

The relevance of

Non communicable Diseases



*Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment*



**World Health
Organization**

“....The Japanese smoke a lot and suffer fewer heart attacks than Australians or New Zealanders; The French eat a lot of fat and also suffer fewer heart attacks than Australians or New Zealanders; The Italians drink a lot of wine and also suffer fewer heart attacks than Australians or New Zealanders....”

Conclusion??



*Eat, drink and smoke and enjoy the way
French, Italians and Japanese do...*

*...Actually it is speaking English that gives so
many heart attacks to Australians and New
Zealanders!!*



Basics....

- Communicable / Infectious / Contagious disease (Epidemiological triad)
- Non-communicable disease
- Risk Factor
 - Criteria
 - Additive/cumulative/multiplicative effect
 - Modifiable/non-modifiable
- Risk-group approach



Box - 3 : What Socio-Environmental Changes have Led to Increasingly Unhealthy Lifestyles in Populations

Rapid Industrialisation / Market economy

Increased global earnings

Materialism / consumerism

Mechanisation

Ad - Driven Competitive Food Industry

TV, Cables, VCDs

Computers, Internet

Increasing market of tobacco and alcohol, more so driven by ads

Academic competitiveness among children

Career Competitiveness

Migration towards urban areas

Loss of traditional "cushion" provided by traditional family life

Prove your capabilities by pushing the files! Compounded by InfoTech



Key Messages

1. Noncommunicable diseases in developing countries are a **major public health and socio-economic problem**. They are the major challenge to development in the 21st century.
2. **Affordable solutions exist** to prevent 40 to 50% of premature deaths from noncommunicable diseases, which could save an estimated 14 million lives per year in developing countries.
3. Noncommunicable diseases should **no longer be excluded from global discussions on development**.
4. WHO is establishing the **Global Noncommunicable Disease Network** (NCDnet) to promote collaborative action to support developing countries in addressing noncommunicable diseases.





Noncommunicable diseases in developing countries are a major public health and socio-economic problem

The major challenge to development in the 21st century
















*Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment*



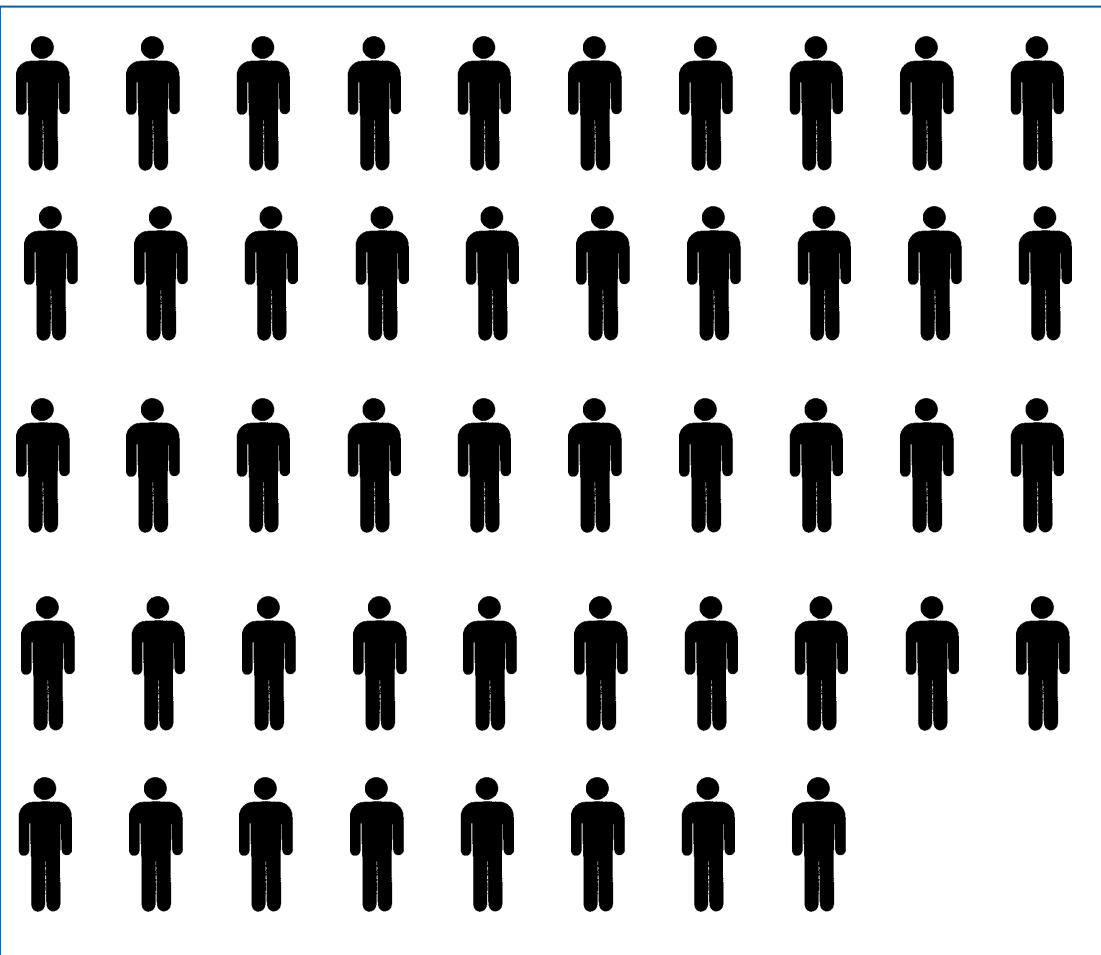
**World Health
Organization**

Noncommunicable Diseases

4 Diseases, 4 Modifiable Shared Risk Factors

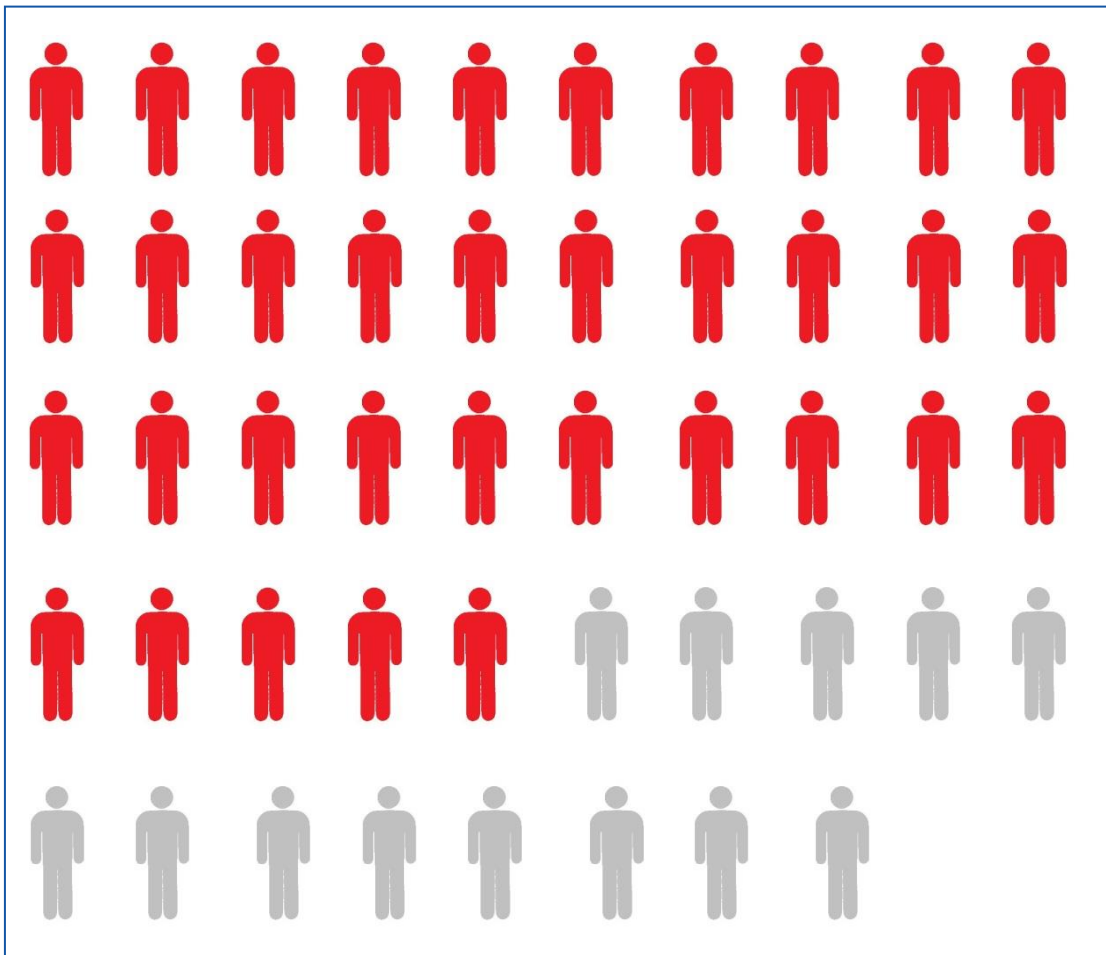
	Tobacco Use	Unhealthy diets	Physical Inactivity	Harmful Use of Alcohol
Cardio-vascular				
Diabetes				
Cancer				
Chronic Respiratory				





Total deaths around the world:
58 million

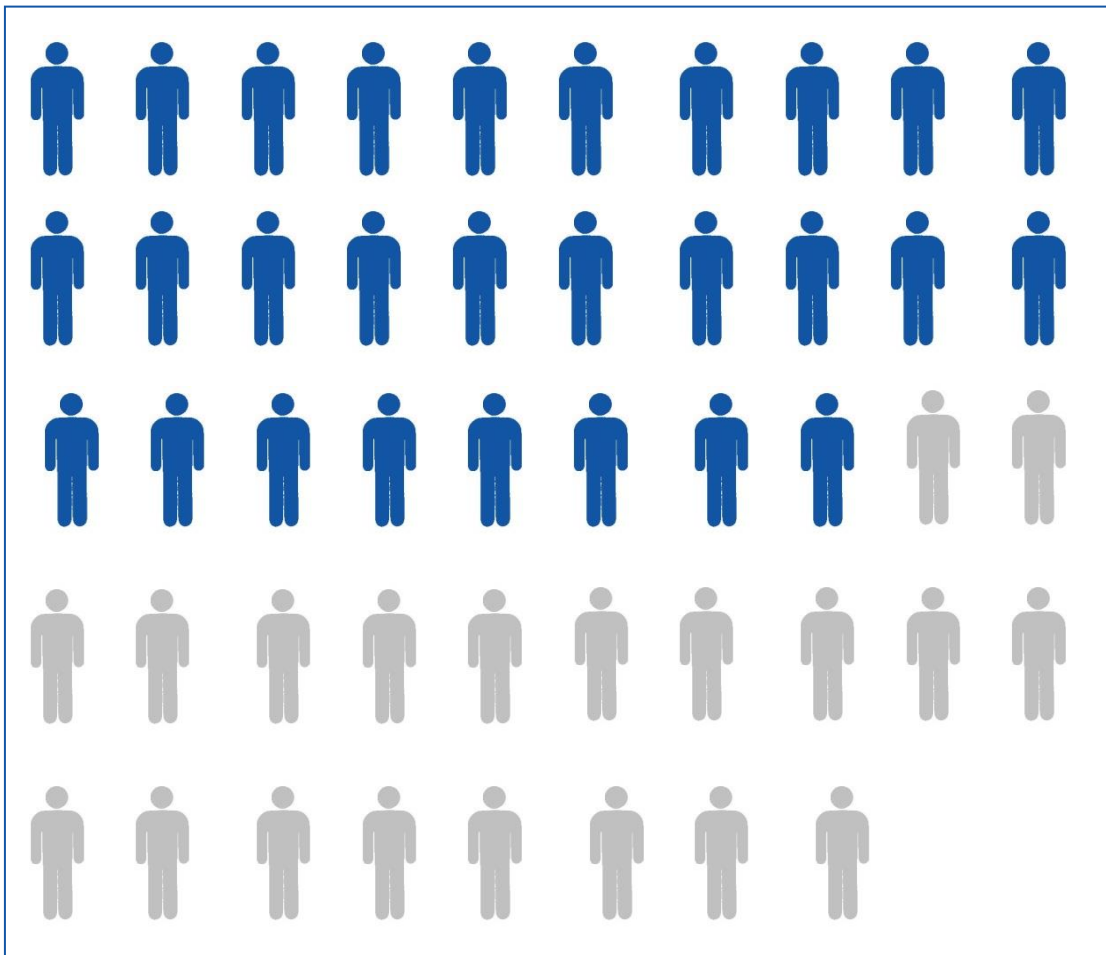




Total deaths around the world:
58 million

Deaths from noncommunicable
diseases around the world:
35 million



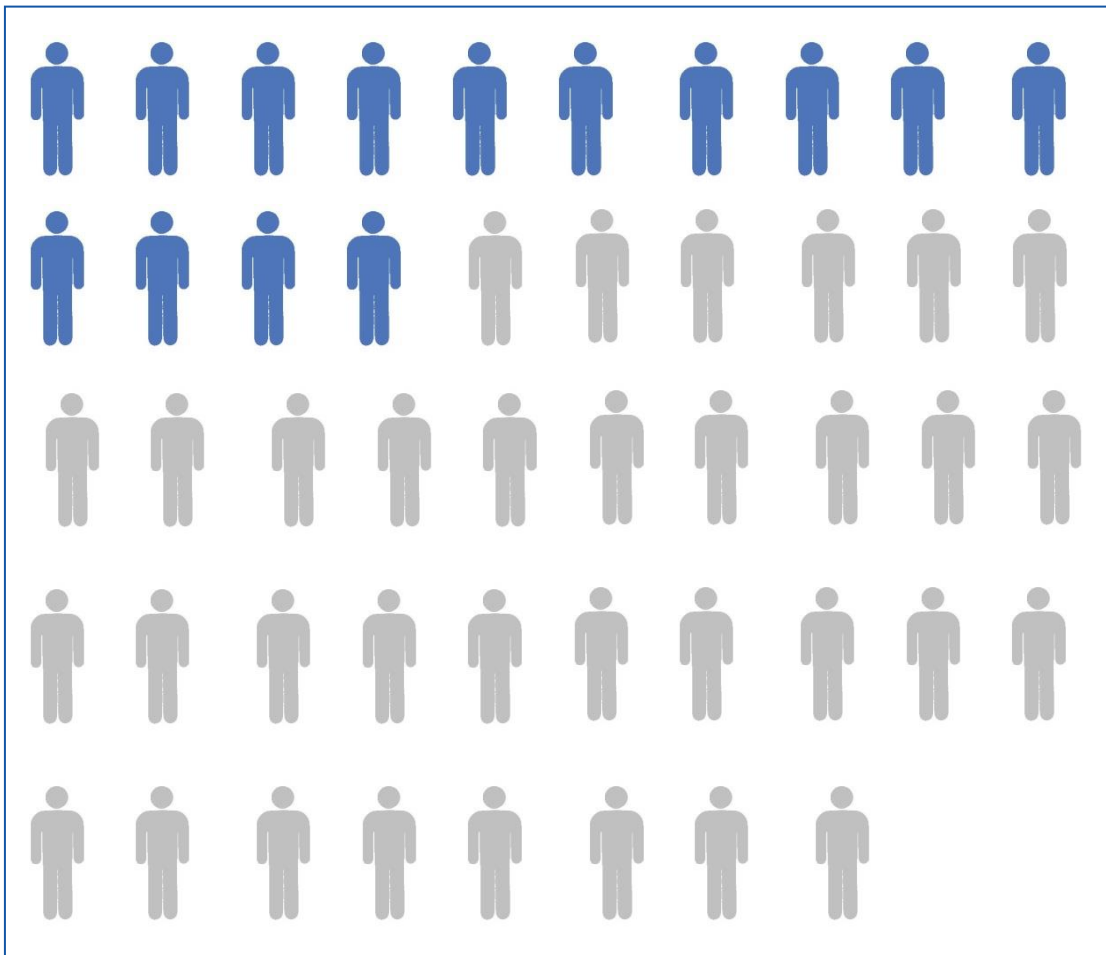


Total deaths around the world:
58 million

Deaths from noncommunicable
diseases around the world:
35 million

Deaths from noncommunicable
diseases in developing
countries:
28 million





Total deaths around the world:
58 million

Deaths from noncommunicable
diseases around the world:
35 million

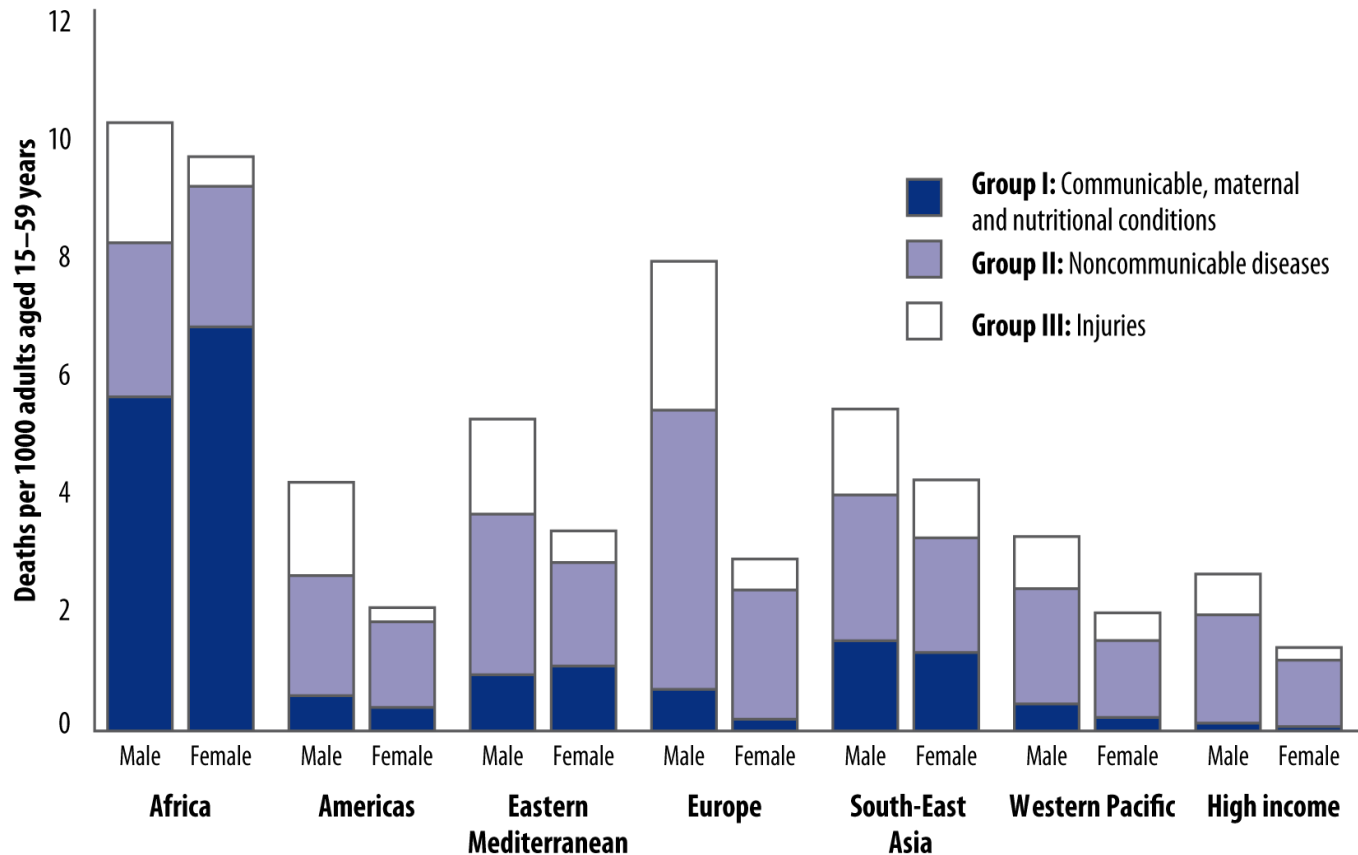
Deaths from noncommunicable
diseases in developing
countries:
28 million

Deaths from noncommunicable
diseases in developing
countries which could have
been prevented: an estimated
14 million



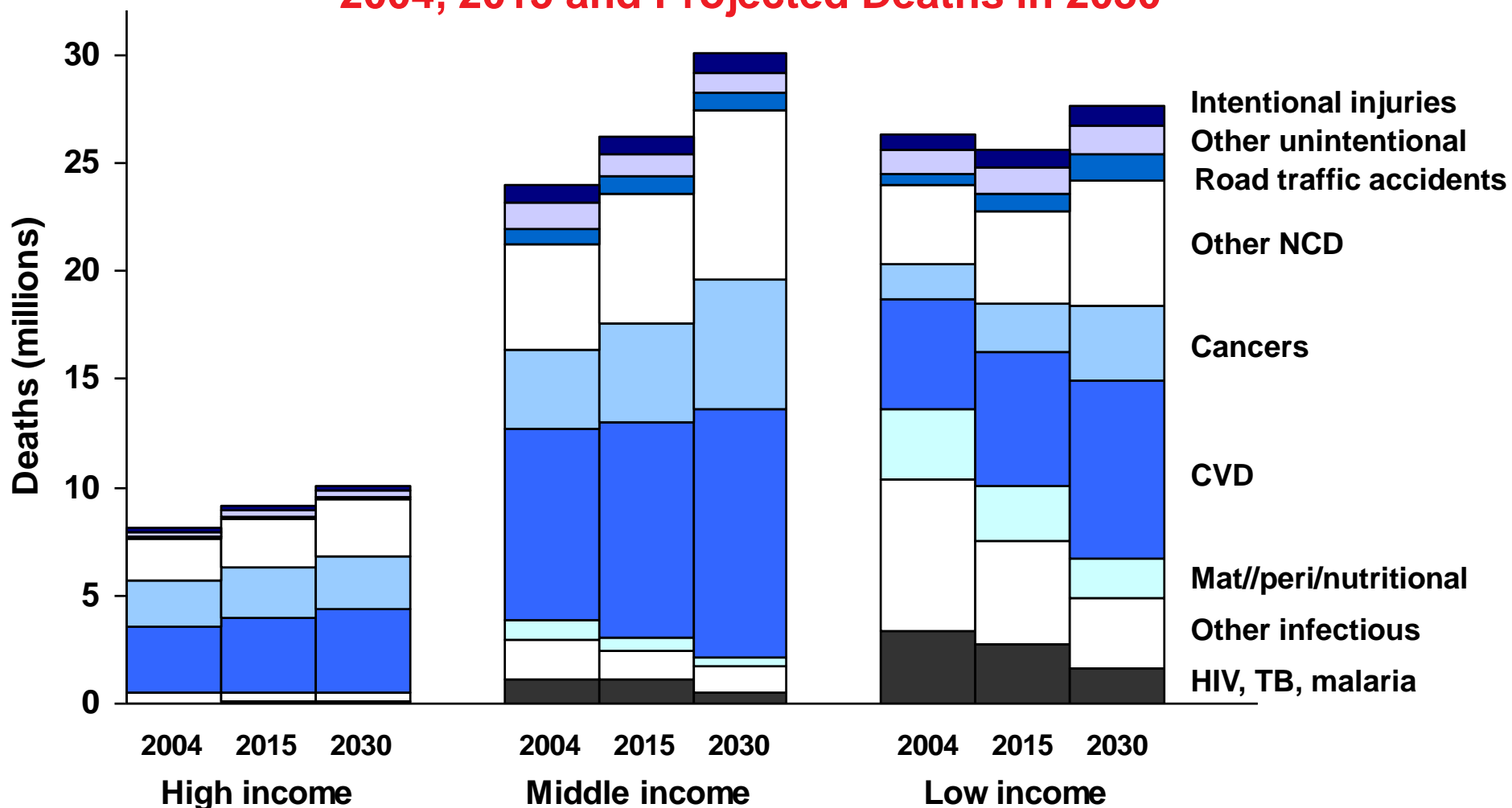
Noncommunicable Diseases

Mortality among men and women aged 15-59 years (2004)



Non-communicable Diseases

2004, 2015 and Projected Deaths in 2030



Noncommunicable Diseases

Death trends (2006-2015)

Geographical regions (WHO classification)	2005		2006-2015 (cumulative)		
	Total deaths (millions)	NCD deaths (millions)	NCD deaths (millions)	Trend: Death from infectious disease	Trend: Death from NCD
Africa	10.8	2.5	28	+6%	+27%
Americas	6.2	4.8	53	-8%	+17%
Eastern Mediterranean	4.3	2.2	25	-10%	+25%
Europe	9.8	8.5	88	+7%	+4%
South-East Asia	14.7	8.0	89	-16%	+21%
Western Pacific	12.4	9.7	105	+1	+20%
	58.2	35.7	388	-3%	+17%

WHO Chronic Disease Report, 2005

WHO projects that over the next 10 years, the largest increase in deaths from cardiovascular disease, cancer, respiratory disease and diabetes will occur in developing countries.



Noncommunicable Diseases

Socio-economic Impact

Macro-economic impact:

- World Economic Forum estimates high risk and likelihood of **negative economic impact** from noncommunicable diseases
- Heart disease stroke and diabetes alone estimated to **reduce GDP between 1-5%** in developing countries

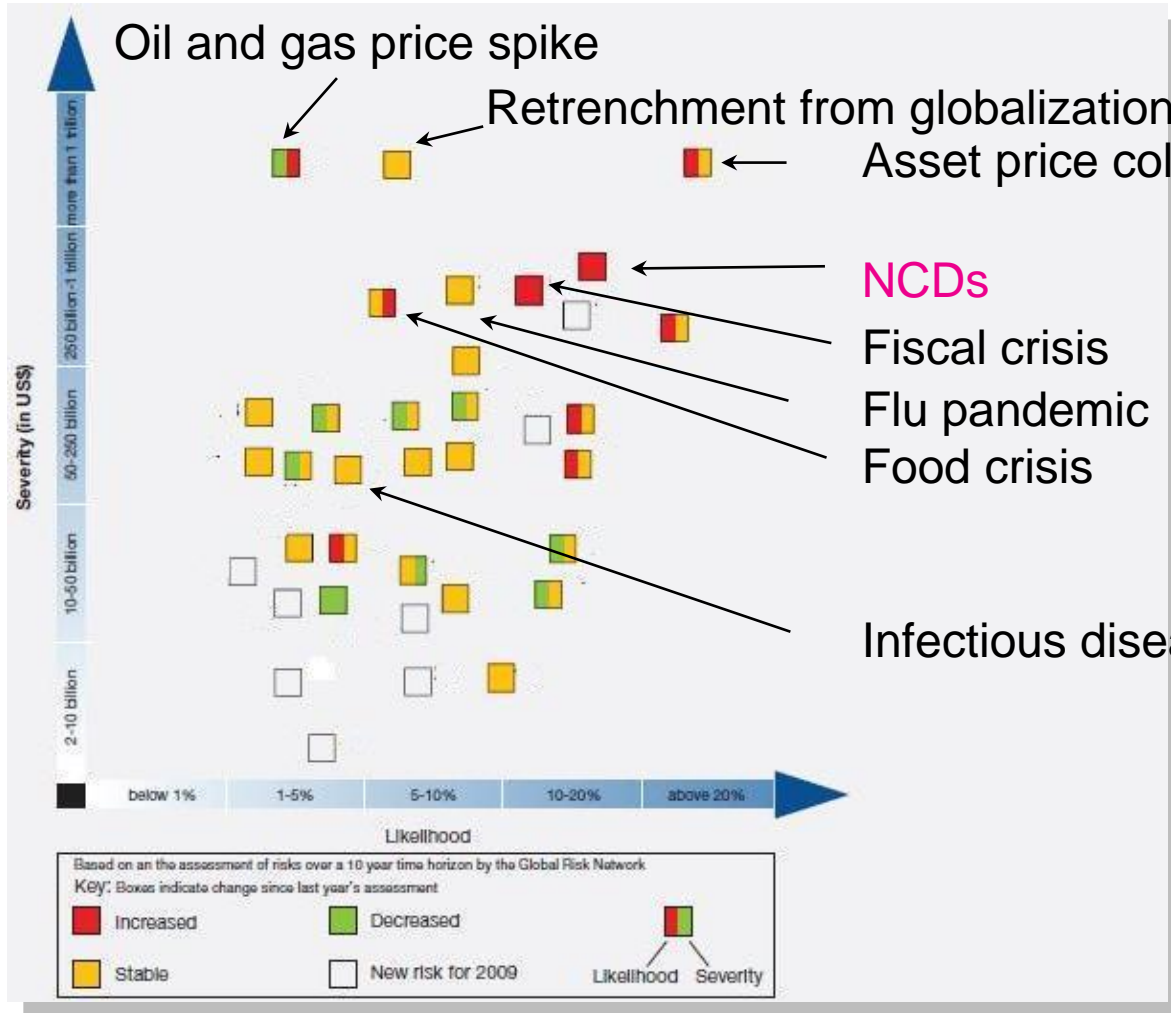
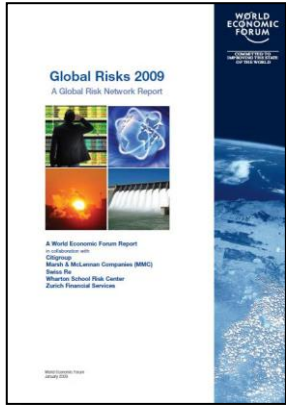
Impact at household level:

- World Bank estimates that one-third of people living on US\$1-2 a day **die prematurely** of noncommunicable diseases
- People in developing countries **die younger** from noncommunicable diseases, often in their most productive years
- Low-income households suffer from the **cost of long term treatment** and the cost of unhealthy behaviours
 - Cost of caring for a family member with diabetes can be 23% of low-income household
 - Poorest households spend more than 10% of their income on tobacco
 - Cost of essential drugs to treat and cure cancer makes them unaffordable for the poor



Noncommunicable Diseases

World Economic Forum: Global Risk Assessment 2009



Noncommunicable Diseases

Macro-economic Impact: Lost National Income

Lost national income from premature deaths due to heart disease, stroke and diabetes	2005	2006-2015 (cumulative)
Countries	Lost national income (billions)	Lost national income (billions)
Brazil	3	49
China	18	558
India	9	237
Nigeria	0.4	8
Pakistan	1	31
Russian Federation	11	303
Tanzania	0.1	3

(WHO Chronic Disease Report, 2005)

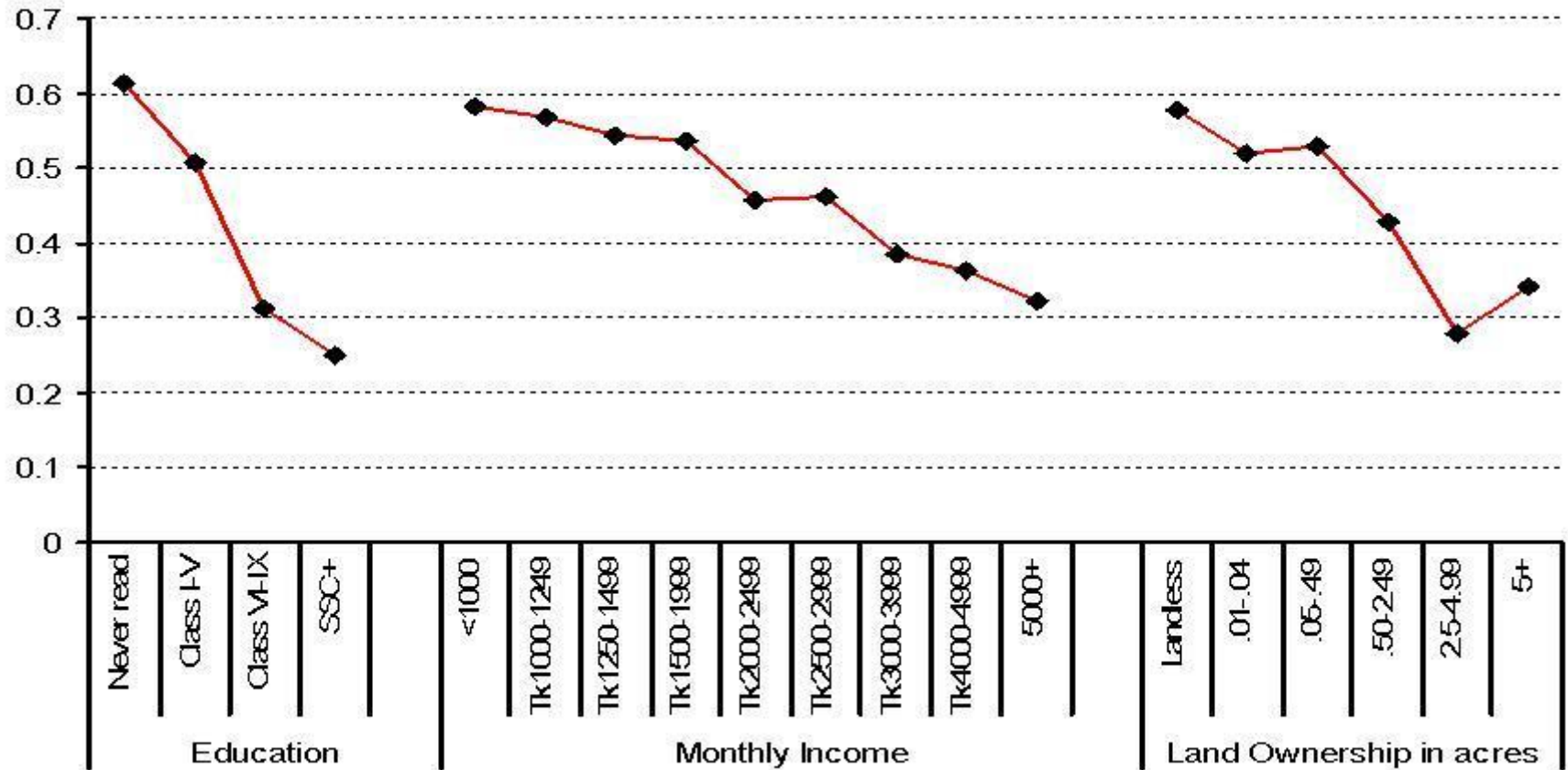
WHO: "Heart disease, stroke and diabetes alone are estimated to reduce GDP between 1 to 5% per year in developing countries experiencing rapid economic growth"



Noncommunicable Diseases

Tobacco: The poorest people smoke the most

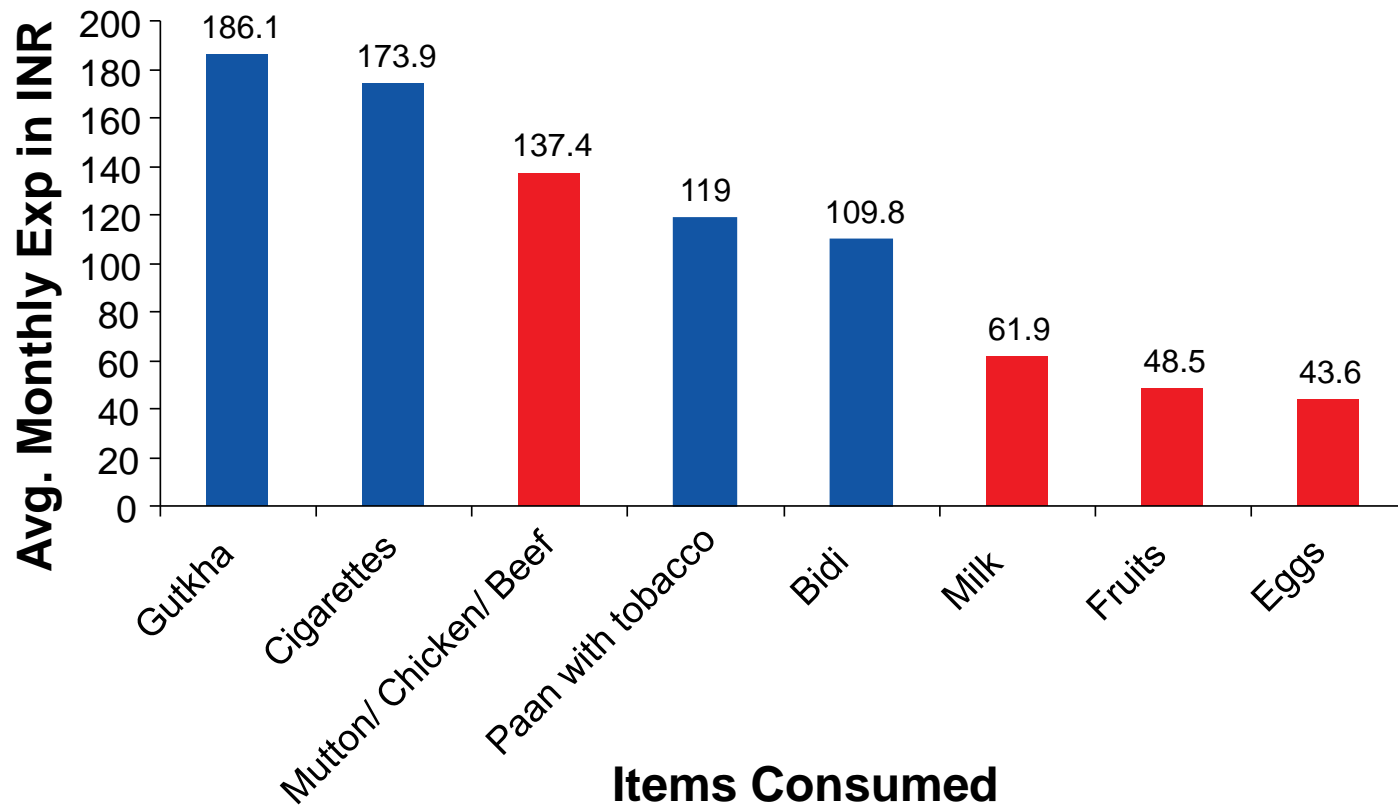
Smoking prevalence in Bangladesh (1995)



Noncommunicable Diseases

Tobacco: Behaviours associated with risk factors are costly

Monthly household expenditure of tobacco vs. nutritious food among street children in Mumbai (India)





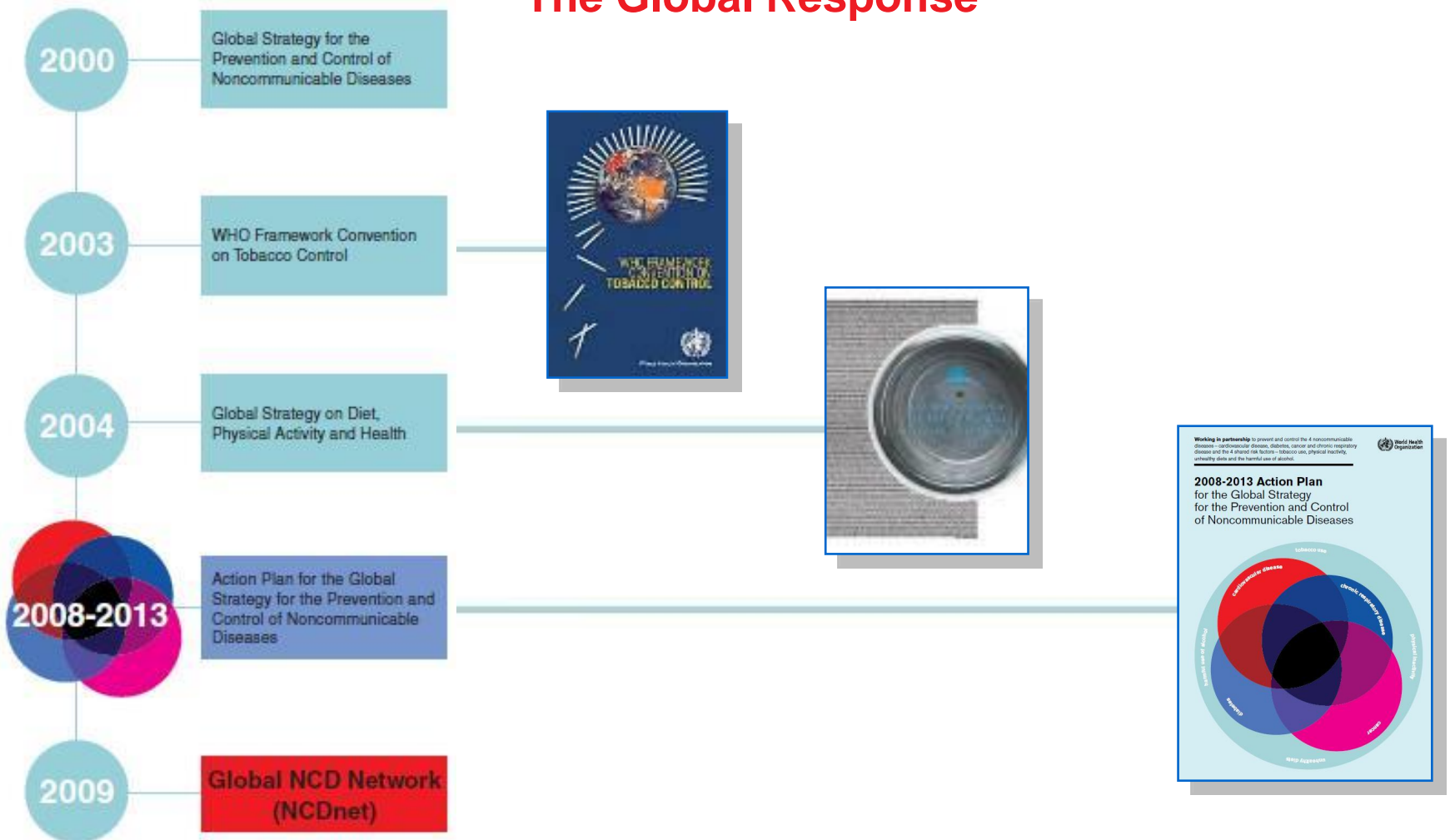
Affordable solutions exist to
prevent 40 to 50% of premature deaths
from noncommunicable diseases

**These solutions can prevent an estimated
14 million premature deaths each year
in developing countries**



Noncommunicable Diseases

The Global Response



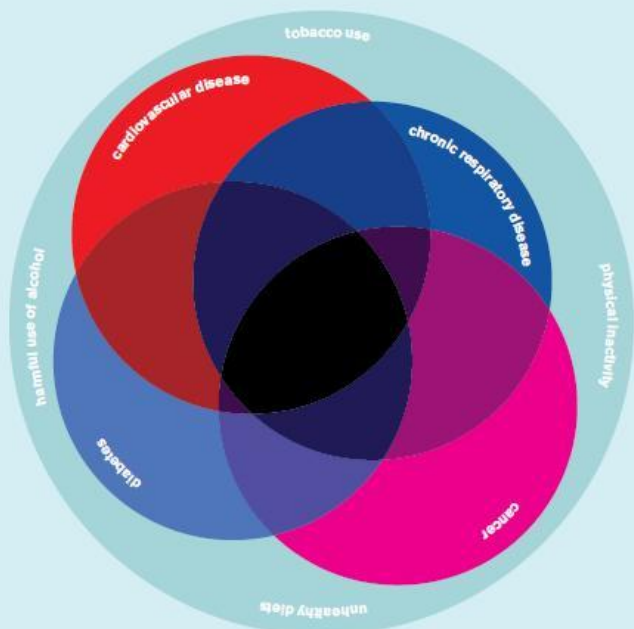
Noncommunicable Diseases

Global Action Plan 2008-2013: Six Objectives

Working in partnership to prevent and control the 4 noncommunicable diseases – cardiovascular disease, diabetes, cancer and chronic respiratory disease and the 4 shared risk factors – tobacco use, physical inactivity, unhealthy diets and the harmful use of alcohol.



2008-2013 Action Plan
for the Global Strategy
for the Prevention and Control
of Noncommunicable Diseases



1. Integrating NCD prevention into the development agenda, and into policies across all government departments
2. Establishing and strengthening national policies and programmes
3. Reducing and preventing risk factors
4. Prioritizing research on prevention and health care
5. Strengthening partnerships
6. Monitoring NCD trends and assessing progress made at country level

Under each of the 6 objectives, there are sets of actions for member states, WHO Secretariat and international partners



Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment



World Health Organization



Noncommunicable Diseases

Proven National Policies and Plans

Strengthening health care for people with noncommunicable diseases:

- Early detection of hypertension and other risk factors reduce heart disease mortality 35-60%
- Multi-drug regimens for patients reduce risk of heart disease and stroke
- Early detection and treatment of cancers account for 30-80% reduction in mortality
- Universal access to preventive and curative care essential

Reducing the level of exposure of individuals and populations to risk factors:

- Tobacco use
- Unhealthy diet
- Physical inactivity
- Harmful use of alcohol



Noncommunicable Diseases

Selected Multi-sectoral Approaches to Reduce Tobacco Use

- Increase tax rates for tobacco products
 - Enact and enforce completely smoke-free environments
 - Make tobacco cessation advice available as part of primary health care
 - Require effective package warning labels
 - Enact and enforce legislation to ban any form of direct and indirect tobacco advertising, promotion and sponsorship
 - Obtain free media coverage of anti-tobacco activities
 - Implement counter-tobacco advertising
 - Strengthen tax administration to reduce illicit trade in tobacco products
-
- For more information please refer to the Framework Convention on Tobacco Control



Noncommunicable Diseases

Selected Multi-sectoral Approaches to Reduce Unhealthy Diet

- Reduce trans fatty acids and salt
 - Restrict availability of energy dense foods and high calorie non-alcoholic beverages
 - Increase availability of healthier foods including fruits and vegetables
 - Practice of responsible marketing to reduce impact of unhealthy foods to children
 - Make healthy options available and affordable
 - Provide simple, clear and consistent food labels that are consumer friendly
 - Reshape industry to introduce new products with better nutritional value
-
- For more information please refer to the Global Strategy on Diet Physical Activity and Health





Noncommunicable diseases should no longer be excluded from global discussions on development



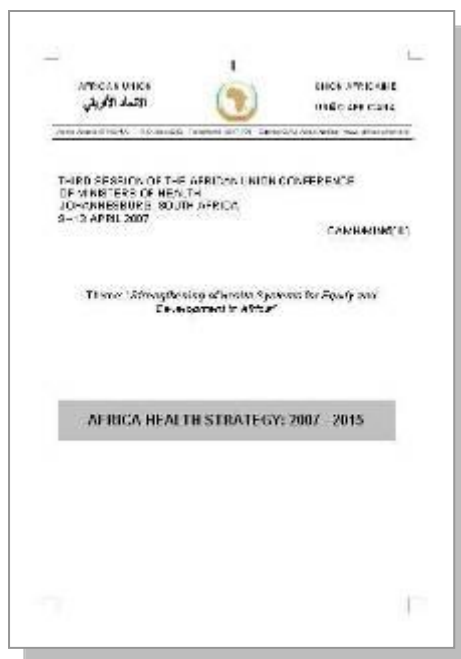
Noncommunicable Diseases

Developing countries are setting the agenda



African Union - Africa Health Strategy 2007-2015:

- The alarming rate of growth of the burden of both death and disability from NCDs in Africa is ever more recognised.
- Hypertension, stroke, diabetes, chronic respiratory disease and the consequences of tobacco use, alcohol abuse and illicit drugs, are growing as serious public health challenges.
- Each country needs to define, cost and implement a basic health care package that address the major part of its disease burden through appropriate interventions using an integrated approach. The interventions would take care of the priority health problems both communicable and NCDs.



National Programme for Prevention and Control of Diabetes, Cardiovascular Disease and Stroke



*Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment*



**World Health
Organization**

Noncommunicable Diseases

Developing countries are setting the agenda



Caribbean Community
(CARICOM) Secretariat



Declaration - Heads of Government of the Caribbean Community (2007):

- Provide leadership to implement NCD strategies
- Establish multi-sectoral national commissions on NCDs
- Implement the provisions of the WHO FCTC
- Employ tax revenue from tobacco for preventing NCDs
- Establish comprehensive national policies and plans
- Increase physical activity in the entire population, including in schools
- Eliminate trans fats
- Promote greater use of indigenous agricultural products and foods
- Mandating the labelling of foods



Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment



World Health
Organization



Global Noncommunicable Disease Network (NCDnet)

Promoting collaborative action to help developing countries in addressing noncommunicable diseases



*Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment*



**World Health
Organization**

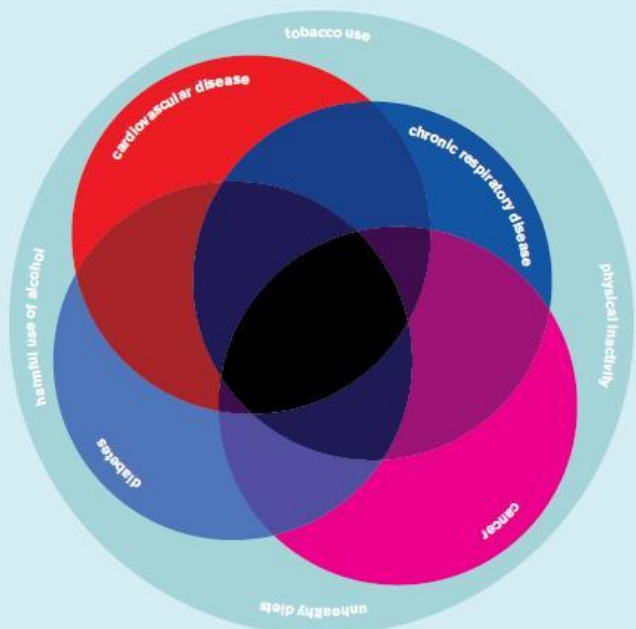
Noncommunicable Diseases

Global Action Plan 2008-2013: Six Objectives

Working in partnership to prevent and control the 4 noncommunicable diseases – cardiovascular disease, diabetes, cancer and chronic respiratory disease and the 4 shared risk factors – tobacco use, physical inactivity, unhealthy diets and the harmful use of alcohol.



2008-2013 Action Plan
for the Global Strategy
for the Prevention and Control
of Noncommunicable Diseases



1. Integrating NCD prevention into the development agenda, and into policies across all government departments
2. Establishing and strengthening national policies and programmes
3. Reducing and preventing risk factors
4. Prioritizing research on prevention and health care
5. Strengthening partnerships
6. Monitoring NCD trends and assessing progress made at country level

Under each of the 6 objectives, there are sets of actions for member states, WHO Secretariat and international partners



Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment



Noncommunicable Diseases

Why working in partnership?

Consolidate
fragmented efforts

Promote results-oriented
collaborative efforts



Engage partners outside
the health sector

Scale up by pooling
limited resources



*Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment*



**World Health
Organization**

Noncommunicable Diseases

Global NCD Network

2009

Global NCD Network
(NCDnet)

Mission: Help implement the NCD Action Plan by **catalyzing an multi-sectoral, multi-level response**, with a particular focus on developing countries

- Goals:**
- Increase focus on NCD prevention and control through **collective advocacy**
 - **Increase resource availability** (both financial and human capital)
 - Catalyze effective multi-stakeholder action with a focus on **country-level implementation**



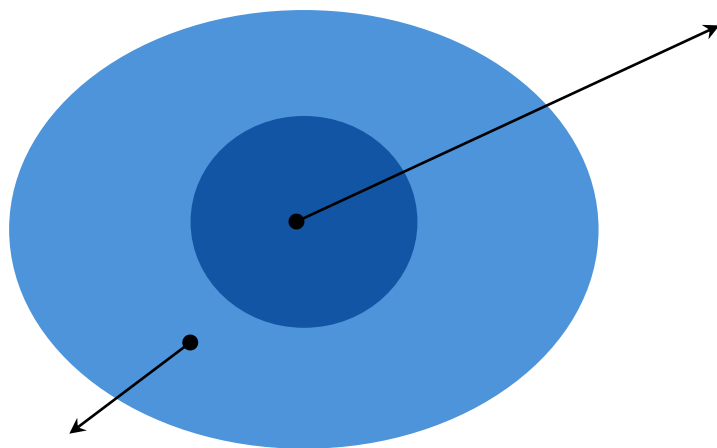
Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment



Noncommunicable Diseases

Global NCD Network: Stakeholders

Stakeholders from the disease and risk factor community:



	Tobacco Use	Unhealthy diets	Physical Inactivity	Harmful Use of Alcohol
Cardio-vascular				
Diabetes				
Cancer				
Chronic Respiratory				

Stakeholders outside the health sector:

- Ministries of Finance, Trade, Education, Social Affairs
- Development donors (e.g. Austrian Development Agency, Ministry of Foreign Affairs)
- International Financial Institutions
- Intergovernmental Organizations
- Private sector

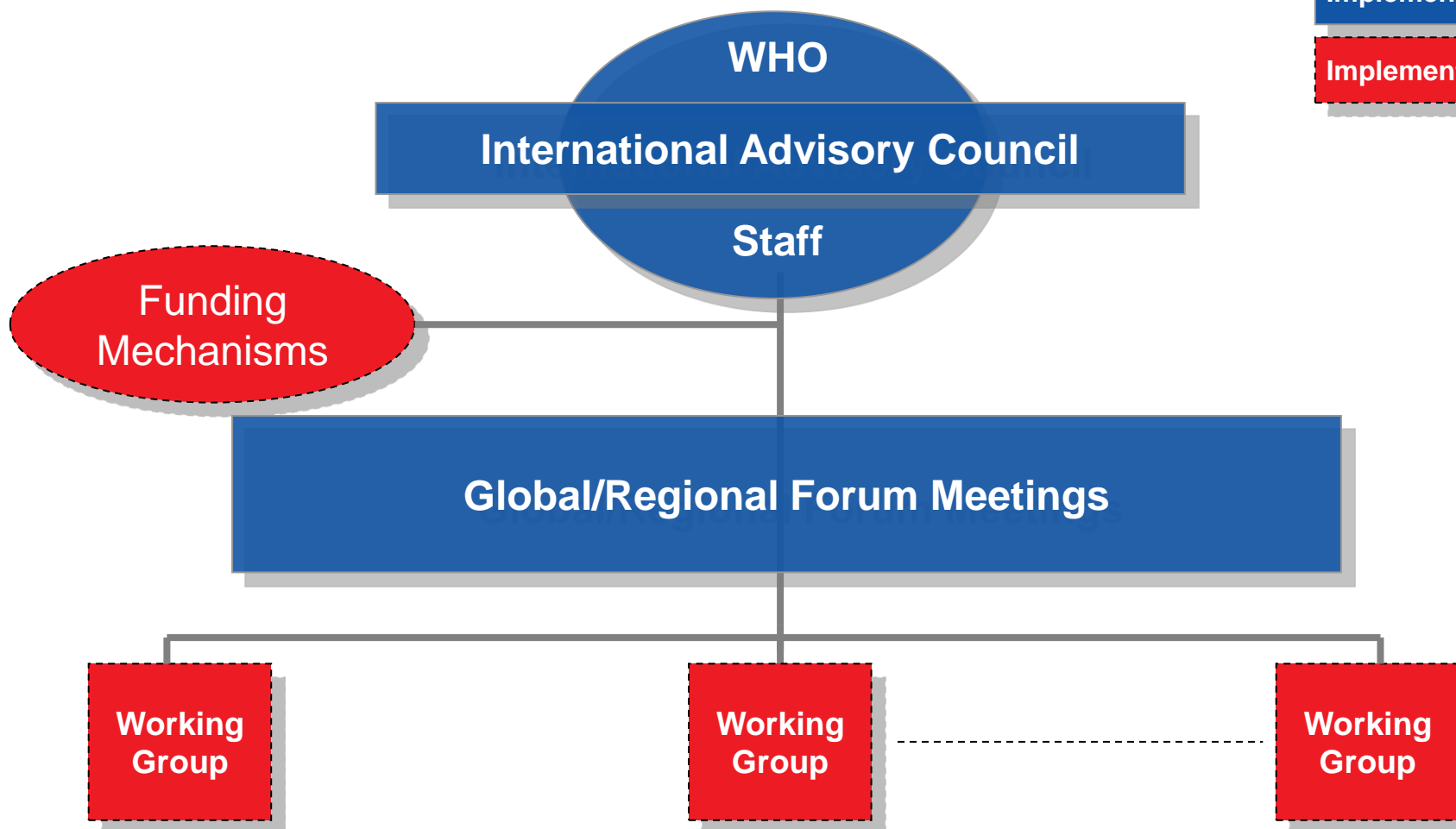


Noncommunicable Diseases

Global NCD Network: Structure

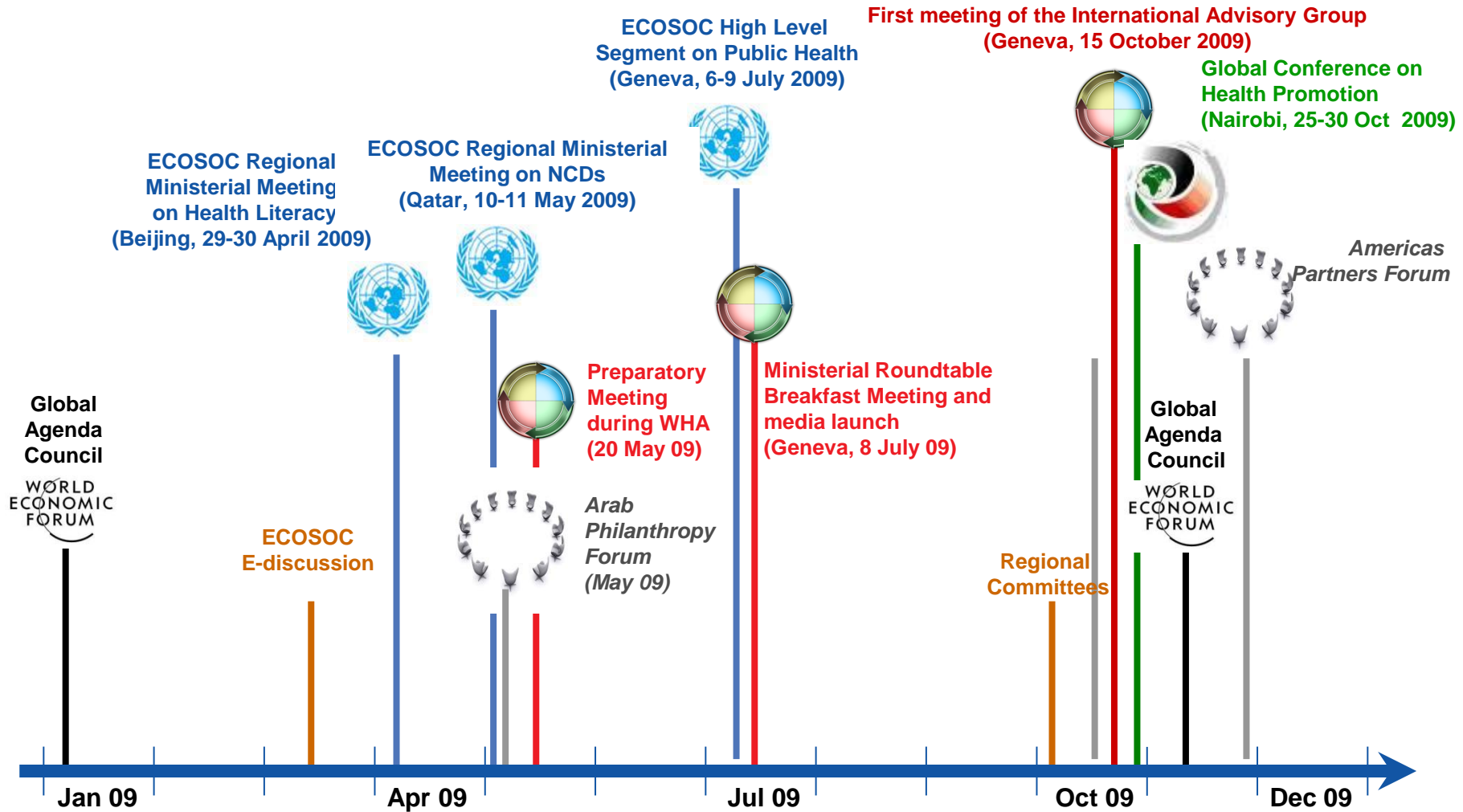
Implemented in 2009

Implemented in 2010



Noncommunicable Diseases

Global NCD Network: Timeline



Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment



World Health Organization

Thank you



*Noncommunicable Diseases
World Health Organization
ECOSOC High-level Segment*



**World Health
Organization**