

Partners in addressing NCDs and their economic, Psychosocial, cultural and political determinants

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Society for Local Integrated Development Nepal (SOLID Nepal)

- Established 15 years back
- Believes on Integration

Works on

- Health, education and development sectors
- Issues :
 - NCD Prevention and Control
 - Sexual and Reproductive Health

Working strategies

- Research to generate evidences
- Lobbying and Advocacy
- Training
- Networking
- Health Journalism
- Partnership with other NGOs

Activities

- | SRH | NCD |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Research and advocacy on the need of sexuality education • Conferences on young people's sexual health in Nepal • Capacity building • Manuals, books, pictorials, posters on SRH • Early Marriage and Early pregnancy prevention project | <ul style="list-style-type: none"> • STEPS Surveys at national and sub-national levels • Teachers Training Manual on NCD risk factors • Community based Awareness programme in three districts • Capacity building • NCD policy, strategies and action plan drafting • Physical fitness project in schools |

Bi-monthly magazine – Youvan Health Magazine (covers both the issues)

Some interesting experiences

- Khulduli.com –
 - >400 thousand questions (SMS) related to different kind of sexual health problems (premature ejaculation, masturbation, loss of libido, Erectile dysfunction, painful sex, dry sex, etc)
- Talk the talk
 - “Emotional health (focused on stress) and sexual life”
 - 2500 SMS/email received !!!

Future links

Chronic diseases and Sexual health

- Diabetes

50 % diabetic men and 25 % women experiences some kind of sexual health problems

CVD

Antihypertensive drugs decreases libido

So on.....so on



Diabetes and the Communities

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Community perceptions and behaviors

- 'only pill for every ill'
- Use of alcohol and tobacco – symbol of civilisation and modernization
- Junk foods- preferable snacks and reception cuisine
- Eating vegetables and fruits – low grade people

- Taking local food such as *Dhido, Roti* – prestige issue
- Eating polished and refined food – prestigious
- Use of lard for vegetable cooking
- Should not work at agriculture field after school graduation
- Sell vegetables and buy and take tobacco and alcohol

As a result

- Silent prevalence of Diabetes and other NCDs
- Stroke survivors – People with Disabilities in the communities
- Domestic and gender based violence

The way forward

- Behaviour Change –life style modification
 - associated with culture, tradition, beliefs and educational status
 - Requires multi-sectoral coordination and cooperation
- Takes time but change is possible
- Early detection and proper treatment
- Social mobilisation

Thank you so much for your active listening