

**Healthy lifestyle - the corner stone of public health
Partnership 8th Annual Conference (PAC-8)
Saint Petersburg, Russian Federation
25 November 2011**



Northern Dimension
Partnership in Public Health
and Social Well-being
www.ndphs.org

**NDPHS Action Statement
for implementation of the European Strategy
for the Prevention and Control of Noncommunicable Diseases
in Northern Dimension Area in 2012-2016**

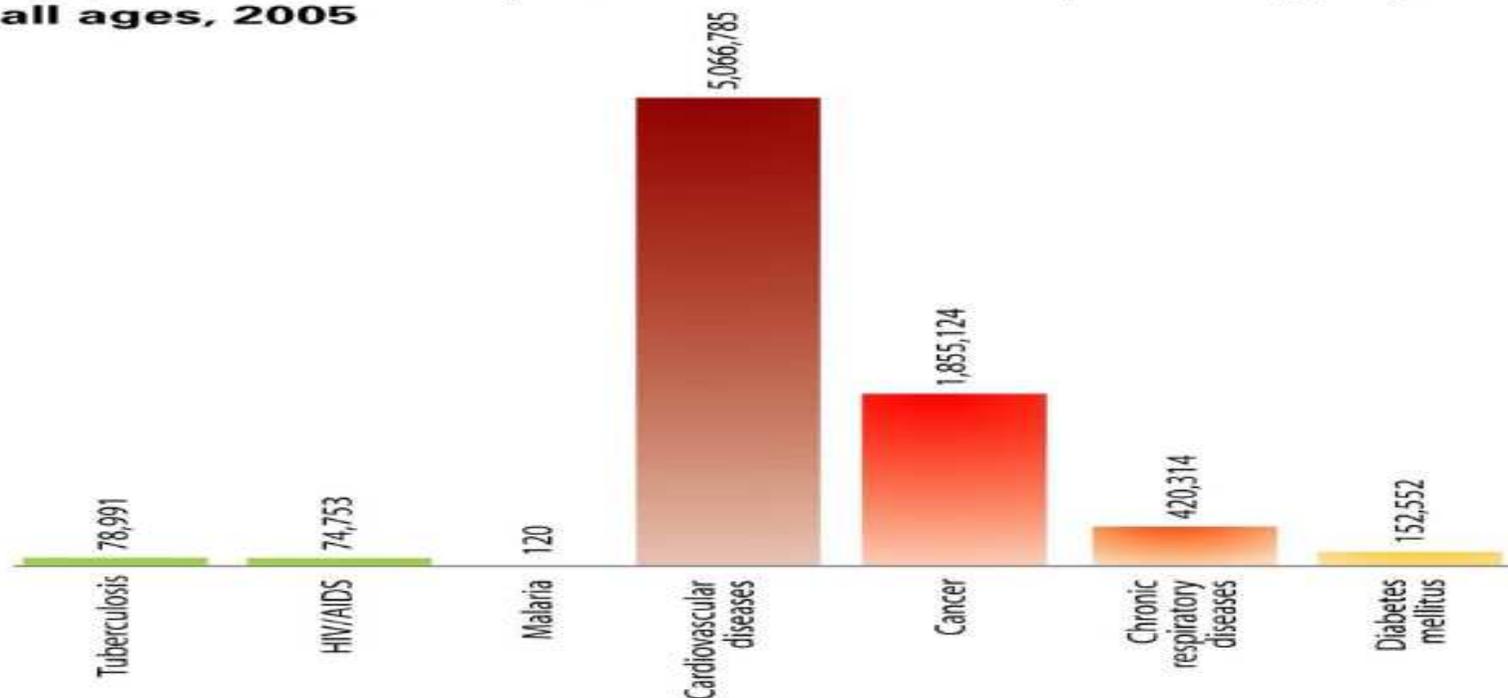
**Dr Mikko Vienonen, M.D., PhD.
Chairperson of NCD EG
Feed-back from PAC-8 side-event 24 Nov 2011**

(таблица)

Основные смертоносные заболевания в Европейском Регионе (ВОЗ)
Число смертей на 2005 год в любом возрасте от:

Main killer-diseases 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/).

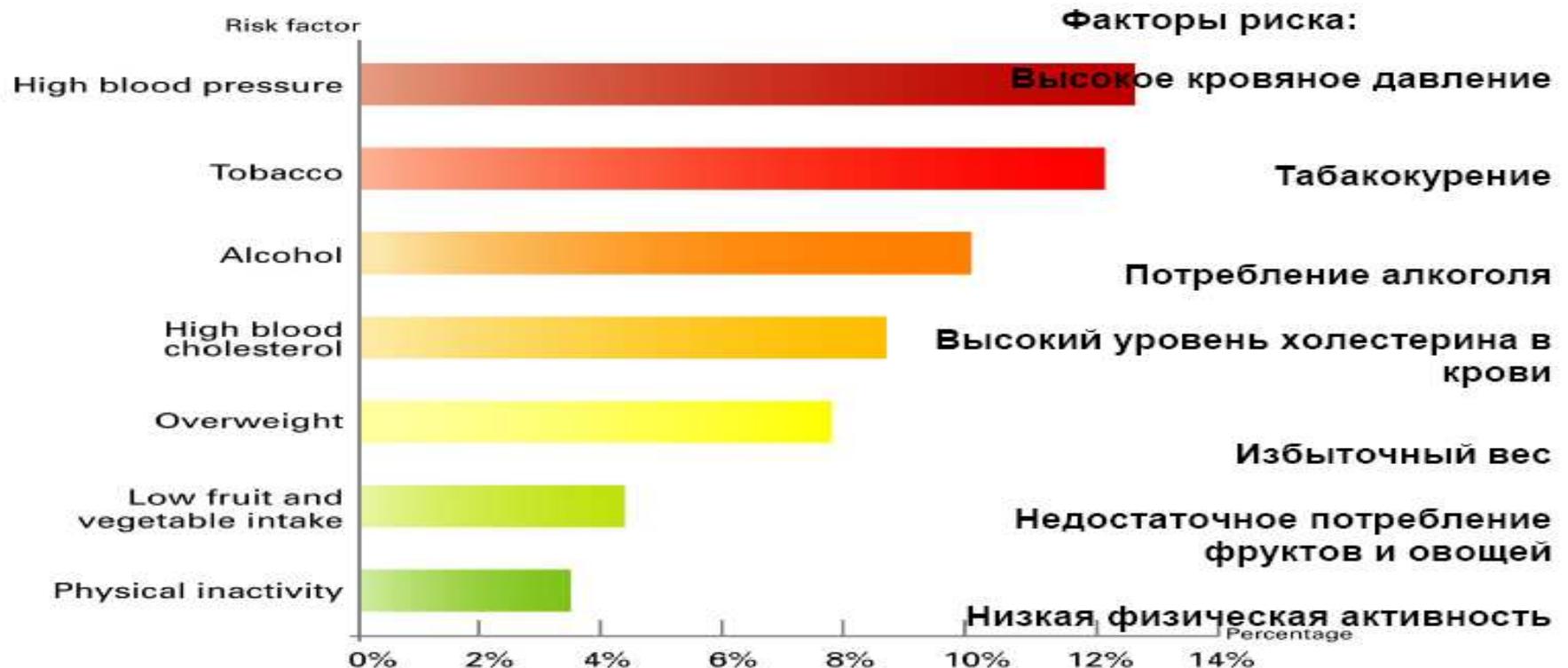
Туберкулёз	ВИЧ/СПИД	Малярия	Сердечно-сосудистые заболевания	Рак	Хронические заболевания дыхательных путей	Сахарный диабет
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Источник: *Предотвращение хронических заболеваний: жизненно важное вложение*, Женева, ВОЗ, 2005

(таблица) **Основные причины известны**
Пропорция суммарного «бремени болезней» (DALYs - годы жизни, скорректированные по нетрудоспособности) по отношению к семи основным факторам риска в Европейском Регионе по данным ВОЗ, 2000

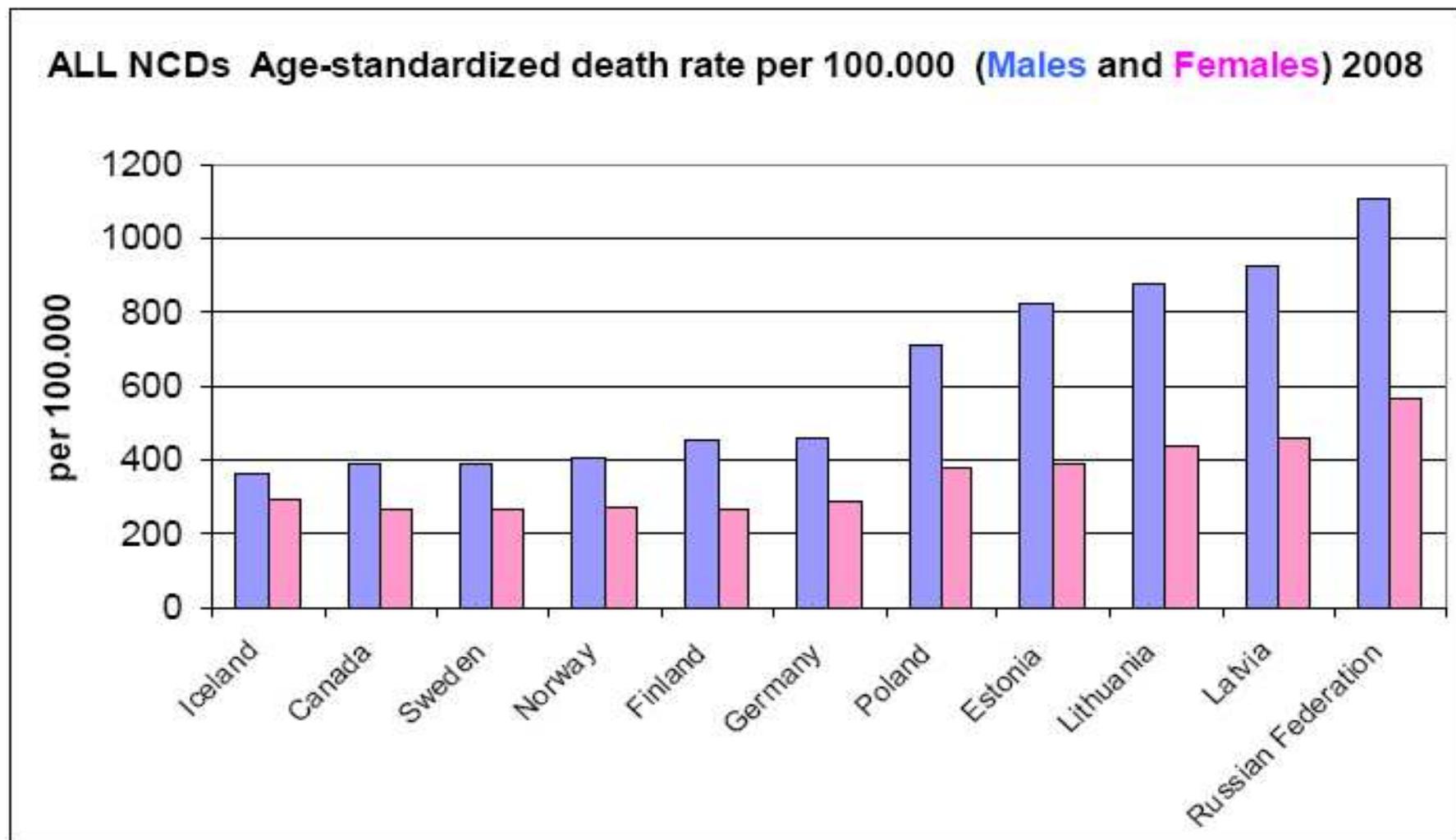
The main causes are known

Proportion of total disease burden (DALYs) attributable to seven leading risk factors in the WHO European Region, 2000



Source: *The world health report 2002 - Reducing risks, promoting healthy life*

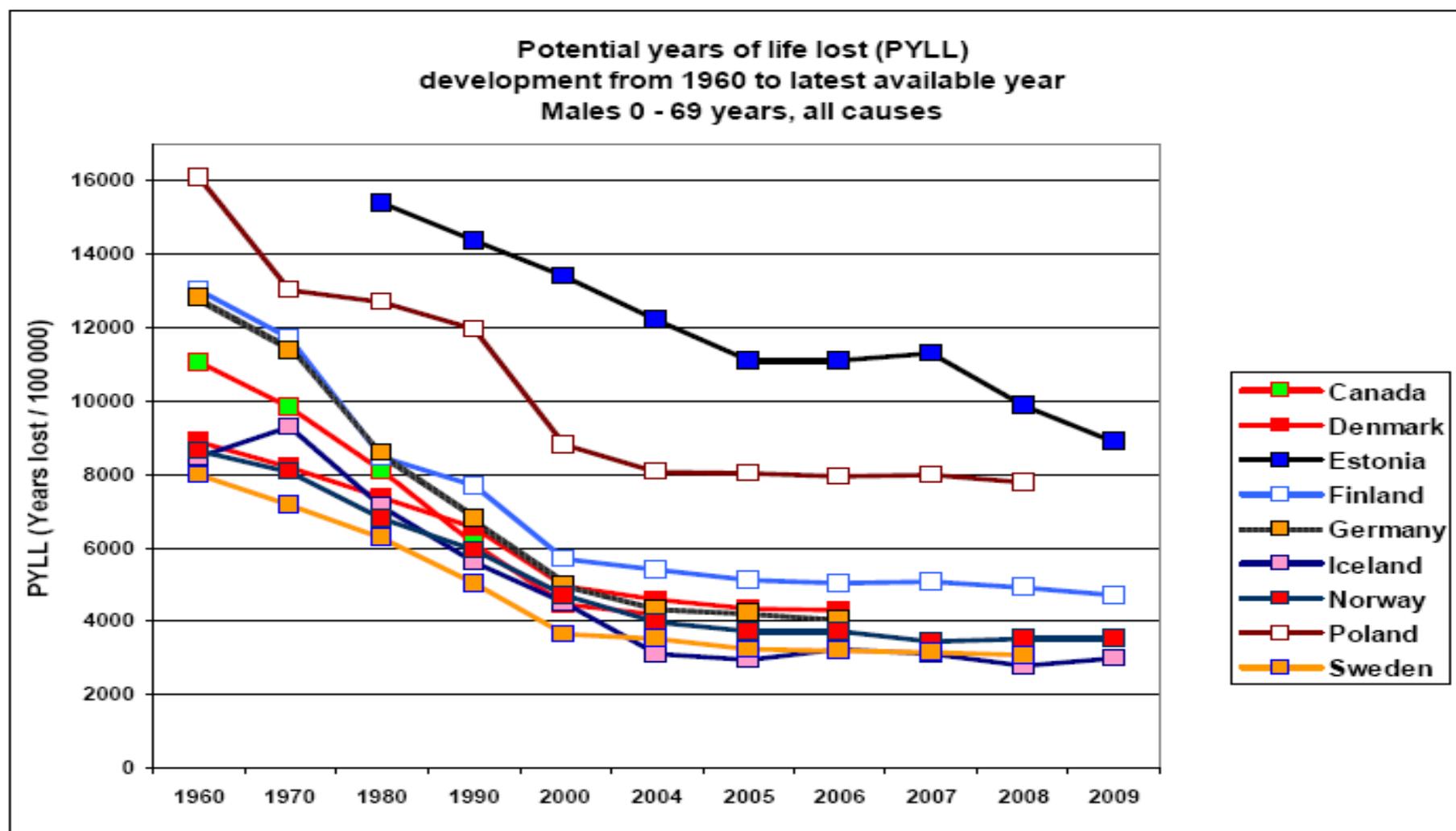
(таблица) Все неинфекционные заболевания. Смертность вне зависимости от возраста на 100 000 человек. (мужчины и женщины).



Исландия, Канада, Швеция, Норвегия, Финляндия, Германия, Польша, Эстония, Литва, Латвия, Россия.

Источник: Мировой отчет по неинфекционным заболеваниям, 2010, ВОЗ.

(таблица) Потерянные годы потенциальной жизни (ПГПЖ), динамика развития с 1960 до последнего года, по которому имеются данные, мужчины от 0 до 69, все причины смерти.



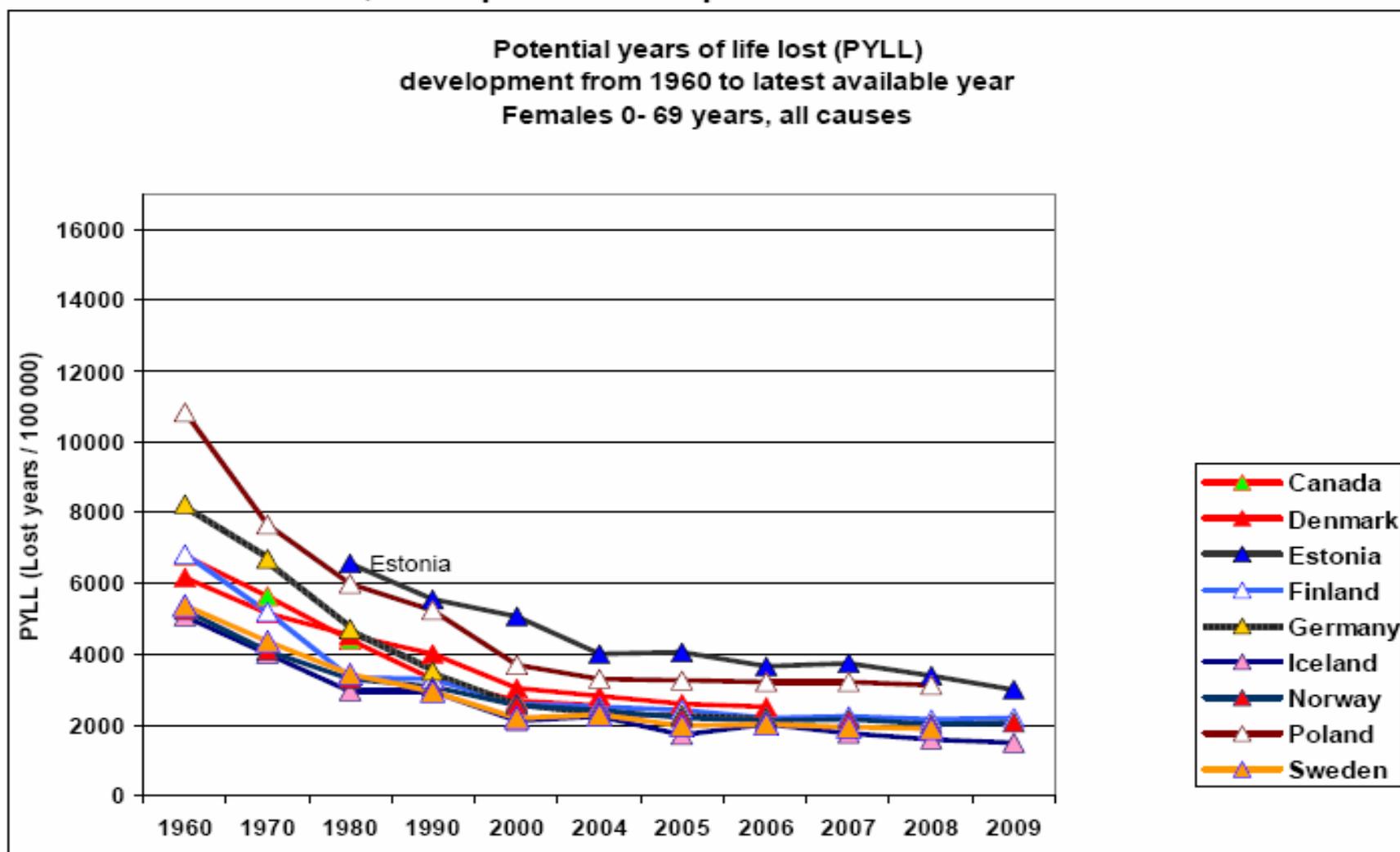
Источник: ОЭСР 2011

(Canada, Denmark, Estonia, Finland, Germany, Iceland, Norway, Poland, Sweden

(Канада, Дания, Эстония, Финляндия, Германия, Исландия, Норвегия, Польша, Швеция)

[NB: Данные по ПГПЖ в России и Латвии отсутствуют].

(таблица) Потерянные годы потенциальной жизни (ПГПЖ), динамика развития с 1960 до последнего года, по которому имеются данные, женщины от 0 до 69, все причины смерти.



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NDPHS Action Statement for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases in Northern Dimension Area in 2012-2016

**submitted for approval to the Partnership Annual Ministerial Conference
25 November 2011, Saint Petersburg, Russian Federation**

- 1) Statement text (about 1 page)**
- 2) Statement Annex 1 (about 2 pages / 3 chapters)**

Public health is an important factor in economic and demographic stability and an indispensable part of the efforts to achieve sustainable development.

NCDs are one of the biggest challenges on our way to healthy and prosperous societies. 86% of deaths and 77% of the disease burden in Europe are caused by this broad group of disorders. (see NCD Thematic Paper).

NDPHS provides a platform for advancing the work in this sector through a range of activities.

NDPHS has noted with great satisfaction the strong global support for joint efforts to address the NCD challenges to public well-being and health:

 **The first global ministerial conference on healthy lifestyles and noncommunicable disease, Moscow 28/29 April 2011**

 **United Nations high-level meeting on noncommunicable disease prevention and control, New York 19/20 September 2011: **The UN General Assembly Political Declaration on Noncommunicable Diseases** highlights the need for integrated action to address common risk factors for NCDs including **tobacco use, diet, physical activity and harmful patterns of alcohol consumption****

NDPHS underlines that WHO has the leading role,

NDPHS emphasizes that NDPHS, through its goals and operational targets, has strongly committed itself to address the increasing burden of noncommunicable diseases (NCD),

NDPHS envisages concrete proposals for joint strategies and action plans within the partnership of particular importance and to avoiding duplication and fostering complementarity.

NDPHS is following the call for action made by WHO Regional Office for Europe and its Member States at the 61st Regional Committee in September 2011 through the adoption of:

 **the Action plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012-2016**

 **the European action plan to reduce the harmful use of alcohol 2012-2020**

NDPHS will prioritize activities and cooperation that add value to the work of the WHO-EURO



END OF NCD ACTION STATEMENT PROPER

ANNEX 1 to NDPHS Action Statement for implementation of the European Strategy for the prevention and control of noncommunicable diseases in Northern Dimension Partnership area 2012-2016

1. Most premature deaths are preventable

The leading risk factors causing the vast burden of disease in Europe are known. Those include **tobacco and alcohol use as well as nutrition-related risks - including obesity, high blood pressure, high cholesterol and high blood glucose, low fruit and vegetable intake, use of trans fats in processed foods and physical inactivity (sedentary lifestyle).**

Differences in the distribution of the risks and of the burden of ill health show significant gradients between different socioeconomic groups, between males and females, between different age groups and between countries of Europe.

The causality of non-communicable diseases and conditions is complex and multi-factorial. Effective measures that can prevent noncommunicable diseases in the first place, shift their occurrence, where possible, to older age, or reduce disability and death, **include both interventions at the population level and at the individual level.** Primary prevention consists of community based health promotion programmes addressing knowledge about risks and promoting healthy behaviour, but also interventions within and outside of the health sector that create a physical and social environment conducive to healthy behaviour.

2. Rationale for Action

- **NCDs, principally cardiovascular diseases, diabetes, cancers and chronic respiratory diseases, are the leading causes of preventable morbidity and disability, and currently cause over 60% of all deaths.**
- **In the Northern Dimension area NCDs are important causes of premature disability and death, striking hard among the most vulnerable and poorest population groups, including migrants and minorities.**
- **The major NCD risk factors are linked to social determinants.**
- **Adapting health systems and health policies is required, including a shift from disease-centred to people-centred approaches and population health measures.**
- **Evidence-based and cost-effective interventions exist to prevent and control NCDs at regional, national and local levels.**
- **Effective NCD prevention and control requires leadership and concerted “whole of government” action at all levels (national, sub-national and local) and across most sectors of society.**

3. References (ANNEX 1.)

The key landmarks in the healthy lifestyle promotion and noncommunicable disease prevention and control are the following documents of the World Health Organization and UN, which all Northern Dimension Partnership countries have endorsed:

- the *WHO Framework Convention on Tobacco Control* (FCTC) by the World Health Assembly in 2003 (http://www.who.int/tobacco/framework/final_text/en/) ;
- the *Global Strategy on Diet, Physical Activity and Health* endorsed by the World Health Assembly in 2004 (http://www.who.int/dietphysicalactivity/strategy/eb11344/strategy_english_web.pdf) ;
- the *Global Plan of Action on Workers' Health 2008-2017* endorsed by the World Health Assembly in 2007 (http://www.who.int/occupational_health/WHO_health_assembly_en_web.pdf) ;
- the Resolution 61.17 on the Health of Migrants by the World Health Assembly in 2008 (http://apps.who.int/gb/ebwha/pdf_files/A61/A61_R17-en.pdf) ;
- the *2008–2013 Action Plan for the Global Strategy for the Prevention and Control of Noncommunicable Diseases* endorsed by the World Health Assembly in 2008 (<http://www.who.int/nmh/publications/9789241597418/en/index.html>) ;
- the *Global Strategy to Reduce the Harmful Use of Alcohol* adopted by the World Health Assembly in 2010 (http://www.who.int/substance_abuse/msbalcstrategy.pdf) ;
- The report of the 1st Global Ministerial Conference on Healthy Lifestyles and Noncommunicable Diseases Control including the Moscow Declaration of the above mentioned Conference (<http://www.euro.who.int/moscow-declaration-ob-healthy-lifestyles-and-ncds>) ;
- Action plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012-2016 (<http://www.euro.who.int/ncd-actionplan>) ;
- Political declaration adopted at the UN General Assembly - 19 September 2011 on the Prevention and Control of Non-communicable Diseases (<http://www.un.org/ga/search/view/doc.asp?symbol=A%2F66%2FL.1&Lang=E>) ;
- European action plan to reduce the harmful use of alcohol 2012-2020 (<http://www.euro.who.int/en/who-we-are/governance>) ;

ANNEX 2 to NDPHS Action Statement for implementation of the European Strategy for the prevention and control of noncommunicable diseases in Northern Dimension Partnership area 2012-2016

ACTIONS for implementation of the European strategy for the prevention and control of noncommunicable diseases 2012-2016 in Northern Dimension Partnership area

- 1. ACTION 1.: To raise the priority of noncommunicable diseases in development work in the Northern Dimension area**
- 2. ACTION 2. : To assess and strengthen the implementation of existing national policies and plans for the prevention and control of noncommunicable diseases**
- 3. ACTION 3. : To promote interventions in the Northern Dimension area to reduce risk factors for noncommunicable diseases: tobacco use, unhealthy diets, physical inactivity and harmful use of alcohol**
- 4. ACTION 4. : To promote partnerships for the prevention and control of noncommunicable diseases**
- 5. ACTION 5. : To monitor noncommunicable diseases and their determinants and evaluate progress in the Northern Dimension Partnership Area, at national and sub-regional levels**

ANNEX 2 to NDPHS Action Statement for implementation of the European Strategy for the prevention and control of noncommunicable diseases in Northern Dimension Partnership area 2012-2016

ACTIONS for implementation of the European strategy for the prevention and control of noncommunicable diseases 2012-2016 in Northern Dimension Partnership area

To be further elaborated with the NDPHS secretariat and relevant Expert groups and Task Groups (ASA EG, NCD EG, PPHS EG, OSH TG and IMHAP TG

"SOCIAL TOXICITY"



Better health for Northern Dimension



**The New Northern Dimension Action Statement
for prevention and Control of Noncommunicable Diseases**