

Expert Group on Non-communicable Diseases Work Plan for 2020

Submitted by: NCD EG Chair staff

Year covered: 2020

1. Leadership and coordination

Lead Partner

NCD EG Chairperson

Mr. Rafael Oganov

National Medical Research Centre for Therapy and Preventive Medicine under the Ministry of Health of the Russian Federation

NCD EG Vice-Chairperson

Ms. Galina Maslennikova

National Medical Research Centre for Therapy and Preventive Medicine under the Ministry of Health of the Russian Federation

Co-Lead Partners

Co-Chairperson

Mr. João Breda

WHO-RUS-GDO

WHO Regional Office for Europe, Head, Geographically Distant Office on Non-communicable disease Prevention and Control in the Russian Federation

1.2 International Technical Advisor

Ms. Asiiia Imaeva

National Medical Research Centre for Therapy and Preventive Medicine under the Ministry of Health of the Russian Federation

1.3 Financial resources for leadership

Ministry of Health of the Russian Federation ensures the financing of the NCD EG chair staff
Each Partner country provides funding for the participation of its representatives in the NCD EG activities.

2. Meetings of the NCD EG

Two NCD EG meetings will be held in 2020:

- 1) NCD EG 19th meeting was carried out in the online format (via e-mail correspondence) on the 23-24th of March, 2020 Moscow, Russian Federation
- 2) NCD EG 20th meeting is planned in October – November, 2020 (dates and country tbc).

The NCD EG 19th meeting will be hosted by National Medical Research Centre for Therapy and Preventive Medicine under the Ministry of Health of the Russian Federation.

3. Activities

- 3.1 NCD activities (see table 3.1)
- 3.2 NCD activities to achieve the 5 horizontal results laid down in the NDPHS Action Plan (see table 3.2)

3.1 NCD EG WORK PLAN 2020 ACTIVITIES (table 3.1)

No	EXPECTED RESULTS	Methods	Planned deliverables	Resources	External actors planned to be engaged
3.1.1	<p>Increase visibility of the NDPHS in the Partner Countries</p> <p>Strengthened national stakeholders', politicians', decision-making people's involvement in cost-effective NCD preventing measures</p>	<p>Further development of strategic policy documents and projects ideas proposed by the NCD EG members and their implementation within the NDPHS region</p> <p>Promoting NCD prevention programs, such as Good practices through inter-sectorial collaboration towards the NCDs prevention;</p> <p>Comprehensive, sustainable and transparently monitored measures, including, if appropriate, cross-sectorial measures, tackling NCDs;</p> <p>Organizing of 3 scientific workshops to improve the capacities of national and local policy making authorities to enhance health and well-being of the residents through evidence based decision making.</p> <p>The development of the NDPHS Strategy for 2021 and thereafter</p>	<p>Project "A Healthy Boost – Urban Labs for Better Health for All in the Baltic Sea Region - boosting cross-sectoral cooperation for health and wellbeing in the cities": implementation within participating countries (2019-2021)</p> <p>Project idea "Toolkit to strengthen Health Literacy in the Baltic Sea Region"</p> <p>Project "PYLL-2- Study renewed for evaluation of trends in death rates from major causes in NDPHS Partner Countries", implementation within participating countries</p> <p>Project "Northern Dimension Countries exploring ways to enhance their human potential inspired by updated analysis of premature losses of life (PYLL)"</p> <p>Participation in the Strategy Working Group</p>	<p>NCD EG leadership and members</p> <p>The project has been approved by the decision of the Monitoring Committee and received financing support from the Interreg Baltic Sea Region programme</p> <p>Seeking for EU grant funding</p> <p>The project received funding from Ministry of Foreign Affairs (Finland)/ Baltic Sea-Barents-Arctic program</p> <p>Project approved, funding received from fwc siea 2018 lot 4: human development and safety net. europeaid/138778/dh/sfr /multi: providing support to implementation of the NDPHS Strategy</p> <p>NCD EG members</p>	<p>FIN/ PPO1 (01.03.2019) Baltic Region Healthy Cities Association FIN/ Metropolia University of Applied Sciences FIN/ City of Turku FIN/ City of Helsinki EST/ City of Tartu EST/ Science Park Tehnopol LTU/ Lithuanian University of Health Sciences LTU/ Klaipeda Public Health Bureau LVA/ Riga Stradins University LVA/ Jelgava Local Municipality POL/ Suwalki Municipality POL/ City of Poznan POL/ Nofer Institute of Occupational Medicine RUS/ Russian Association of Healthy Cities, Districts and Villages SWE/ Vasterbötten County Council</p> <p>SWE/ The Public Health Agency RUS/ National Medical Research Center for Therapy and Preventive Medicine, Moscow POL/ Nofer Institute of Occupational Medicine LTU/ Institute of Hygiene, Public Health Technology Centre plus Ministry of Health tbc LVA/ Riga Stradins University, Institute of Public Health, associated organisations in health/public health/ NCD prevention, social services Other Co-sponsoring countries (Norway, Finland) tbc.</p> <p>BLR, EST, FIN, GER, LVA, LTU, NOR, POL, RUS, SWE</p> <p>BLR, EST, FIN, GER, LVA, LTU, NOR, POL, RUS, SWE</p> <p>POL and SWE</p>

No	EXPECTED RESULTS	Methods	Planned deliverables	Resources	External actors planned to be engaged
3.1.2	Working together with all stakeholders, under the leadership of public health authorities, to prepare, strengthen and review initiatives in preventing lifestyle-related risk factors through integrated and multi-sectoral activities.	<p>Identifying structures and agencies to be involved in an integrated and multi-sectoral activity for preventing lifestyle-related RFs (harmful use of alcohol, tobacco use, low physical activity and unhealthy nutrition) in various target groups of population;</p> <p>Discussion on legislative and other regulative initiatives (advertising, prices, taxes, age and time limits for sales, etc.) on reducing harmful use of alcohol, and promoting adequate health-enhancing physical activity and a nutritionally balanced diet in various target groups of population as well as instruments for monitoring of their effectiveness within the ND region;</p> <p>Discussion on the role and contribution of professional organizations and private sector (non-state actors) in prevention of life-style NCD RFs and premature deaths, focusing on elderly and old population;</p> <p>Active discussion on the development of the instrument for the evaluation of Health Literacy in general population</p>	<p>At least 3 more evidence based measures in preventing NCDs involving stakeholders in the project pilot sites in addition to national action</p> <p>Agreement on joint actions for stronger involvement of stakeholders, NGOs and private sector (non-state actors) in preventing lifestyle-related NCD RFs. Dissemination of the above mentioned agreement via the NDPHS website, newsletter and media events at regional, national or local level.</p> <p>Agreement on involvement of professional organizations and private sector (non-state actors) in prevention of life-style NCD RFs and premature deaths, focusing on elderly and old population;</p> <p>Agreement on the Tool for evaluation of Health Literacy in general population</p>	<p>Expert group leadership and members supplemented by project funding as possible.</p> <p>Expert group leadership and members</p> <p>Expert group leadership and members</p> <p>Expert group leadership and members supplemented by project funding as possible.</p>	<p>Stakeholders in each ND Partner Country: FIN/ National Institute for Health and Welfare/ Helsinki FIN/ BRHCA – Baltic Region Healthy Cities Association (WHO Collaborating Centre for Healthy Cities & Urban Health) / Turku FIN/ University of Eastern Finland/ Joensuu FIN/ FCG Ltd/ Finnish Consulting Group/ Helsinki LTU/ Institute of Hygiene/ Vilnius LVA/ Centre for Disease Prevention and Control/ Riga NOR/ Norwegian Ministry of Health and Care Services POL/ Institute of Rural Medicine in Lublin POL/ Nofer Institute for Occupational Medicine / Warsaw RUS/ National Medical Research Centre for Preventive Medicine/ Moscow SWE/ Public Health Agency of Sweden (PHAS) / Solna</p>

No	EXPECTED RESULTS	Methods	Planned deliverables	Resources	External actors planned to be engaged
3.1.3	Better comprehensive national health care system to response to reduce NCD burden in the ND area	<p>Active discussion of challenges for needed resources (professionals, structures, agencies, funds), their distribution and use for primary and secondary NCD prevention (including the use of evidence-based high-tech and digital applications) in primary health care and social rehabilitation services. Primary health care should receive more emphasis.</p> <p>NCD EG discussion on needed resources (structures, professional, technical, financial), their distribution and effective use for primary and secondary NCDs' and their risk factors' prevention among elderly and old population (the use of evidence-based applications, including high-tech and digital) in health care settings</p>	<p>At least 3 or more NDPHS partner countries with assessed health system response to NCD outcomes based on the 2014 WHO EURO assessment guide principles;</p> <p>Elaboration of a common instrument for monitoring of national health care system's effectiveness in addressing NCD prevention and control in elderly and old population</p>	<p>Expert group leadership and members supplemented by project funding</p> <p>Expert group leadership and members supplemented by project elaboration and funding</p>	<p>Stakeholders in each ND Partner Country: EST/ to be identified FIN/ National Institute for Health and Welfare/ Helsinki FIN/ BRHCA – Baltic Region Healthy Cities Association (WHO Collaborating Centre for Healthy Cities & Urban Health) / Turku FIN/ University of Eastern Finland/ Joensuu FIN/ FCG Ltd/ Finnish Consulting Group/ Helsinki GER/ to be identified LTU/ Institute of Hygiene/ Vilnius LVA/ Centre for Disease Prevention and Control/ Riga NOR/ Norwegian Ministry of Health and Care Services POL/ Institute of Rural Medicine in Lublin POL/ Nofer Institute for Occupational Medicine / Warsaw RUS/ National Medical Research Centre for Preventive Medicine/ Moscow SWE/ Public Health Agency of Sweden (PHAS) / Solna</p>

No	EXPECTED RESULTS	Methods	Planned deliverables	Resources	External actors planned to be engaged
3.1.4	Obtaining and promoting mutual interests for collaboration with other NDPHS Expert Groups	<p>Obtaining mutual interested areas for effective preventive measures to reduce NCDs and NCD RFs among elderly and old population;</p> <p>Identifying the best structures, agencies, funds within and outside of the health care systems for interagency, cross-sectoral cooperation toward the prevention of premature deaths among elderly and old population;</p> <p>Agreeing on mutual interested areas for effective preventive measures to reduce NCD and NCD RFs among elderly and old population;</p>	<p>Agreeing on mutual interested areas for effective preventive measures to reduce NCD and NCD RFs in collaboration with PHC EG and ASA EG, OSH EG.</p> <p>Participation in the elaboration of the Project Idea "AgeFlag" running by the NDPHS Secretariat</p> <p>Participation in the elaboration of the Project Idea "AgeFlag" running by the NDPHS Secretariat</p>	<p>EG leadership and members</p> <p>EG leadership and members</p> <p>NCD EG members</p>	<p>Other EGs leadership and members</p> <p>Other EGs leadership and members</p> <p>Other EGs leadership and members</p> <p>Other EGs leadership and members</p>

No	EXPECTED RESULTS	Methods	Planned deliverables	Resources	External actors planned to be engaged
3.1.5	Streamlining the adjustment of NCD EG Action Plan for 2020 and thereafter according to suggestions and additions issued by Partner Countries	<p>Discussion of a structure of the NCD EG Action Plan for 2020-2021 and thereafter;</p> <p>Define NCD EG Action Plan priority objectives for 2020-2021 and thereafter</p> <p>Continue discussion of project ideas for 2021 and thereafter; adoption of the Progress Report for 2020, Action Plan for 2021</p>	<p>Agreed draft on the structure of the NCD EG Action Plan for 2020-21 is adopted</p> <p>Agreed between the NDPHS Country Partners;</p> <p>Agreed project ideas for 2021, the NCD EG Progress Report 2020 and Action Plan for 2021 is adopted</p>	<p>Discussion of the activity: projects, agreed strategic documents (guidelines, recommendations, policy declarations, other education materials);</p> <p>Identify target groups, populations for interventions;</p>	<p>Stakeholders in each ND Partner Country:</p> <p>EST/ to be identified</p> <p>FIN/ National Institute for Health and Welfare/ Helsinki</p> <p>FIN/ BRHCA – Baltic Region Healthy Cities Association (WHO Collaborating Centre for Healthy Cities & Urban Health) / Turku</p> <p>FIN/ University of Eastern Finland/ Joensuu</p> <p>FIN/ FCG Ltd/ Finnish Consulting Group/ Helsinki</p> <p>GER/ to be identified</p> <p>LTU/ Institute of Hygiene/ Vilnius</p> <p>LVA/ Centre for Disease Prevention and Control/ Riga</p> <p>NOR/ Norwegian Ministry of Health and Care Services</p> <p>POL/ Institute of Rural Medicine in Lublin</p> <p>POL/ Nofer Institute for Occupational Medicine / Warsaw</p> <p>RUS/ National Medical Research Centre for Preventive Medicine/ Moscow</p> <p>SWE/ Public Health Agency of Sweden (PHAS) / Solna</p>

3.2. NCD activities to strengthen and achieve the 5 horizontal results laid down in the NDPHS Action Plan (table 3.2)

Horizontal result	Method	Planned deliverable	External actors planned to be engaged
<p>1. Strengthened and more visible role of health and social well-being on the regional agenda in the Northern Dimension area</p>	<p>To elaborate and implement the agreed NCDs prevention strategy documents, programs and different projects developed by the members of NCD and other NDPHS EGs</p> <p>To elaborate and implement NCD and NCD RF monitoring and cross-sectoral measures on NCDs prevention into the national ND partner countries action plans.</p>	<p>The agreed within NDPHS Partner Countries strategy documents, project ideas, projects of cross-sectoral cooperation</p> <p>The implementation of the PYLL-2-Study for evaluation of the effectiveness of the NDPHS Partner Country's activity as well as the EU Health Strategy.</p>	<p>NCD members from respective countries</p> <p>Associated organisations in public health and social services related NCD prevention</p>
<p>2. Strengthened support and involvement of other stakeholders in the NDPHS-facilitated activities</p>	<p>Dissemination of NDPHS requests among members of EG's</p> <p>Promote cooperation with relevant NCD experts through inviting to EG meetings</p> <p>Share information about the NDPHS' and EG's activity at relevant seminars, conferences and meetings, including national meetings of NDPHS actors, and look for possible synergies</p> <p>Establish collaboration links with relevant health and social networks</p>	<p>Dissemination of the messages</p> <p>Expert group meetings with experts in the field of NCDs</p> <p>Participation of NCD EG in NDPHS EGs and NDPHS relevant meetings</p>	<p>NCD members from respective countries</p> <p>Associated organisations in health/NCD prevention, social services</p>
<p>3. Increased and strengthened policies to improve health and social wellbeing through regional cooperation</p>	<p>To elaborate and integrate the common instrument for monitoring of national health care system's effectiveness in addressing of NCD prevention and control among elderly and old population</p>	<p>NCD EG participation in the elaboration of the Project Idea "AgeFlag" running by the NDPHS Secretariat</p> <p>The implementation of the PYLL-2-Study for evaluation of the effectiveness of the NDPHS Partner Country's activity as well as the EU Health Strategy.</p>	<p>NCD members, policy makers, funds from relevant countries</p>

Horizontal result	Method	Planned deliverable	External actors planned to be engaged
<p>4. Increased visibility of the NDPHS in the Partner Countries</p>	<p>Elaboration of the NDPHS Strategy for 2021 and thereafter</p> <p>Strengthen collaboration links with relevant networks (e.g Healthy Cities/WHO)</p> <p>Prepare a list of relevant NGOs and other stakeholders and networks within partner countries and regionally</p> <p>Produce and disseminate via the NDPHS website, newsletter and/or media events analytical conclusions and strategic action proposals towards the national authorities responsible for NCD</p>	<p>Participation in the NDPHS Strategy for 2021 and thereafter elaboration</p> <p>Participation in the relevant events</p> <p>Development by NCD Experts of the list of relevant NGOs and other stakeholders and networks</p> <p>Preparation of leaflets, other publications for media events of the NDPHS and other relevant organizations/networks</p>	<p>Strategy Working group NCD members, policy makers, funds from relevant countries</p>
<p>5. Ensured coherence and mutual support in addressing regional challenges and opportunities in health and social well-being areas through a successful leadership of the EU Strategy for the Baltic Sea Region's Health Policy Area</p>	<p>To contribute to and plan a project(s) with possible participation of all EGs</p> <p>From NCD EG most relevant are :</p> <ul style="list-style-type: none"> • ASA EG • OSH EG • PHC EG 	<p>Joint meeting with ASA EG</p> <p>Project(s) ideas, project(s) proposals</p>	<p>NDPHS EGs, policy makers, funds from relevant countries</p>

4. Assumptions, enabling factors and possible obstacles

Enabling factors:

- The composition of the NCD EG is stable and ND Partner Countries and Organizations are widely and actively represented;
- The governments of respective ND Partner Countries and organizations are committed financially to their representation at the NCD EG, i.e. that the experts they have nominated to the NCD EG are provided with necessary travel funding through their respective authorities. Additionally, when projects are budgeted, participating countries need to be prepared to allocate seed money as required by the main funding agency (usually in the range of 10-20% of total);
- NCD EG members are committed to and engaged in other NDPHS' EGs and NDPHS activities, both at and in-between the meetings;
- NCD EG members everyday work is closely connected with NCDs prevention and health promotion activity at a partner country level;
- There are available grant programs/donors for project concepts developed by the NCD EG in response to problems of NCDs and their risk factors;
- NCD EG runs collaboration with key actors in the field of NCD response and development cooperation (WHO EURO, EU, Russia, Norway, etc.);
- NCD EG activity closely related to WHO-EURO tasks.

Possible obstacles:

- Although, the most of ND Partner Countries are interested in health promotion and NCDs prevention, not all of them have their representatives in the NCD EG;
- NGOs, other sectors outside the health care systems and private sectors are not enough involved in solving the health, social and economic burden related to NCD;
- Lack of demand of policy documents on health promotion and NCDs prevention within and outside of state, private law and regulation settings, health care systems, that are common for all NDPHS Partner Countries.