



ADAPTING TO ENVIRONMENTAL CHALLENGES:
MIGATING NON-COMMUNICABLE DISEASE (NCD) THROUGH COMMUNITY-BASED
OCCUPATIONAL THERAPY IN RURAL REGION

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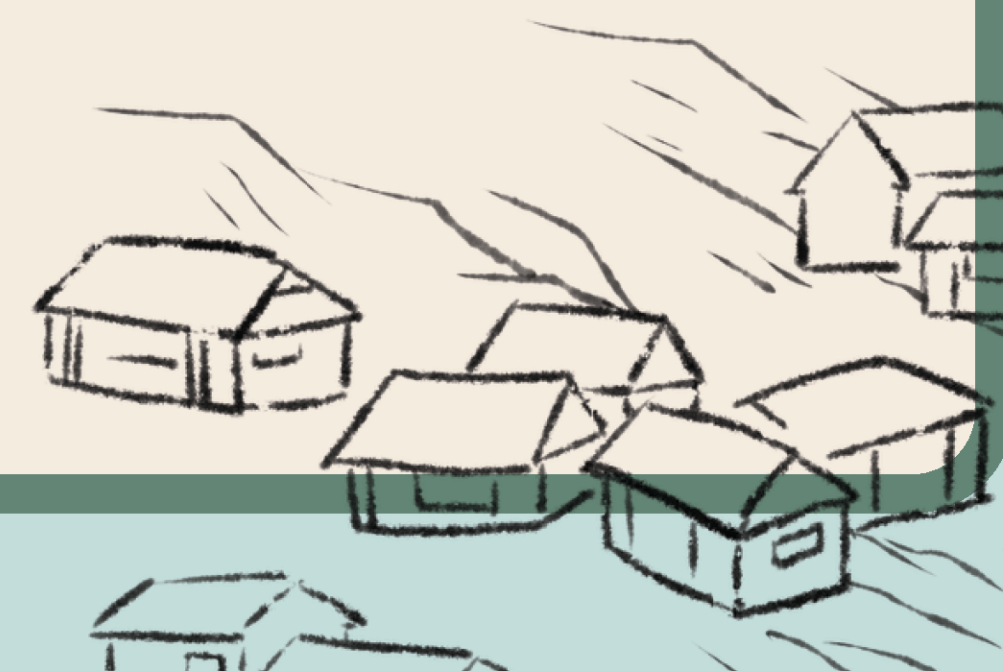


ROMANA ASLAM



BACKGROUND INFORMATION

- Climate change → rising Non-Communicable Disease (NCD) burden
- (74% of global deaths; 62% in South-East Asia; 58% in Pakistan)
- Tharparkar District: 1.7 million population; 20% of Non-Communicable Disease (NCD) cases linked to environmental stressors
- Community-Based Participatory Research (CBPR) strengthens climate resilience and occupational performance
- One Health approach: integrates human health, environmental health, and community well-being



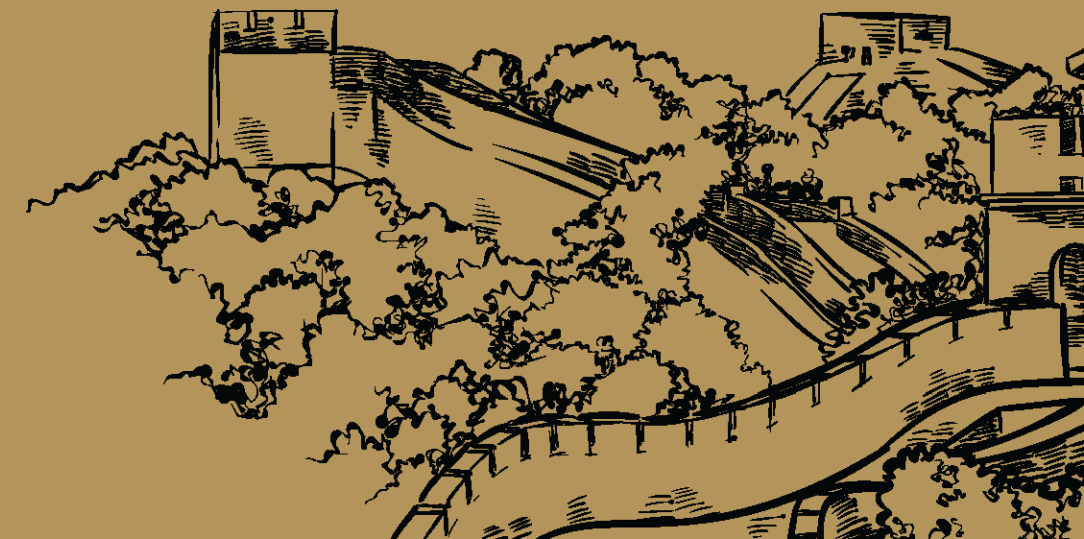
STUDY DESIGN



Study Design	Mixed methods and Participatory Action research
Duration	2 years
Participants	3 Healthcare Professionals each, (RHC, PHC, DHQ) and 20 high school students.
Activities	Advocacy, workshops, cleanups, and health education.

DATA COLLECTION TOOLS

- Canadian Occupational Performance Measure (COPM)
- Climate Resilience Checklist
- World Health Organisation STEP wise Approach to Surveillance (WHO STEPS) – Non-Communicable Disease risk factors.
- Participatory Rural Appraisal (PRA) – Workshops and interviews



QUANTITATIVE RESULTS (6 MONTHS)

Condition	Prevalence (%)
Diabetes	18.9%
Hypertension	19%
Malaria/Dengue	19.1%
Asthma	19.2%

- **World Health Organization STEPwise Approach to Surveillance (WHO STEPS): Reduced Non-Communicable Disease risk behaviors**
- **Canadian Occupational Performance Measure (COPM): Increased occupational performance and satisfaction scores**

QUALITATIVE FINDINGS

Key Themes:

- Environmental stressors (air pollution, water contamination, deforestation)
- Community empowerment through One Health ambassadors
- Sustainable practices (tree planting, environmentally friendly waste management)
- Improved awareness of Non-Communicable Disease (NCD) prevention

Quote example:

- “Planting trees gave us hope for healthier futures.”

KEY OUTCOMES

- Health improvements: Reduced hypertension and respiratory complaints
- Occupational performance gains: Improved independence and daily functioning
- Climate resilience: Community-led conservation and environmental advocacy
- Twenty-nine Community-Based Occupational Therapy (CBOT) youth ambassadors sustaining One Health practices

IMPLICATIONS & CONCLUSION

- Strengthened preventive services and rural Non-Communicable Disease (NCD) mitigation
- One Health approach: Integrates human health, environmental health, and Community-Based Occupational Therapy (CBOT)
- Climate change drives Non-Communicable Diseases (NCDs); CBOT offers an effective community response
- Participatory, sustainable interventions improve resilience and well-being



ACKNOWLEDGMENTS

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- STAKEHOLDERS SUPPORTING ONE HEALTH ADVOCACY.



REFERENCES



ANY QUESTIONS





Thank You!