

Prevention and control of noncommunicable diseases in the European Region of WHO

Dr Nedret Emiroglu

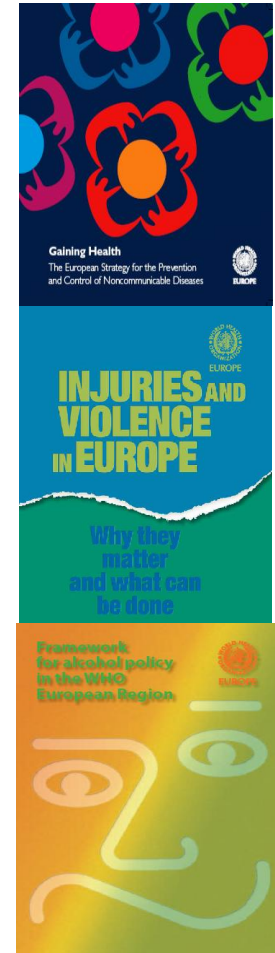
Director a.i.

Division of Health Programmes



Regional commitments

- Prevention and control of noncommunicable diseases in the WHO European Region (RC56 Resolution)
- Prevention of injuries in the WHO European Region (RC55 Resolution)
- Framework for alcohol policy in the WHO European Region (RC55 Resolution)
- The Mental Health Declaration – Helsinki 2005
- WHO European Ministerial Conference on Counteracting Obesity 2006 – Istanbul Charter



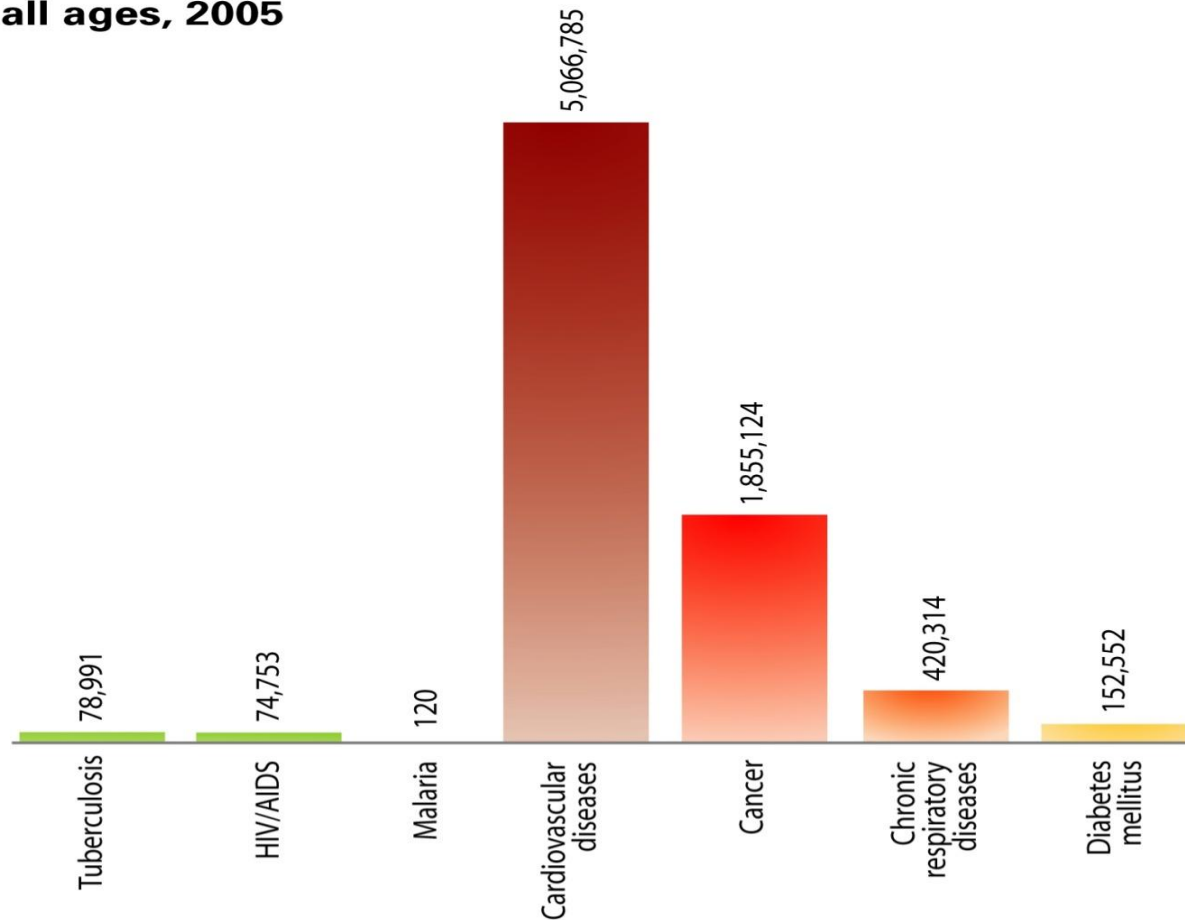
Regional commitments call for ...

Actively supporting:

- political leadership and commitment;
- development of national policies, strategies and plans;
- forging of alliances for advocacy and action;
- networking and capacity building;
- provision of evidence and tools;
- research;
- exchange of information and good practices;
- establishment of surveillance and monitoring systems;
- development of partnerships for multisectoral action;
- resource mobilization.

Main killers in the WHO European Region

Projected deaths by cause in WHO European Region, all ages, 2005

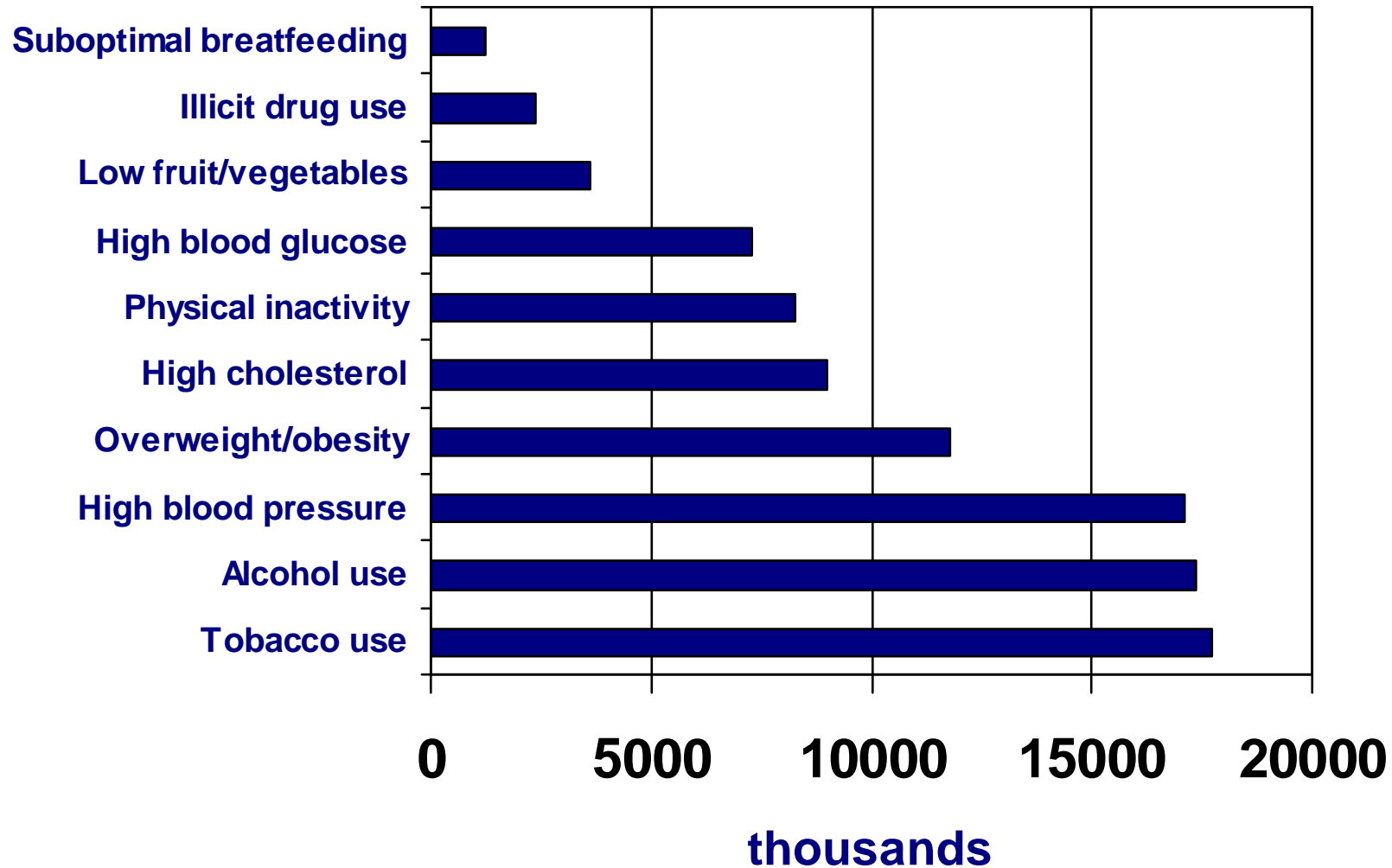


Source: *Preventing chronic diseases. A vital investment*. Geneva, World Health Organization, 2005

(http://www.who.int/chp/chronic_disease_report/en/).

The main causes are known

Disability adjusted life years lost due to risk factors in EURO, 2004



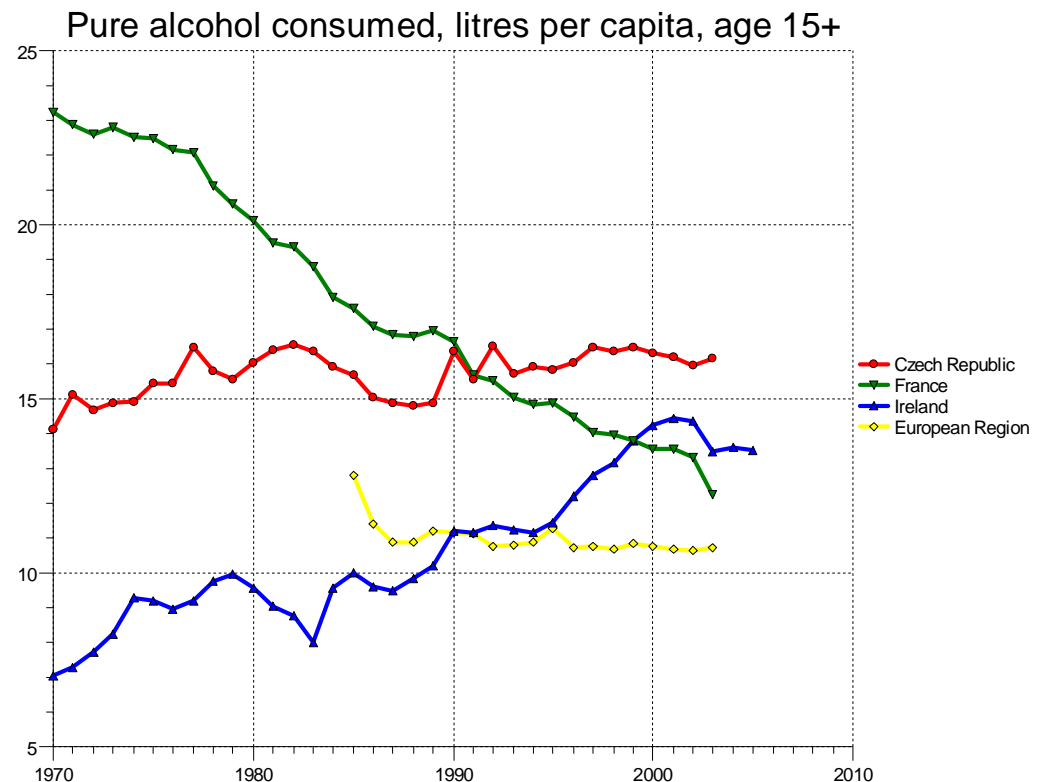
Source: *Global Health Risks*. Geneva, World Health Organization, 2009
(http://www.who.int/healthinfo/global_burden_disease/global_health_risks/en/index.html).

Average alcohol consumption in Europe: twice the world average

Second most important contributor to the burden of disease in the Region, after tobacco

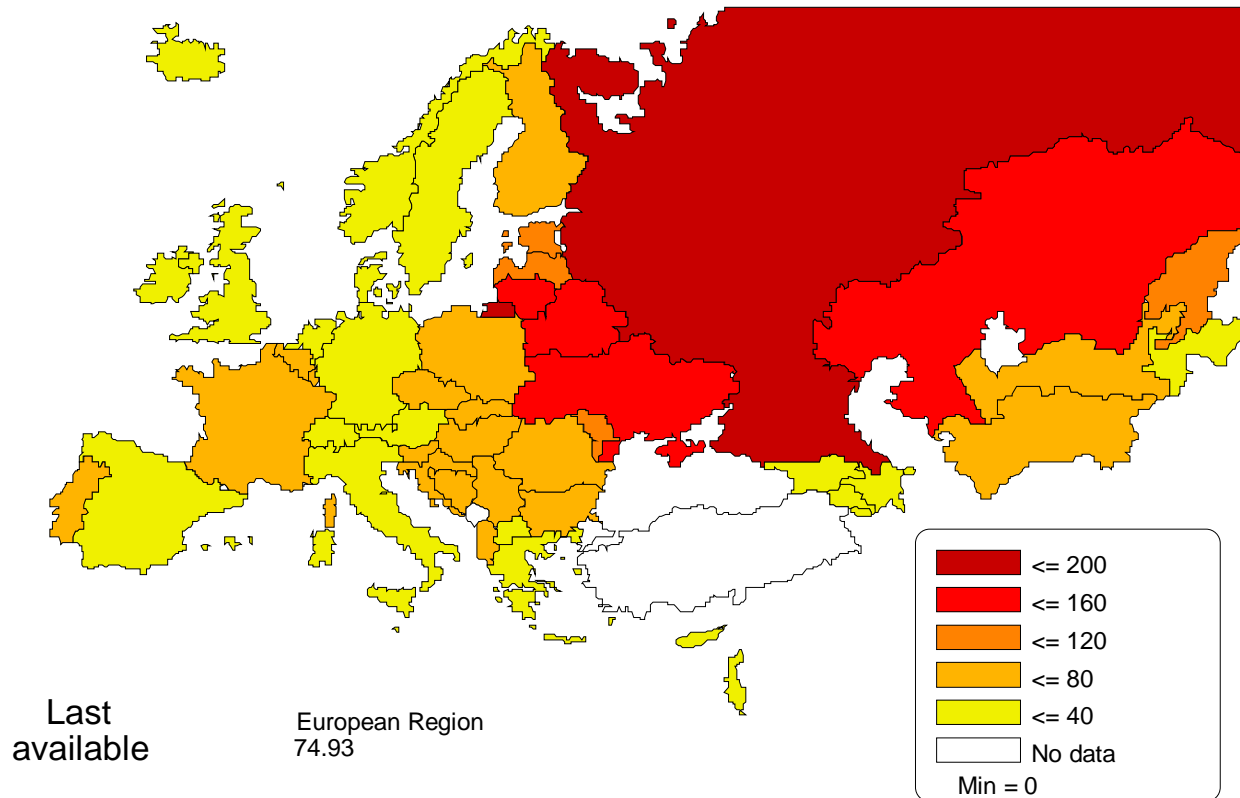
Cross-cutting risk factor for noncommunicable diseases, mental health, injuries and violence

Leading risk factor for young Europeans



800,000 deaths from injuries each year..

SDR, External causes of injury and poisoning, per 100,000



Leading cause of death among people aged 5 - 44 years

Large inequalities between and within countries

Large societal costs (2 % GDP for road traffic injuries alone)

Effective preventive measures exist

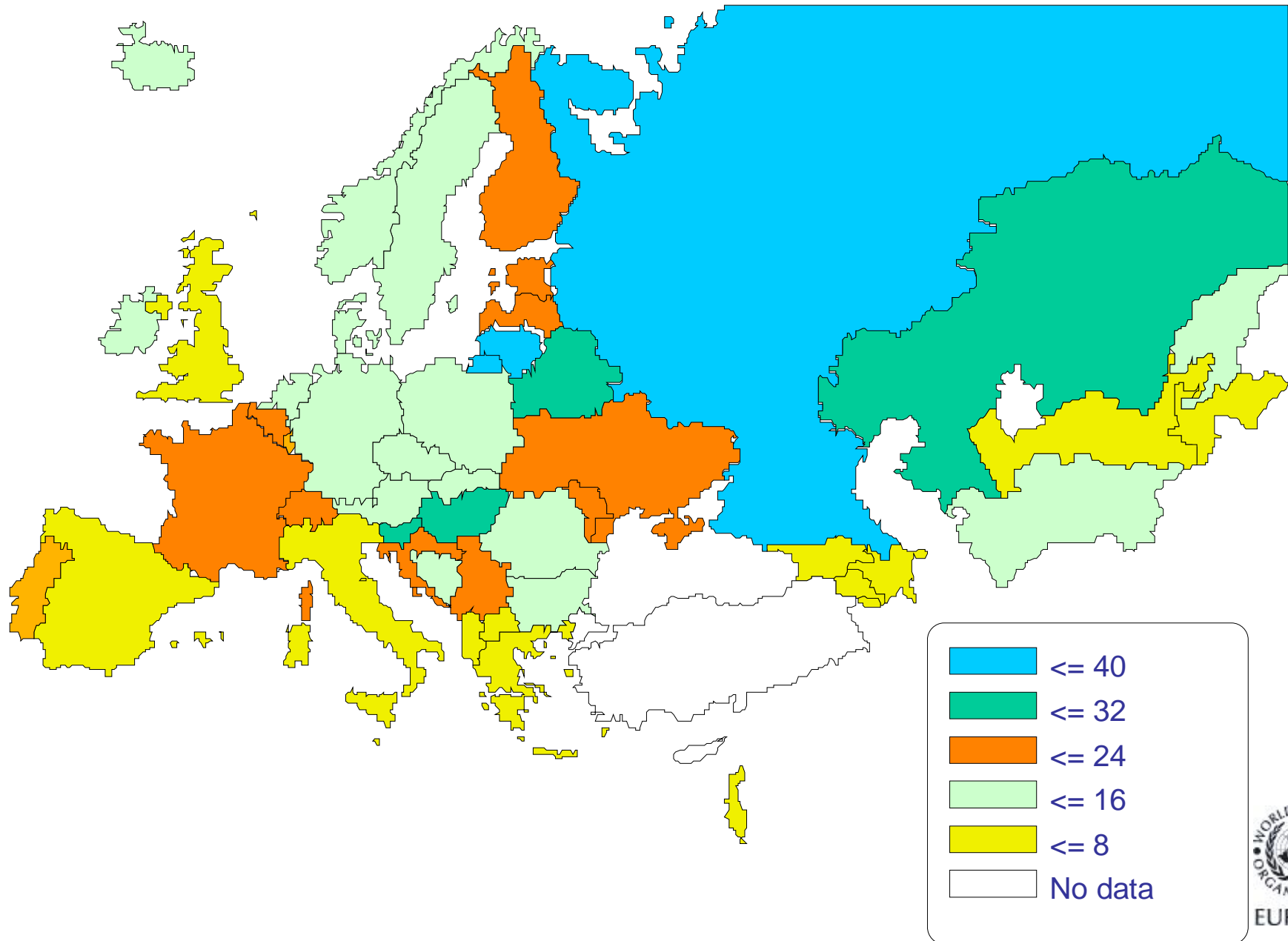
**Rates in the CIS are 4 times higher than the EU.
In the Region there is a 7 fold difference in the countries with the lowest (NTL) and highest (RUS) rates.**

Neuro-psychiatric conditions Europe: Contribution to Years Lived with Disability

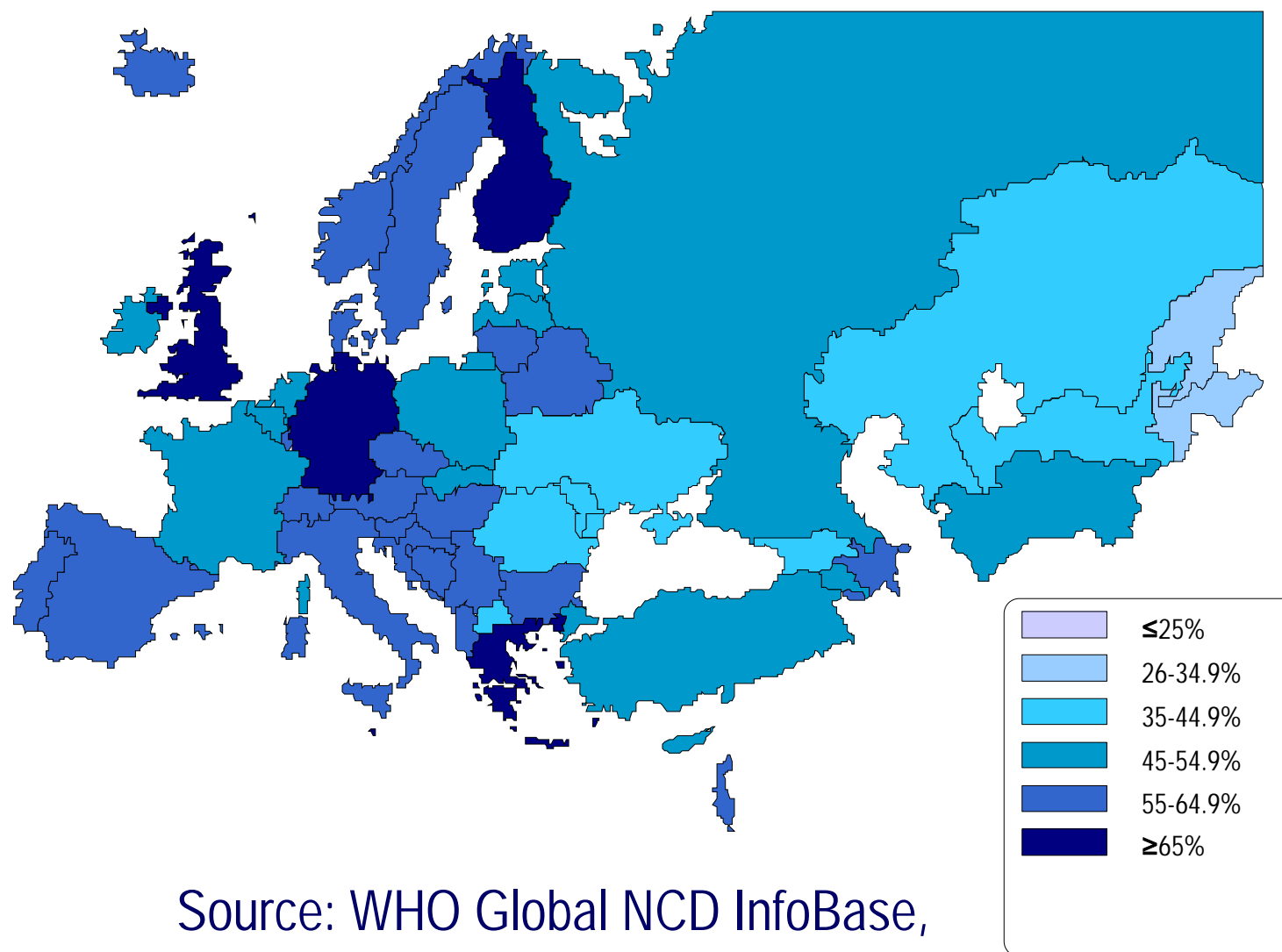
Ranking 1 st	Unipolar depressive disorders	13.7%
Ranking 2 nd	Alcohol use disorders	6.2%
Ranking 7 th	Alzheimer and other dementias	3.7%
Ranking 11 th	Schizophrenia	2.3%
Ranking 12 th	Bipolar disorders	2.2%



Suicide and intentional self-harm, death rate/100 000

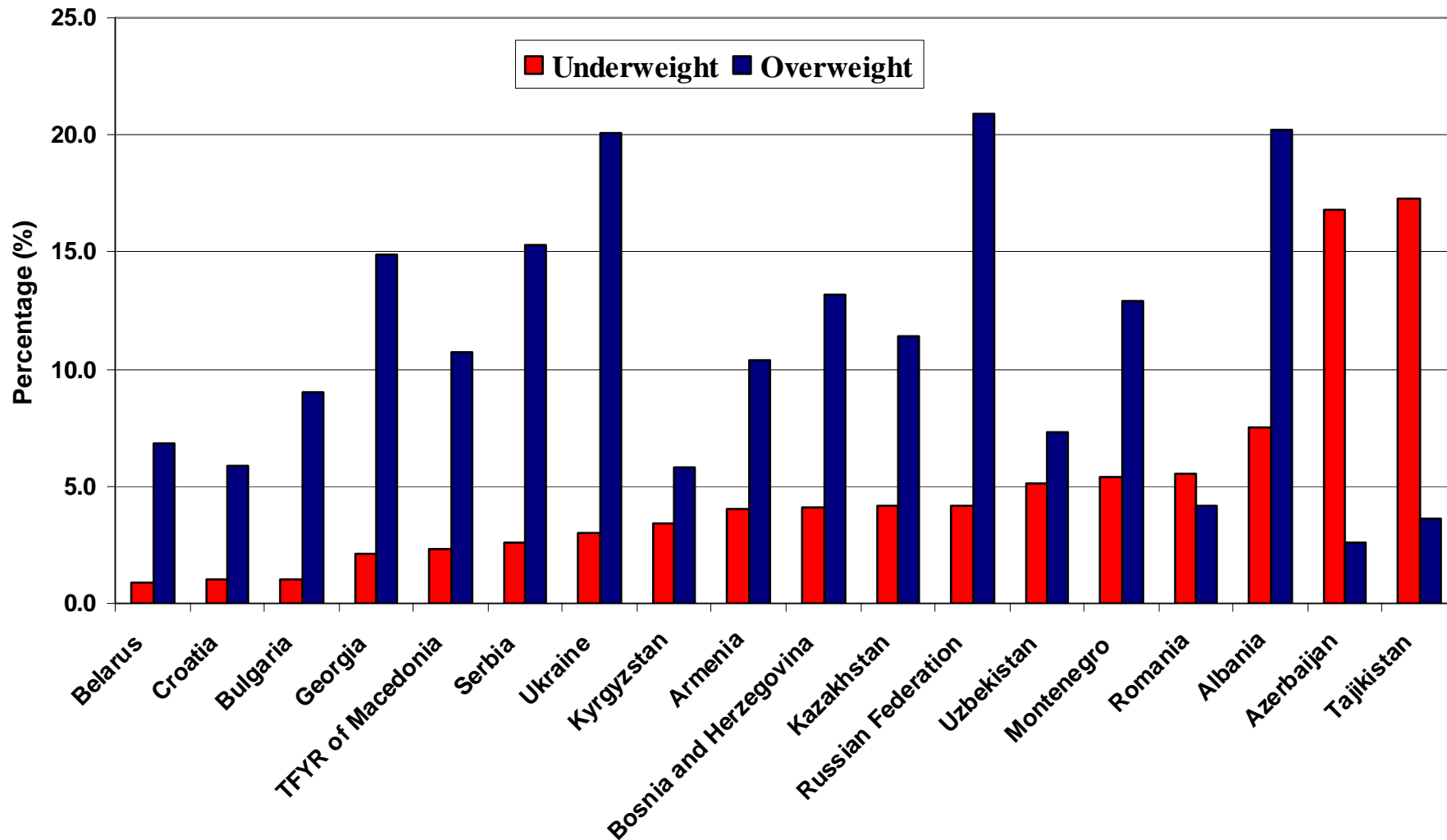


Prevalence of overweight (BMI ≥ 25 kg/m²) among adult males, projections for 2010



Source: WHO Global NCD InfoBase, 2005.

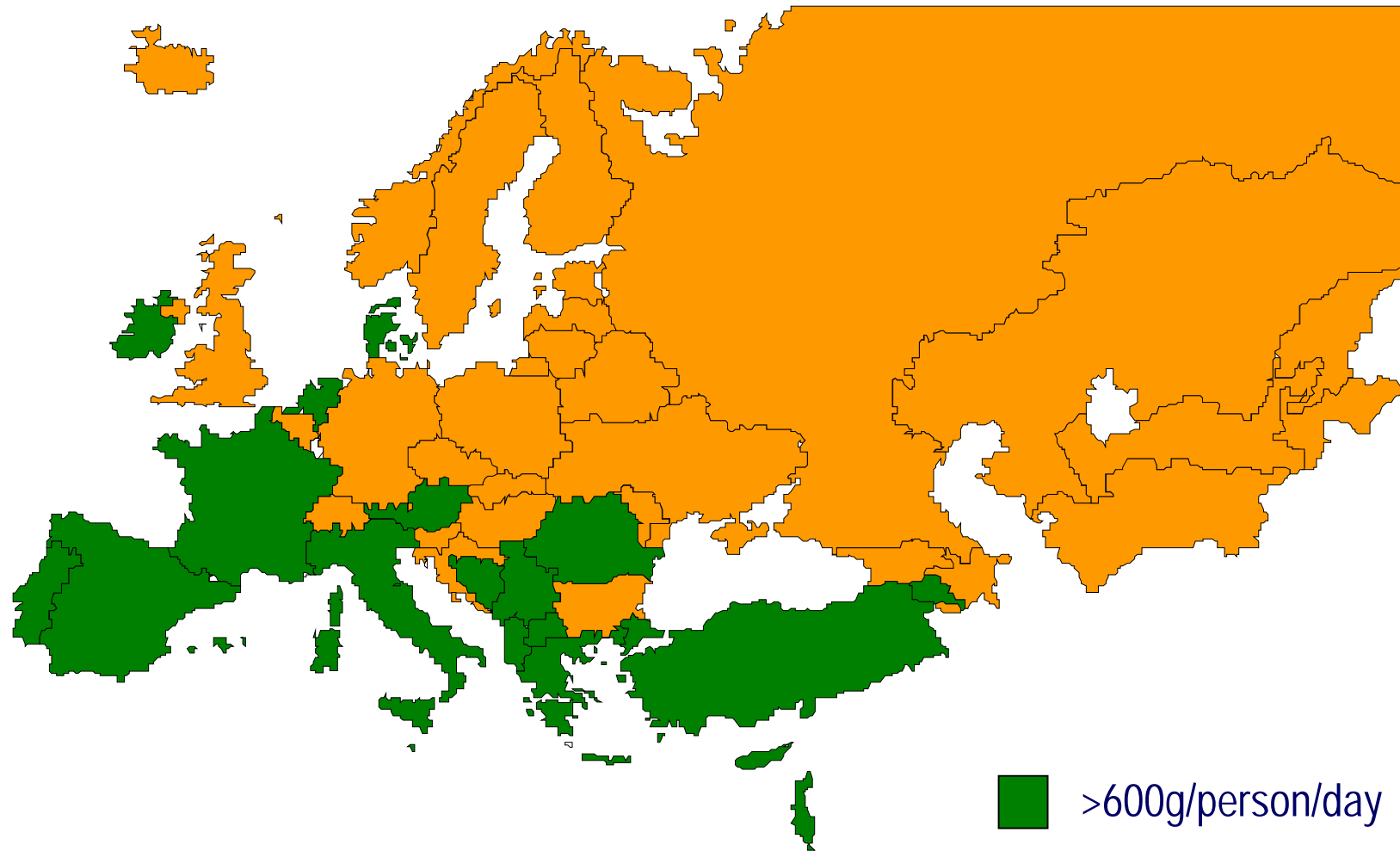
Double burden of child malnutrition



Source: Adapted from Cattaneo A et al. Child nutrition in CEE and CIS countries: report of a situation analysis. Geneva, UNICEF, 2007.



Supply of fruit and vegetables is below the recommendations in many countries



Source: FAOSTAT 2003

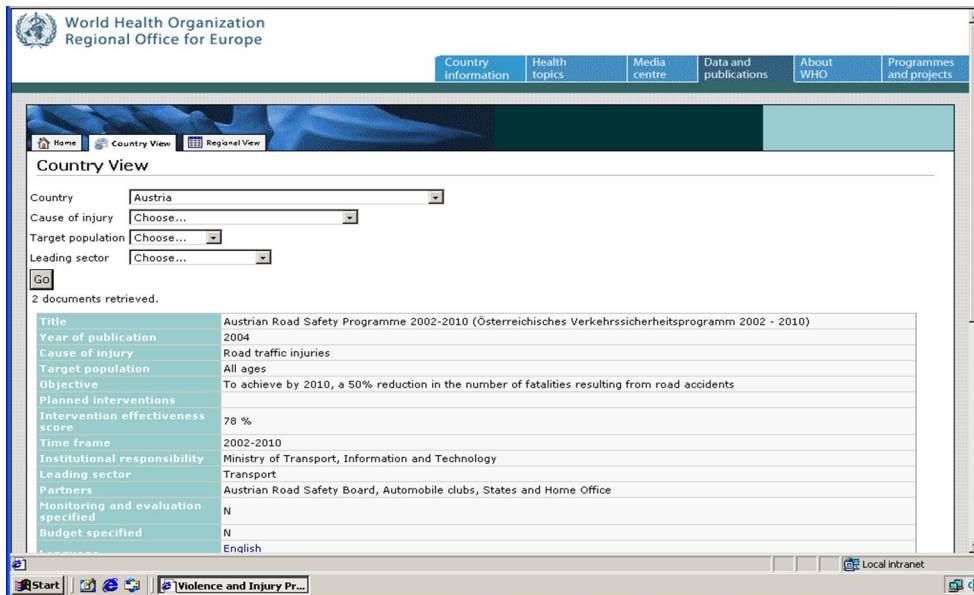
■ >600g/person/day
■ <600g/person/day

Formidable agenda for action

- **Place and maintain** prevention and control of noncommunicable diseases (NCD), high on the political and social agendas
- **Develop partnerships across sectors and integrated approaches:**
 - tackling obesity and unhealthy lifestyles
 - implementing the WHO Framework Convention on Tobacco Control
 - understanding and acting on the social determinants of health
 - addressing health inequalities and the needs of vulnerable groups
 - creating environment supportive of healthy living
- **Develop scientific evidence and effective interventions** to support priority setting and implementation
- **Strengthen health systems' capacity** to improve prevention and control:
 - emphasis on stewardship and service delivery for appropriate control, management and care

Making progress on the policy front

- 32 Member States have national policies for NCD prevention and control.
- 47 Member States have developed nutrition policies, including 39 with policies on physical activity.
- 46 Member States have ratified the Framework Convention for Tobacco Control.



World Health Organization
Regional Office for Europe

Country information Health topics Media centre Data and publications About WHO Programmes and projects

Home Country View Regional View

Country View

Country: Austria
Cause of injury: Choose...
Target population: Choose...
Leading sector: Choose...
Go

2 documents retrieved.

Title	Austrian Road Safety Programme 2002-2010 (Österreichisches Verkehrssicherheitsprogramm 2002 - 2010)
Year of publication	2004
Cause of injury	Road traffic injuries
Target population	All ages
Objective	To achieve by 2010, a 50% reduction in the number of fatalities resulting from road accidents
Planned interventions	
Intervention effectiveness score	78 %
Time frame	2002-2010
Institutional responsibility	Ministry of Transport, Information and Technology
Leading sector	Transport
Partners	Austrian Road Safety Board, Automobile clubs, States and Home Office
Monitoring and evaluation specified	N
Budget specified	N
Language	English

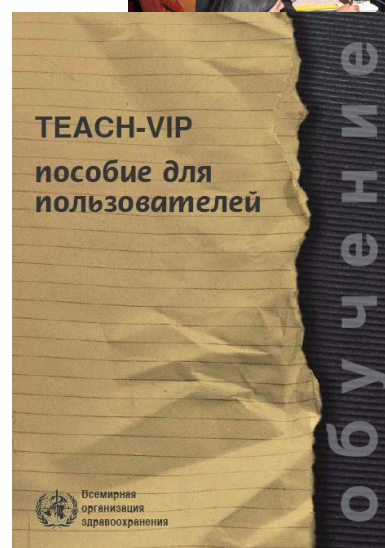
Start | Local intranet

- 60% of Member States have integrated policies for unintentional injury prevention, and 46% for violence prevention.

Making progress – Increased country demand

Interest from Member States in working with WHO on:

- developing national policies and strategies;
- strengthening surveillance systems;
- promoting networking, experience sharing and capacity building;
- developing tools to support implementation; and
- strengthening partnerships.



Making progress –

Increased Regional Office capacity to support countries

- Noncommunicable Diseases and Environment unit promoting integrated methods of work
- Increased human resource capacity:
 - investment in human resources in WHO country offices
 - pool of consultants aligned to WHO policies
 - network of WHO collaborating centres to support country work
- Reviewing integrated policies, materials and tools to support implementation
- Providing evidence and establishing “integrated risk factors” surveillance systems

Making progress – Highlights on NCD

- Strengthening NCD prevention in primary health care settings
- Comprehensive disease-specific prevention and control programmes (on cardiovascular diseases, cancer control, etc.)
- Documentation and analysis of case studies on NCD prevention and control



europaean
heart health
charter



Making progress – Highlights on alcohol

Stronger collaboration with international organizations

- European Commission
- Northern Dimension Partnership
- Alcohol Expert Group

Development of European alcohol information system (jointly with the European Commission, operational in 2009)

Project on treatment of alcohol dependence



Alcohol new WHO publications

- Review of evidence for alcohol policies - 2009
- Practical handbook for action to reduce alcohol-related harm -2009
- Summary of best-practices for estimating attributable and avoidable costs of alcohol and recommendations for future practice – April 2010
- Comparison of the European Commission's communication on alcohol, and the WHO Framework for Alcohol Policy – April 2010
- European Status Report on Alcohol and Health – June 2010



Making progress – Highlights on violence and injuries



- Advocacy

- First United Nations Global Road Safety Week (2007)
- WHO Global Campaign for Violence Prevention
- European safety conferences, led by European Union (2006, 2008 and 2011)
- First Ministerial Conference on Road Safety in Moscow (2009) and UN resolution on a Decade of Road Safety
- Safety 2010 and First Ministerial Meeting on Violence and Injury Prevention in London in September 2010.

- Partnerships

- Network of national counterparts for violence and injuries
- Injury prevention project with the Directorate-General for Health and Consumers:
 - developing web-based tools
 - supporting policy development and capacity building

75 % of Member States report that resolution EUR/RC55/R9 helped catalyse action!

Making progress – Highlights on mental health



- Foster awareness
- Collectively tackle stigma, and empower and support people with mental health problems and their families
- Design and implement mental health systems
- Create a competent workforce
- Recognize experience and knowledge of service users and carers

Making progress

Highlights in tobacco control

- 46 countries and the European Community have ratified the WHO FCTC
- 7 countries in the region are not yet Parties to the treaty (23 countries globally)
- Several countries in the region are global leaders in tobacco control such as Ireland, United Kingdom and Turkey in 100% smoke-free public places; Belgium, United Kingdom and Romania in pictorial health warnings etc.

Making progress

Highlights in tobacco control

- Collect internationally comparable data on youth and adult smoking prevalence and related patterns in countries
- Use data in policy making at country level
- Support the implementation of the WHO FCTC at country level together with the Convention Secretariat
- Working with increased human and financial capacity in 4 countries with highest smoking prevalence in the region, Poland, Russia, Turkey, Ukraine, with the Bloomberg Initiative support

Making progress –

Highlights on nutrition and physical activity

- Implementation of the European Food and Nutrition Action Plan for food and nutrition policy 2007-2012 and the Obesity Charter
- Monitor progress of nutrition policies
- NOPA – European Database on Nutrition, Obesity and Physical Activity
- WHO/EC monitoring nutrition and PA, preventing obesity in the European Union, with focus on PA surveillance/policy actions and good practices



Opportunities and legitimacy

- Vision of the Regional Director; address the burden of NCD as a high priority and renew political commitments to policies and action plans
- Political commitment through WHO resolutions and strategies
- Strong commitment from several international agencies, the European Union (EU) and Member States
- Strong legitimate action through WHO resolutions and strategies
- Unexplored potential for prevention
- Stronger-than-ever evidence to set priorities and improve implementation
- Growing momentum for action ...

The way forward...

- Scale up work for comprehensive and integrated approaches
- Develop integrated NCD Regional Action Plan to be endorsed at Regional Committee in 2011,
- Focus on target groups and individuals at high risk, and address social determinants and health inequalities
- Renew commitment to health promotion
- Strengthen health systems' functions and capacity
- Develop effective collaboration with other sectors in multi-sectorial responses
- Strengthen partnership with international agencies, the EU and Member States committed to prevention and control

THANK YOU

