to accidents under the influence of alcohol.



Tobacco and Alcohol harm people around users

Passive smoking is breathing-in other people's smoke from cigarettes.

Children exposed to passive smoke can get asthma and infections.

It also increases the risk of lung cancer, cancers of the voice box (larynx), and upper throat (pharynx).



When someone is smoking besides you have a right to oppose.



Alcohol is a main cause of early death among people who are between the ages of 15 and 49 years.

Tobacco and Alcohol make your family & friends poor

Sri Lankans spend 250 million rupees a day on tobacco.

Health costs of treating patients who fall sick due to tobacco and alcohol with loss of productivity far outweigh tax revenue from tobacco and alcohol.

Tobacco and Alcohol make your family & friends ugly, smelly and unpleasant



Smoking & Drinking make your family & friends losers; not heroes

- Alcohol and tobacco reduce physical fitness.
- They lower the performance and endurance in sports.
- Those who use tobacco and alcohol have a higher risk of using other drugs.
- They are associated with emotional problems such as anger and fighting.



Tobacco companies are hunting for your friends

Smoking kills 55 Sri Lankans every day. To maintain their profits, tobacco companies want to recruit 55 new smokers per day.

Majority of smokers start smoking in their childhood or adolescence.

Tobacco and alcohol companies are targeting your friends and you.

If teenagers get addicted to it they continue the habit through adult life.

How tobacco companies think about children

A Tobacco Company Executive writes (1957):

"Hitting the **youth** can be more efficient even though the cost to reach them is higher, because they are **willing to experiment**, they have more **influence over others** in their age group than they will later in life, and they are far more **loyal** to their starting brand"

A draft report to the Board of Directors of a Tobacco company states:

"A **cigarette** for the beginner is a **symbolic act**. I am no longer my mother's child, I'm **tough**, I am an **adventurer**. As the force from the psychological symbolism subsides, the pharmacological effect takes over to sustain the habit"

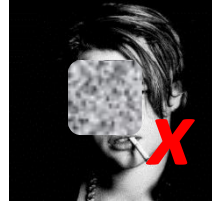
A sales representative in an American Tobacco company revealed:

"We were asked to target kids.....junior high school kids or even younger"



Tobacco and Alcohol companies will try to fool your friends using attractive techniques

They recruit high profile actors in popular movies.



They target children as young as 5 years old through cartoons.



A certain cartoon was banned in the United States. It was aired multiple times in Sri Lanka.



Projecting “Macho” images of smokers are used to promote smoking.

Tobacco & Alcohol companies hunting ladies as well

Smoking among males is dropping in many countries. **Their next target is females.** Smoking among young Sri Lankan females is on the rise very low.

Actresses and models are paid by companies to drink and smoke in public and attract other females.

They **sponsor carnivals, clubs, parties, school big matches** and other festive occasions.



They try to reach you through Facebook and social media



Figure 5:1 Save yourself, your family & friends from Tobacco and Alcohol

A

There is **no safe level for alcohol or tobacco**. Even a small amount is harmful to your body and put your health at risk

B

School children are the main target for the tobacco and alcohol industry

C

The **'weak'** are trapped by tobacco and alcohol. We have to help them

D

Do not experiment with tobacco. Tobacco is addictive. You will not be able to STOP

E

Tobacco and alcohol is most harmful to children, adolescents and young adults

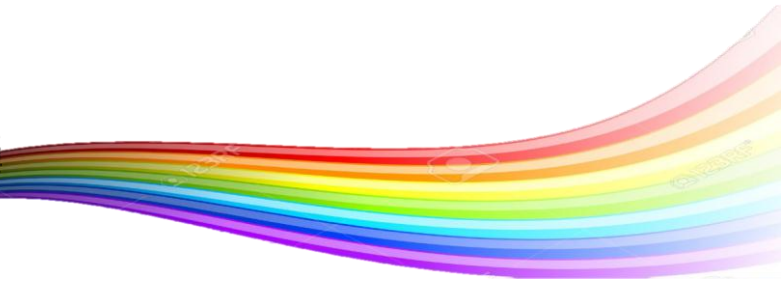
Tell your friends not to be fooled.

Decision makers of 'Tobacco and Alcohol Companies' do not smoke the cigarettes or drink the alcohol they produce.



CHAPTER 5

SUPER 8 I CARE FOR MY PARENTS

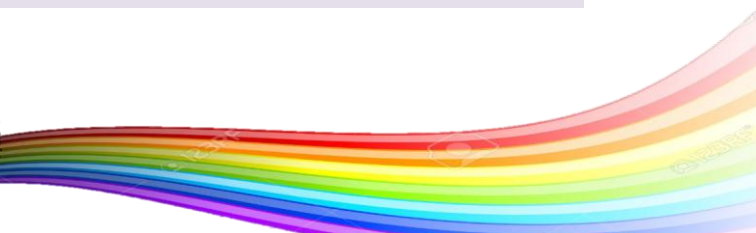




Super 8 are simple targets to remain healthy and prevent non communicable health conditions like Diabetes, High Blood pressure, Stroke, Heart attacks, Cancer.

Figure 6:1 Super 8 targets

1.	Weight for height (BMI) – Maintain your Body Mass Index (BMI) between 18.5 - 24.9). Ideal is 23.
2.	Salt – REDUCE – not more than 1 tsp of salt per person per day
3.	Trans-fat – AVOID – know the foods with trans-fat and avoid
4.	Exercise – at least 30 minutes of moderate exercise per day - brisk walk is good
5.	Sugar – REDUCE – limit added sugar to 6 tsp per day in food and drinks (for those without diabetes)
6.	Fruit and Vegetables – FIVE A DAY – eat plenty, 400gm per person per day divided in the meals
7.	NO to tobacco and Alcohol
8.	Check Blood pressure – once a year - keep below 140/90



It should be my responsibility, to remain healthy and to look after my family.

This is the way I care for my parents...

Follow these simple targets...



I can take these targets home to my parents and family.



This simple tool can be used to assess how my family wants to be healthy.



I get my parents checked up every year, be active mentally and physically.

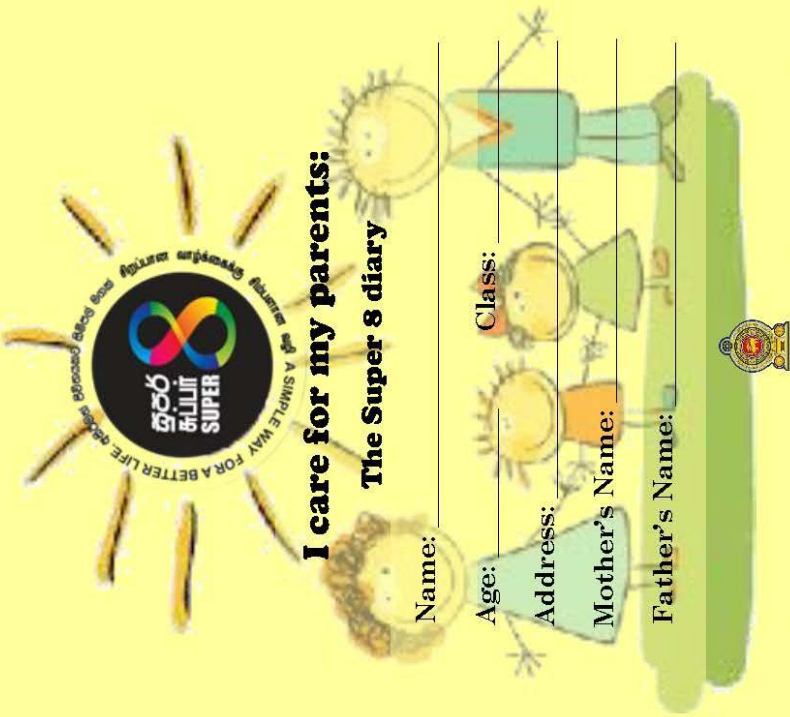


I need to discuss with them and see how all of us can be healthy.



The card shown in the next page can be used for this purpose.





I care for my parents: The Super 8 diary

Name: _____

Age: _____ Class: _____

Address: _____

Mother's Name: _____

Father's Name: _____



Ministry of Health, Nutrition & Indigenous Medicine
Sri Lanka

	<p>1. Maintain your Body Mass Index (BMI) between 18.5 to 24.9 (ideal is 23kg/m²) BMI is a simple way of checking your risk of getting diseases such as diabetes, high blood pressure, coronary heart disease and certain cancers that can occur with more body fat [BMI=weight(in Kg)/height² (in meters²)]</p>
	<p>2. Shake the salt habit! Limit your salt consumption to 1 teaspoon of salt per person per day. A 400g pack of salt should be sufficient for a family of four for 20 days. Tips: avoid processed foods, don't add salt to fresh fruits (achcharu) and don't add salt when boiling rice.</p>
	<p>3. Tackle trans fats! Avoid food with trans fats Avoid commercially prepared deep fried food, short eats, pastries, cakes and re-heated oil. Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels. They increase your risk of developing heart diseases, stroke and diabetes.</p>
	<p>4. Get moving!! Do at least 30 minutes of Moderate Physical Activity a day 5 days a week Includes brisk walking, aerobic exercises, cycling, swimming. Benefits: helps control weight, strengthens your muscles & bones, keeps you happier & more relaxed, reduces your risk of cardiovascular disease, diabetes and certain cancers</p>
	<p>5. Too much sugar is not sweet on your health! Limit your added sugar to not more than 6 teaspoons per non-diabetic person per day. Tip: High sugar foods include fizzy drinks, packaged fruit drinks, sweets, jams, canned fruit in syrup, ice cream</p>
	<p>6. 5-a-day!! Consume 5 servings of Fruits & Vegetables per day Recommended amount is 400 g of fruits and vegetables per person per day. Remember variety is good! (1 serving ~ 3 heaped tablespoons of vegetables)</p>
	<p>7. Avoid Smoking and Alcohol Smoking harms nearly every organ of the body and greatly increases your risk of developing coronary heart disease, stroke and cancer. It affects not just you, but those around you as well. Alcohol makes you prone to accidents and over time increases your chance of developing liver disease, high blood pressure, heart disease, stroke, cancer among others.</p>
	<p>8. Check your blood pressure at least once a year. Maintain it below 140/90mmHg</p>

School Health Programme.

We shall ensure getting the services provided by the School Health Programme. It promotes our own health and health of the family and community. It also let us optimally benefit from educational opportunities we get.

Conducted by:

- School and Adolescent Health Unit, Family Health Bureau, Ministry of Health
- Health and Nutrition Unit, Ministry of Education

The Activities of School Health & Nutrition Programme

Sanitary Survey	Inspection of water and toilet facilities of the school
School Medical Inspection (SMI)	Medical Inspection of Children (Height, Weight Body Mass Index , Nutritional Status, Hearing, Vision, Heart, Lung and other defects/ illnesses.) Referral to relevant Specialists Unit when necessary.
Immunization Programme	Children Vaccinated for DT/ OPV, aTd and MMR accordingly
Micronutrient Supplementation Programme	Children of Grade 1-13 are given 1 tablet of iron-folate and Vitamin C once a week for 24 Week
Worm Treatment	One tablet of Mebendazole 500mg is given to all children
Giving School Dental Services	Examination for oral health and dental care
School Canteen Inspection	School canteen are inspected whether the canteen supply clean and healthy food according to canteen circular.
Non Communicable Disease (NCD) Prevention Programmes	Conducting programmes at schools by NCD unit of Ministry of Health to promote healthy diet and to be physically active.
Sports and Exercise	Children should play at least one game in schools.
Health Curriculum and Health Text Book	Preparation of Health curriculum and writing health text books for grade 7-11
Health Promoting School Programme	Finding solution to health related issues by establishing a School Health Club and school Health Advisory Committee and delivering health messages to students.
Awareness Programmes/ Lecturers	Management and dietary advices on overweight, obesity, short stature, underweight or anemia and educated on Oral Hygiene, NCD, Child Abuse Prevention, Teenage Pregnancy prevention, Sexual and Reproductive Health (SRH) and Life Skills.
School Meal Programme.(Mid Day Meal programme)	Involved in preparation of menus and food inspection.



This booklet is intended to enhance simple and easy ways for healthy living;

- *Drinking water*
- *Healthy eating*
- *Be active*
- *Mental wellbeing*
- *Saving family and friends from Tobacco & Alcohol*
- *Super 8- I care for my parents*

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