



The 10,000 Toes Campaign presents:



# Health Keys



# What are NCD's

Welcome...

The term NCD's has been used more and more these days, but what is it really?

It stands for  
Non-communicable Diseases - but what does this really mean?

Before we dig into that - let's revise what we discussed last night.

We talked about the 7 dimensions of Wellness.

Those dimensions are:

1. Physically Energised – Caring for the body through nutrition, movement, rest, and healthy habits.
2. Mentally & Emotionally Thriving – Managing thoughts, emotions, and stress in life-giving ways.
3. Socially Connected – Building supportive, meaningful, and loving relationships.
4. Spiritually Empowered – Growing in faith, trust in God, and spiritual discipline.
5. Environmentally Attuned – Caring for our surroundings as stewards of God's creation.

6. Vocationally Enriched – Finding purpose, dignity, and service in work and calling.
7. Intellectually Engaged – Lifelong learning, curiosity, and wise decision-making.



Chronic disease develops when we are not living in harmony with these dimensions of health.

Maybe we implement a few aspects, but it is when these 7 dimensions are not fully applied into our daily lives, that the body becomes unbalanced and unwell.

# What do we face?

## Non-Communicable Disease (NCD)

- Diseases that do not spread like flu, chicken pox, malaria, etc.
- Not infections
- Long-term health struggles
- Long-term suffering and steal away quality of life.



Non-Communicable Diseases are diseases that are not transferred from one person to another by some form of contact. They are called NCD's for short.

- These diseases do not spread like, flu, malaria, or other infections.
- They usually result in long-term health struggles over many years
- They often cause long-term suffering and steal away quality of life

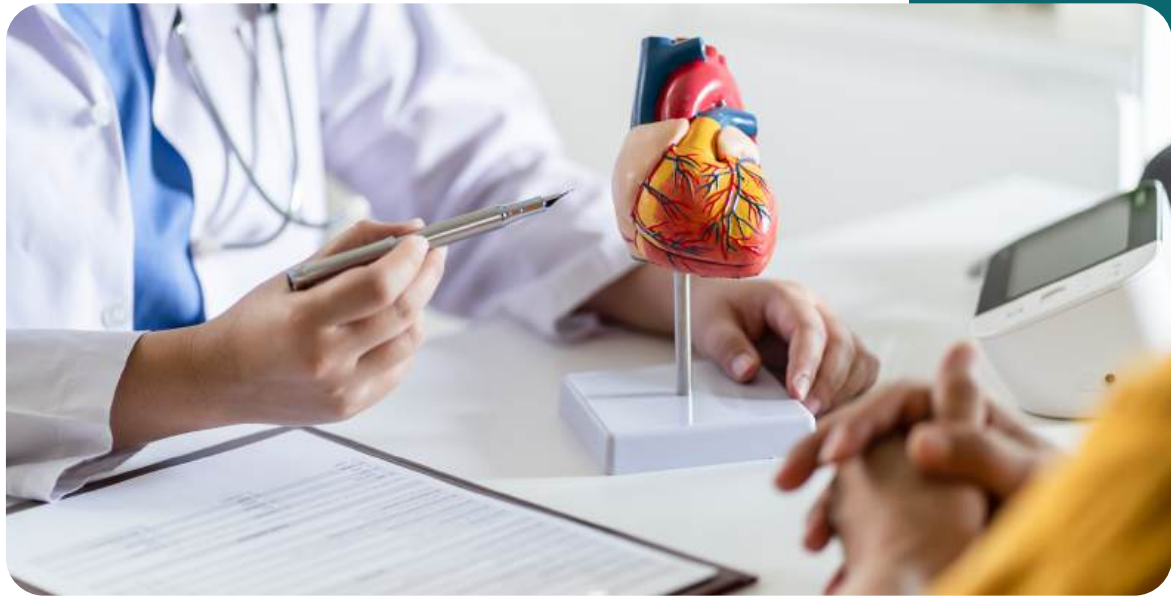
- **Over 40 million deaths every year**
- **Over 70% of all deaths in the whole world**
- **More than 80% of all the deaths in the Pacific islands!!!**

# 2026

Worldwide, more than 40 million people die as a result of NCDs every year. That is a huge number.

Over 70% of all deaths worldwide are related to NCD.

In the Pacific Islands, this number increases to more than 80% of all deaths relating to NCDs.



Perhaps you are familiar with how Heart Diseases affect your body, causing:

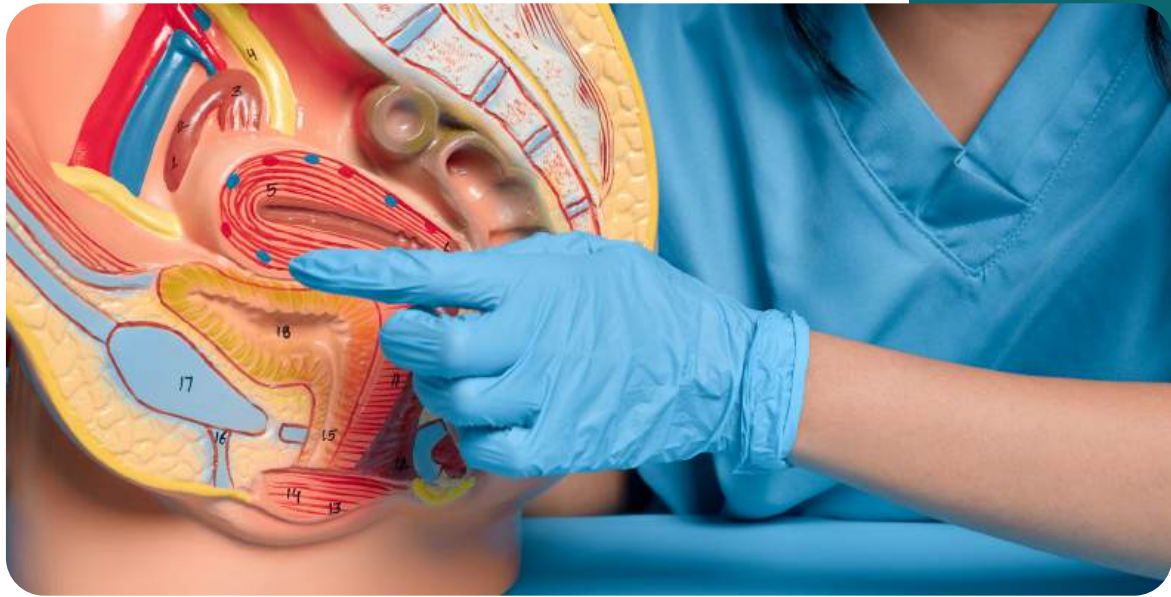
- shortness of breath
- reduced ability to exercise
- difficulty sleeping flat
- swollen feet
- fatigue
- headaches
- blood pressure changes
- other organ disease (e.g. kidney disease)



How about Kidney Diseases:

- reduced urine
- too much urine
- fatigue
- dizziness
- confusion
- swelling
- etc.

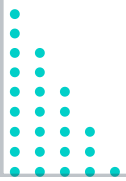




What about Cancers. You can experience various changes in your body depending on the type of cancer, including:

- weight loss
- loss of appetite
- diarrhoea
- constipation
- bleeding
- tumours
- fatigue
- anaemia and other blood conditions
- etc.

# The list goes on...



There are many more chronic non-communicable diseases...

Most commonly we know about:

high blood pressure  
(hypertension),

which is actually not a disease in itself

but a sign of diseased veins/arteries and a very serious problem with the cardiovascular system.



- ➔ New amputation every 20min!
- ➔ One of the fastest growing chronic diseases worldwide.

Did you know that every 20 minutes, somewhere in the Pacific, someone loses a limb because of diabetes?

And it's now one of the fastest growing chronic diseases in the world.



# Disease Affects Everyone

But this is not just about statistics.

It is about families, communities...

It is about each one of us.

Because who doesn't want to live life to the full?



# Prevent



# Improve



The good news is:

70-90% of chronic diseases are preventable and can be improved through lifestyle choices!

That is huge!!



# Daily Choices

Every daily choice we make

- what we eat
- how we move
- how we rest

... each choice has incredible power over our health!



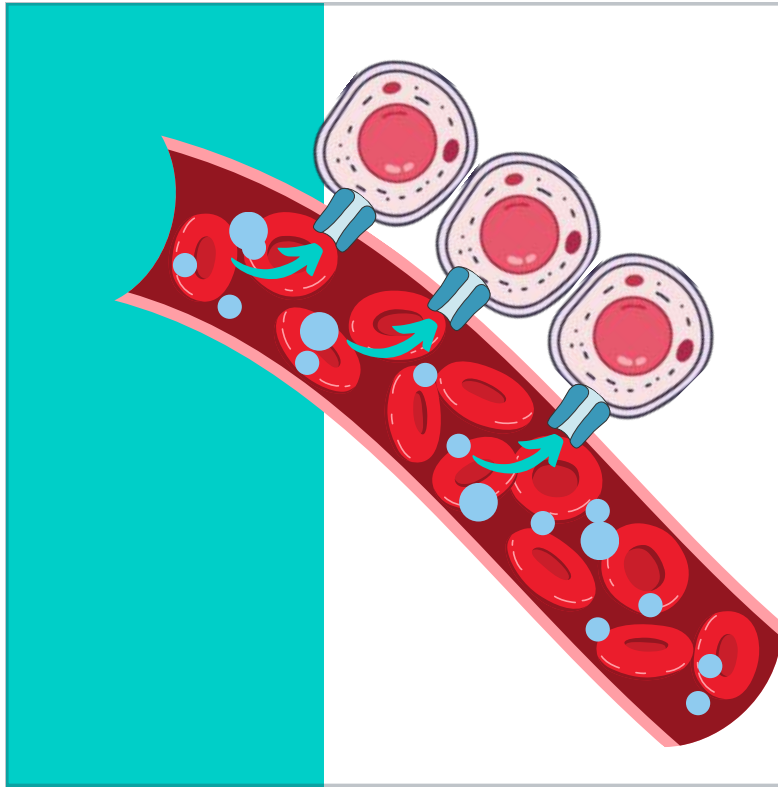
# TEST



The thing is - before we can make changes, we need to know where we stand.

Many people live with diabetes without even knowing it.

This is why the 10,000 Toes Campaign and many other organisations, recognise that testing is so important.



# Sugar trapped in blood vessels

Let's take a step back.

What exactly is Diabetes? What makes it so dangerous?

Well to put it very simply:

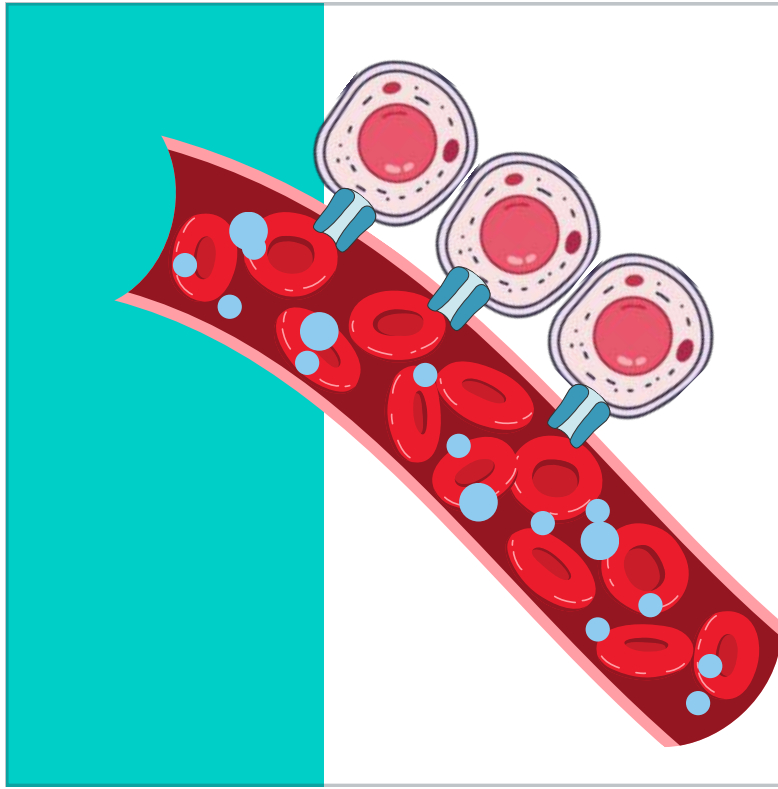
Cells are tiny building blocks that form the structure of all the different parts of our bodies.

Like skin cells,  
Kidney cells,  
Liver cells,  
And so on.

But cells need energy, and they use sugar like petrol to create energy for all the jobs that each cell must do.

Sugar enters cells through little channels (like little gates) but those little channels need to be open for sugar to get into the cells.





# Sugar trapped in blood vessels

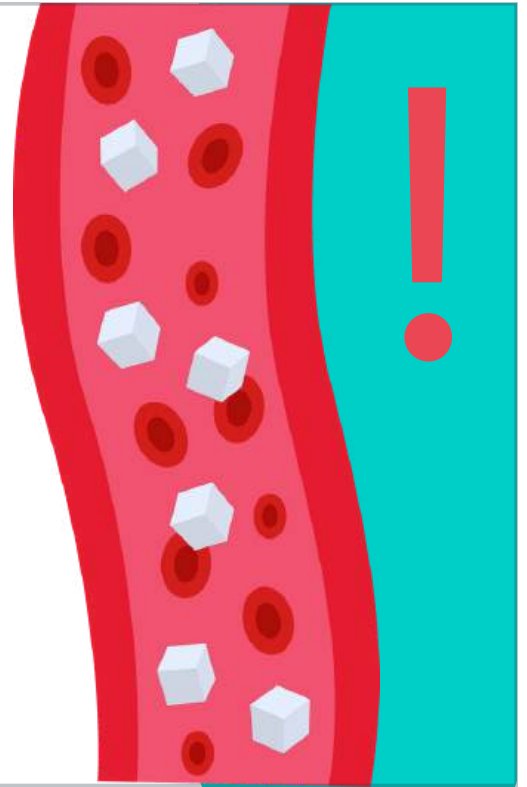
INSULIN is the key that opens those channels.

When insulin does not work properly, or if there is not enough insulin, then those channels can't open...

And that means that sugar can't move from the blood into the cells.

When there is too much sugar in the blood, and not enough sugar getting into cells, we call it DIABETES!

- ➔ Thirst
- ➔ Increased urine
- ➔ Poor vision
- ➔ Fatigue
- ➔ Poor wound healing
- ➔ Tingling / numbness



When I have too much sugar in my blood, this sugar causes damage to my arteries and veins.

All this damage and extra sugar in my blood:

- causes me to feel thirsty
- causes me to drink and drink
- causes me to go to the toilet more frequently
- it causes blurry vision

What is more, is that the sugar is in my blood, not in my cells where it provides energy. This causes me to

- feel extra tired
- my cells can't repair damage, so my cuts and scrapes and wounds take much longer to heal
- my nerves are damaged so I get tingling and numbness in my hands and feet

These are all warning signals - signs that something isn't working the way it was designed to work!

# Designed to heal



Speaking of design...

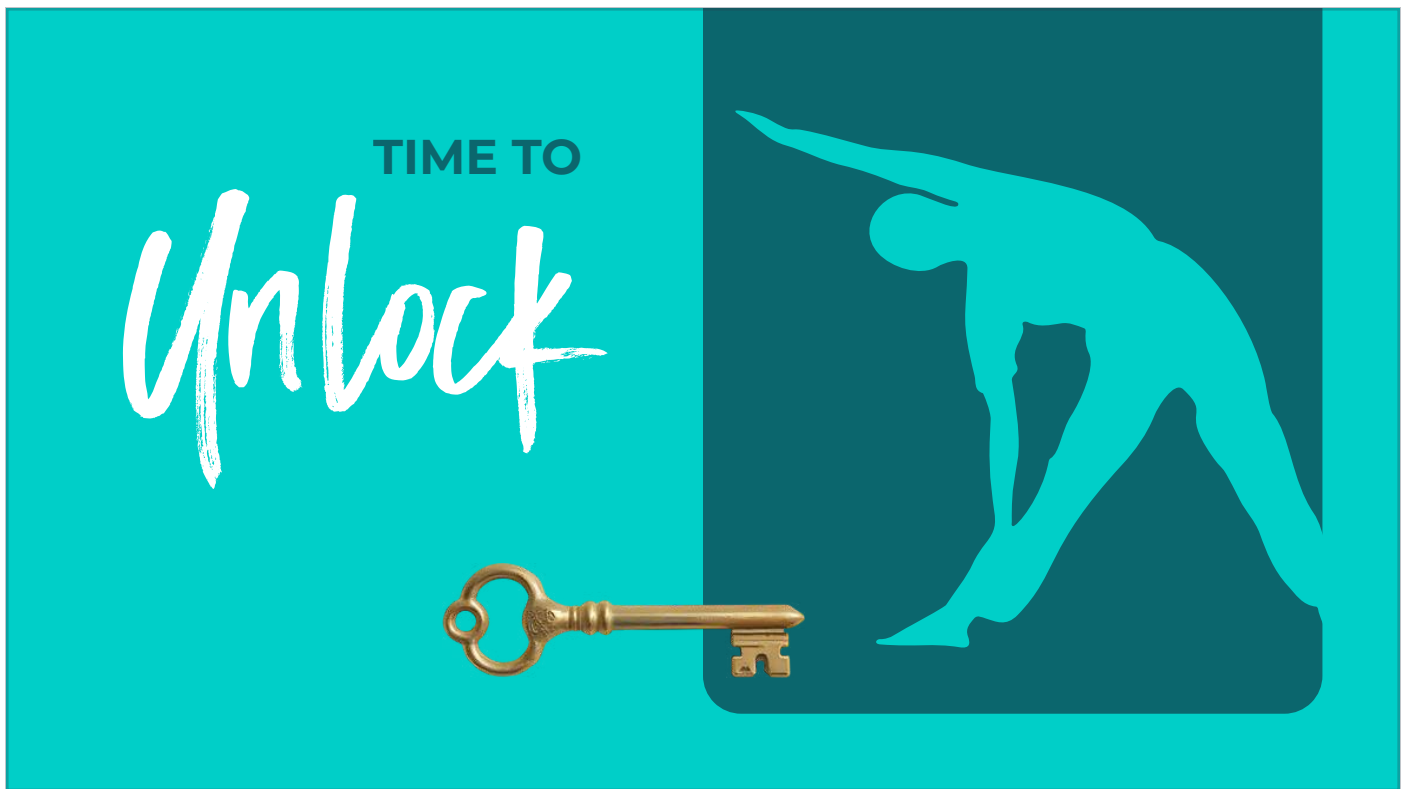
There is more good news!

Our bodies were designed to heal, and we learned last night about God's perfect, organised creation plan

We can take courage that God designed our body with capacity to respond when we work with (not against) the healing God has designed them to do.

Over the next few nights we will continue exploring keys to health.

Keys - practical, simple ways to support healing.



Do you recall the challenge we had last night?

Continue what you began - those extra glasses of water are necessary every single day, not just during our 24 hour challenge!

Are you ready for another challenge?

Our next challenge is to spend at least 20-30 minutes being active.

This can be

- taking a walk
- doing laundry
- gardening (excellent)

Diabetes, and no NCD for that matter - none of these diseases happen overnight, and neither does health.

But every small step in the right direction is a step toward life.



# Want to unlock **more?**



## REACH OUT!

If you would like support in your health journey, please join me at the end of the program, for a chat.