

# **Role of SMOs in reducing Non-communicable Diseases Burden**

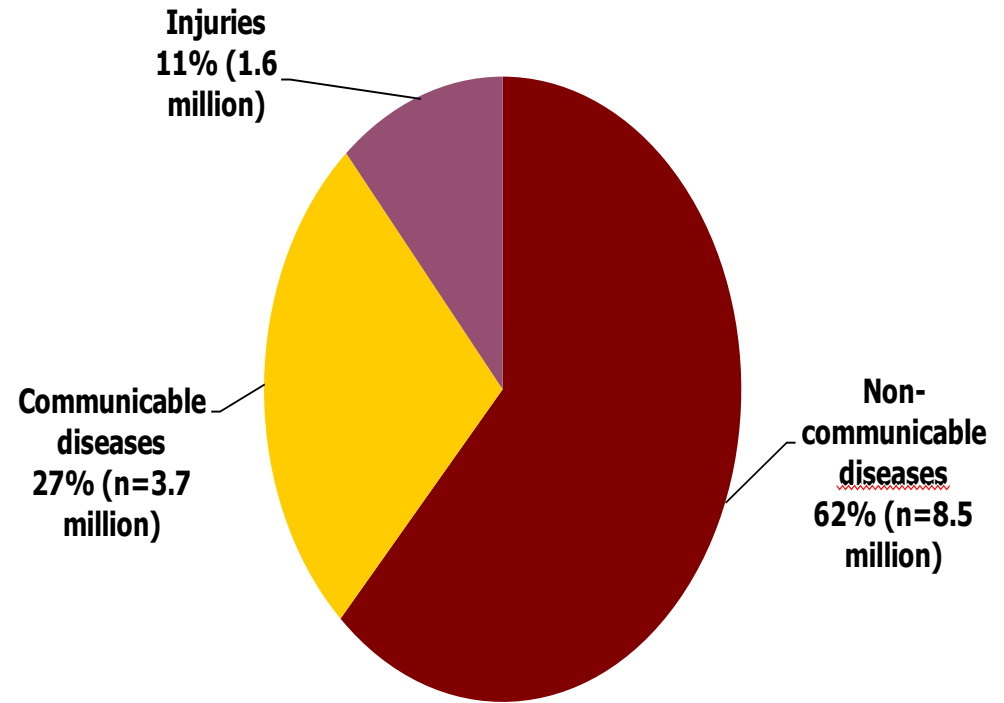
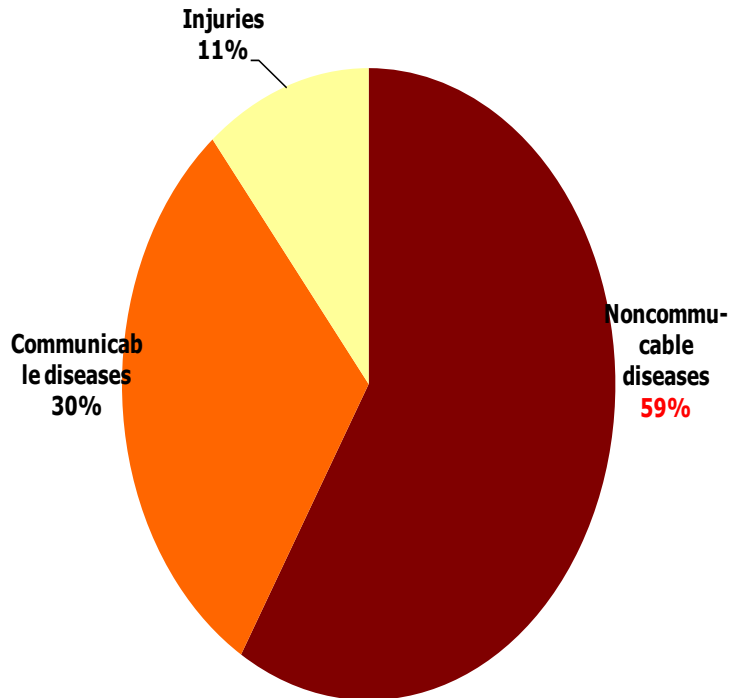
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Department of Public Health,  
Ministry of Health and Sports**

# Outline of presentation

- Disease burden/prevalence of risk factors
- Global and Regional agenda
- National Responses
- Roles of SMOs in reducing major NCDs

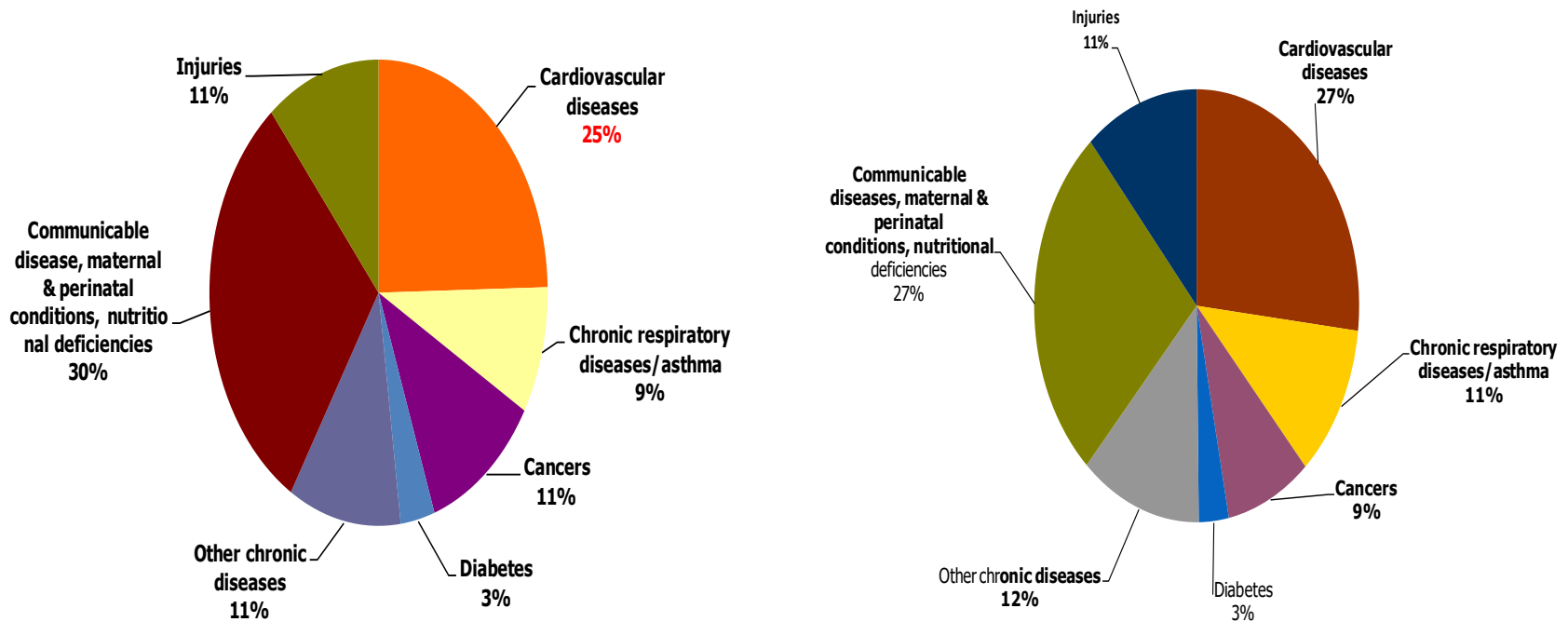
## Estimated Percentage of deaths by cause, Myanmar vs SEARO, 2012

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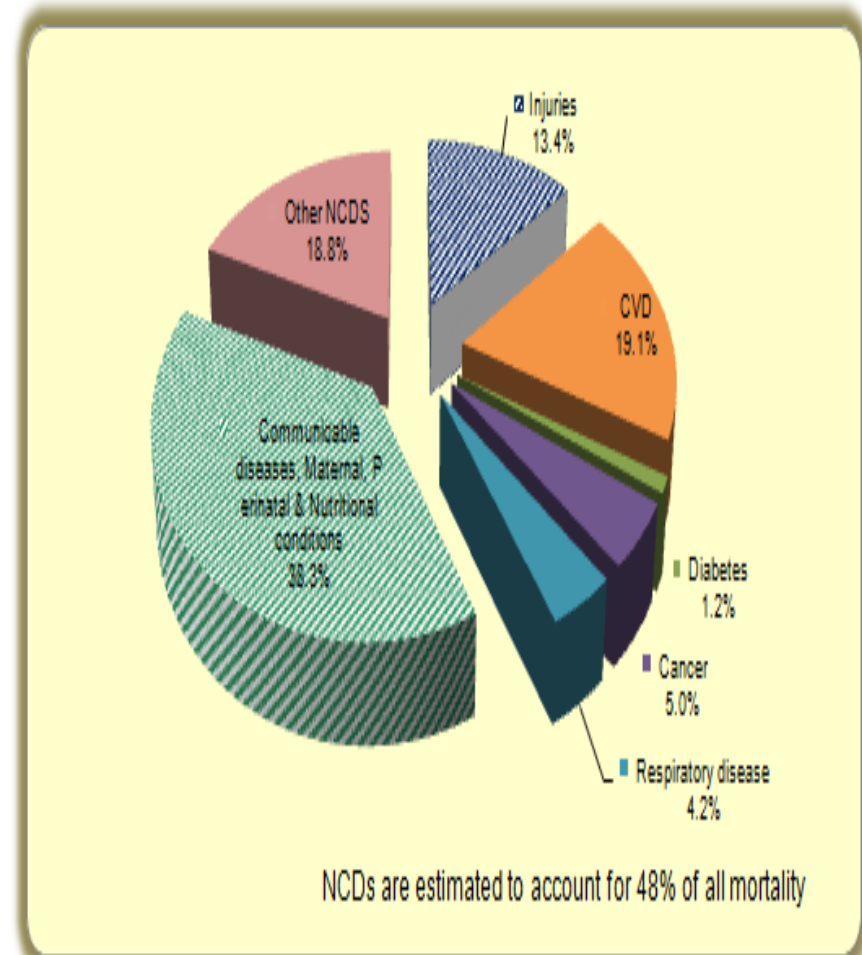
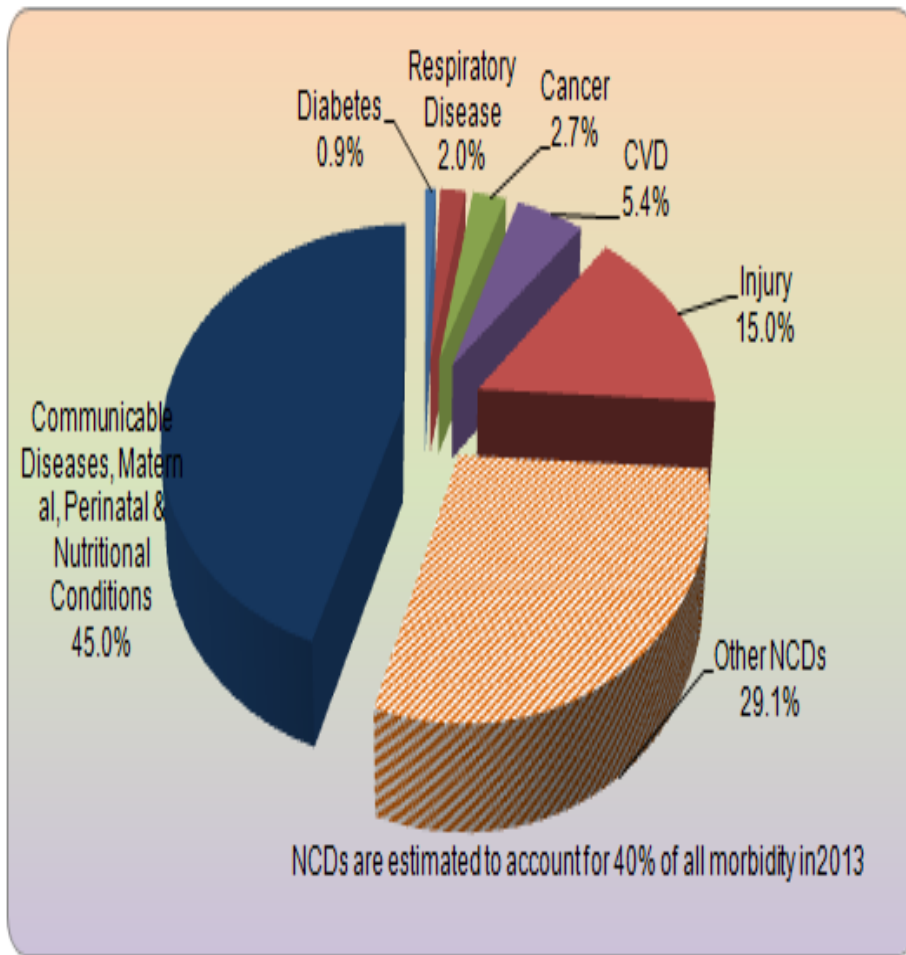
**NCDs are the most frequent cause of death in the Region**

# Estimated Percentage of deaths by cause, Myanmar vs SEARO, 2012



Four major NCDs account for most of NCD-related deaths

## Proportion of Morbidity and Mortality (Non-Communicable Diseases -2013)

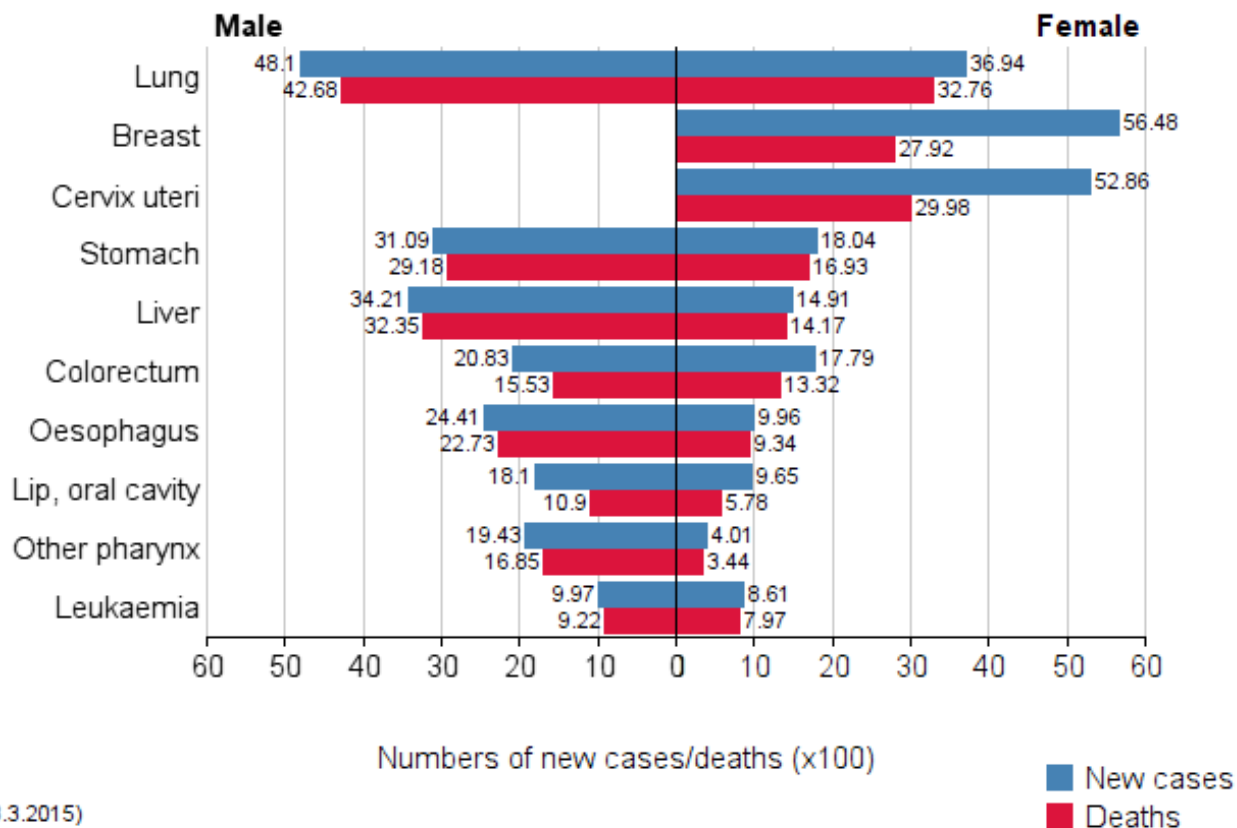


Source: Hospital Inpatient Statistics, HMIS

# Incidence and mortality of top 10 cancers, by gender, Myanmar, 2012

International Agency for Research on Cancer

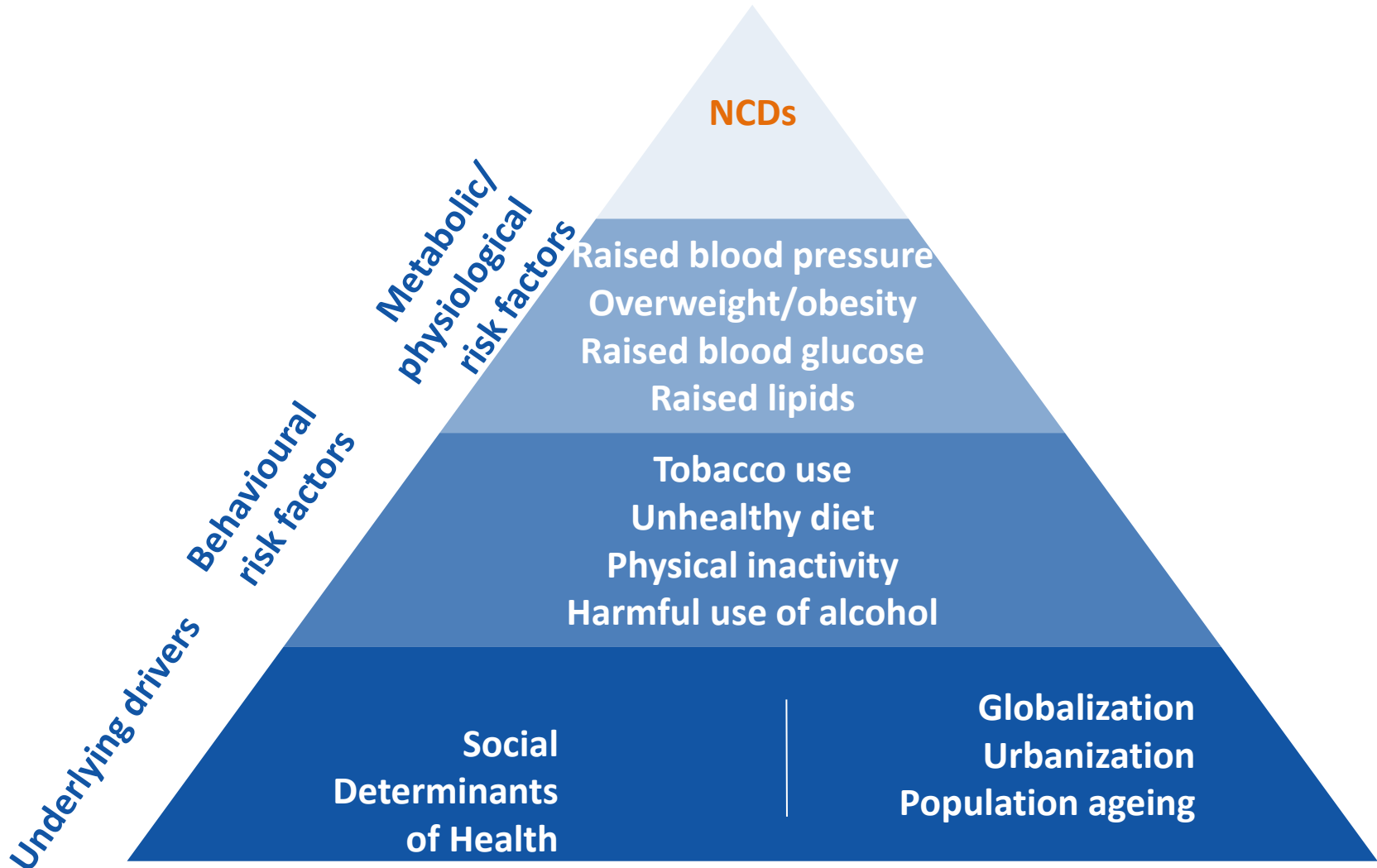
Myanmar



GLOBOCAN 2012 (IARC) (3.3.2015)

**Breast cancer is most common in females, while lung cancer is most common in males**

# What is driving the NCD epidemic?



# Prevalence of Risk Factors for NCDs (WHO STEPS Survey 2014)



## RAISED BLOOD GLUCOSE

(FBS  $\geq$  7 mmol/L or 126mg/dl  
2HPP  $\geq$  11.1 mmol/L or 200mg/dl)

Both Sex

10.5%



**Prediabetes 19.5%**







## **RAISED BLOOD CHOLESTEROL** (More than 5.0 mmol/L or 190mg/dl)

**Both Sex**

**36.7%**



## OVERWEIGHT (BMI $\geq$ 25kg/m<sup>2</sup>)

Both Sex  
22.4%



14.1%

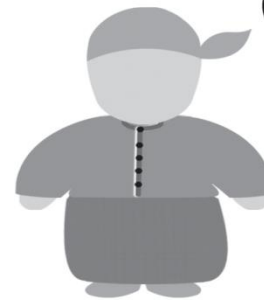


30.8%



## OBESITY (BMI $\geq$ 30kg/m<sup>2</sup>)

Both Sex  
5.5%



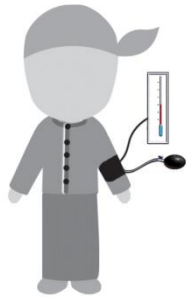
2.6%



8.4%



## RAISED BLOOD PRESSURE



24.7%



Both Sex  
26.4%



28.0%



## LOW FRUITS AND VEGETABLE CONSUMPTION

(less than 5 servings per day)



85.2%



Both Sex  
86.6%



87.9%



## SMOKING



43.8%



Both Sex  
26.1%



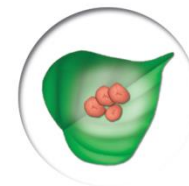
8.4%



## SMOKELESS TOBACCO (Betel nut chewing)



62.2%



Both Sex  
43.2%



24.1%



### CURRENT ALCOHOL DRINKERS



38.1%



Both Sex  
19.8%



1.5%



### HEAVY EPISODIC DRINKERS



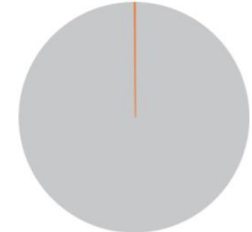
20.3%



Both Sex  
10.3%



0.3%



# INSUFFICIENT PHYSICAL ACTIVITY



12.5 %



Both sexes  
15.7%

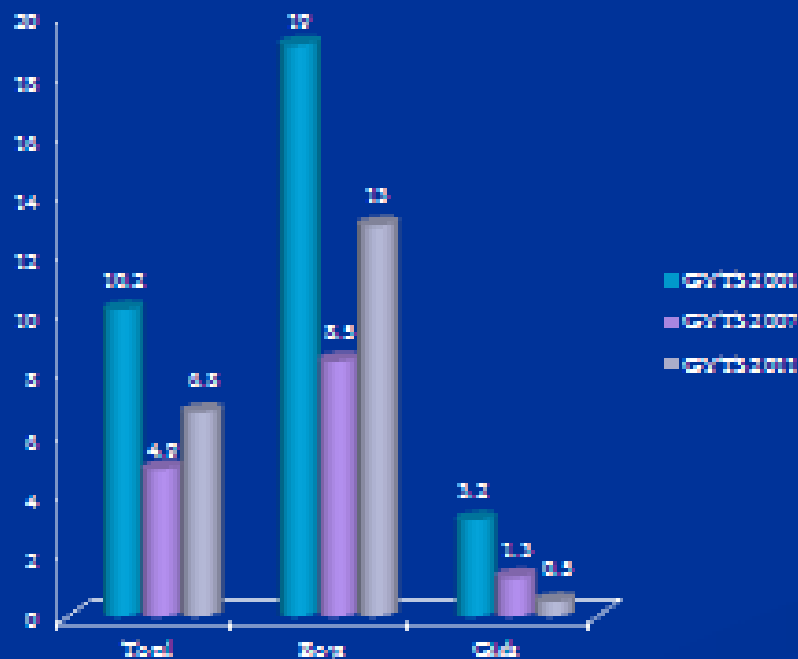


18.8 %

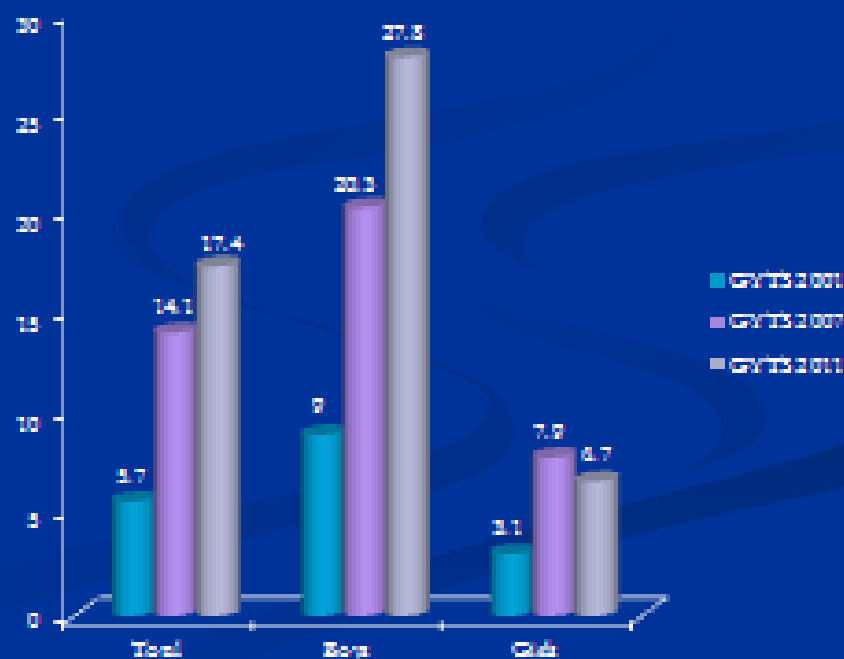


# Prevalence of tobacco use among school youths

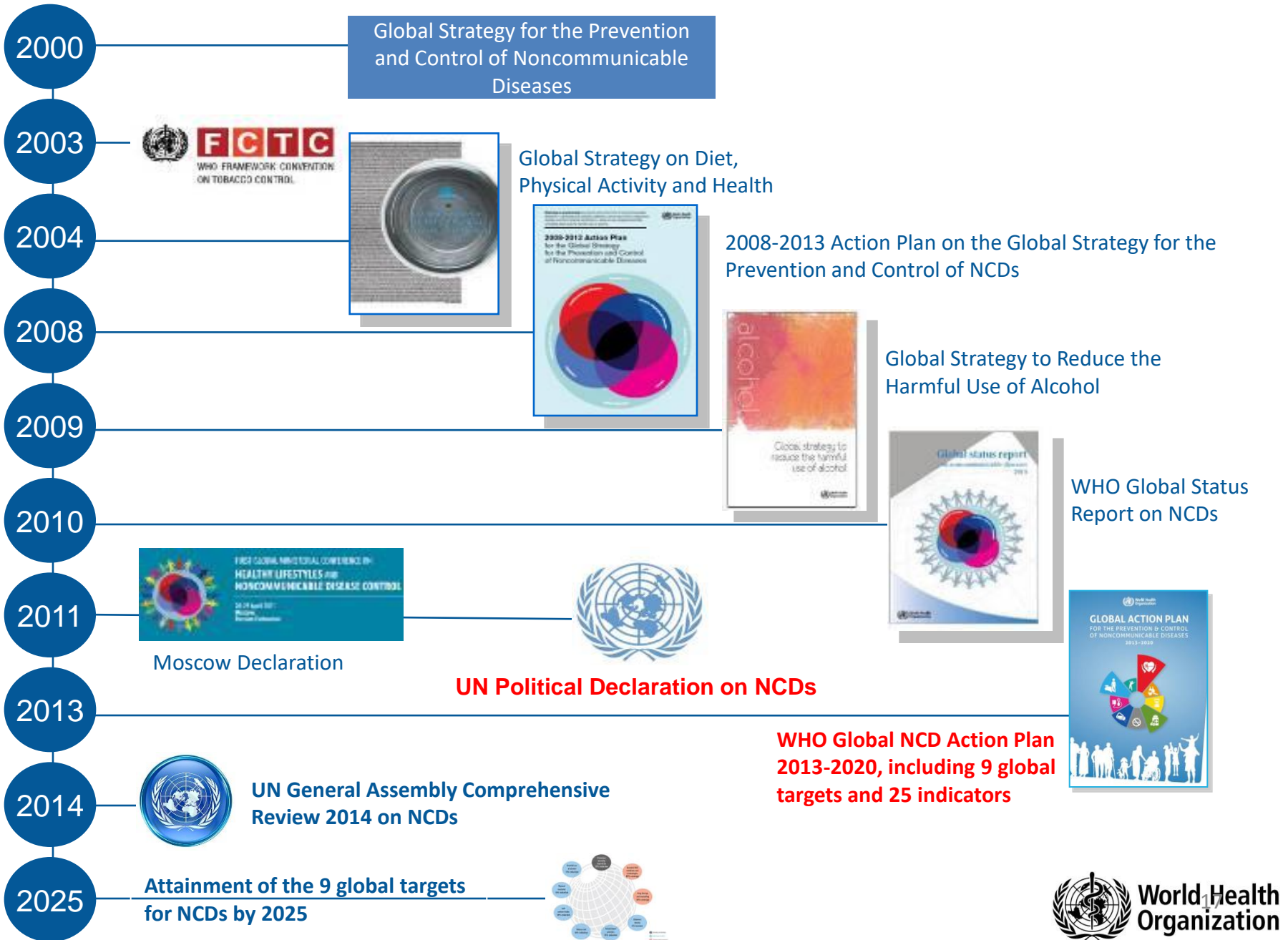
## Current cigarette smokers



## Current use of other tobacco products



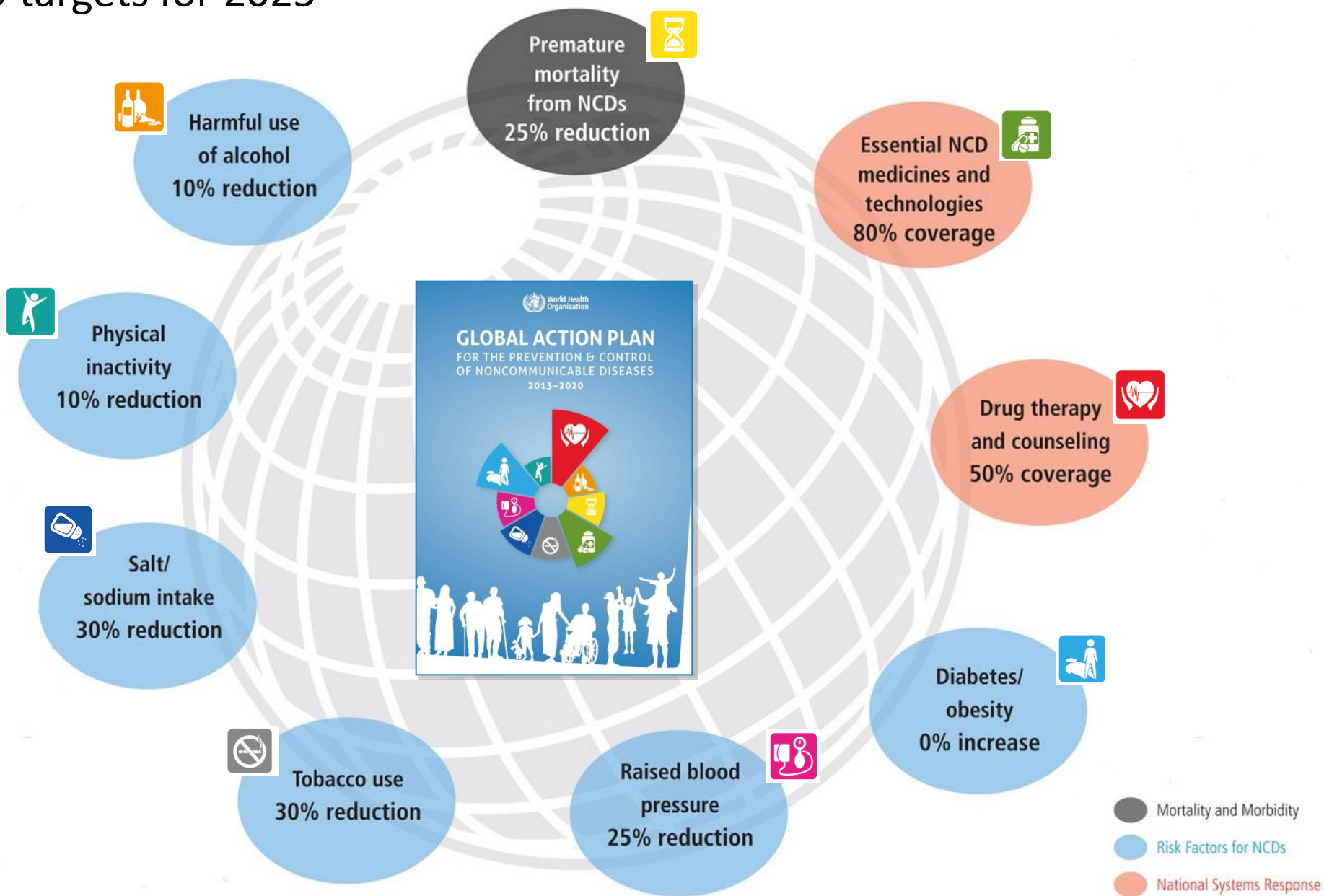
# Shaping the global NCD agenda: Vision and a global road map





# Global Monitoring Framework

## 9 targets for 2025



# Global Strategy for prevention and control of noncommunicable diseases—Three pillars

## Surveillance

Mapping the epidemic of NCDs



## Prevention

Reducing the level of exposure to risk factors



## Management

Strengthen health care for people with NCDs



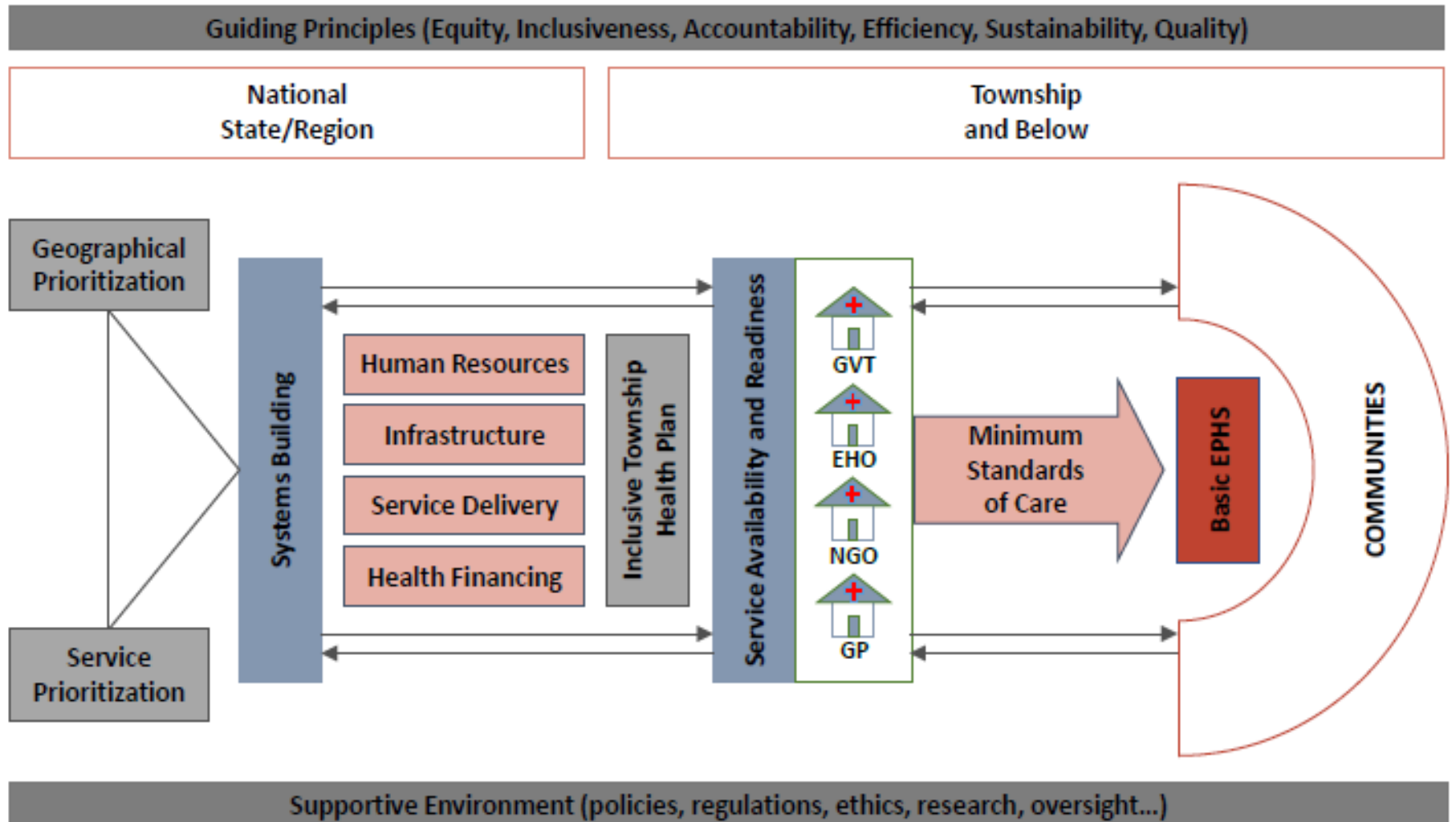
# Strategic action areas for the prevention & control of NCDs in Global/Regional Action Plan (2013-2020)



## “Best buys” for NCD prevention and control

	Risk factor / disease	"Best buy" Interventions
<p><b>*Prevention*</b> Reducing the level of exposure to risk factors</p>	Tobacco use	<ul style="list-style-type: none"> <li>- Raise taxes on tobacco</li> <li>- Protect people from tobacco smoke</li> <li>- Warn about the dangers of tobacco</li> <li>- Enforce bans on tobacco advertising</li> </ul>
	Harmful use of alcohol	<ul style="list-style-type: none"> <li>- Raise taxes on alcohol</li> <li>- Restrict access to retailed alcohol</li> <li>- Enforce bans on alcohol advertising</li> </ul>
	Unhealthy diet and physical inactivity	<ul style="list-style-type: none"> <li>- Reduce salt intake in food</li> <li>- Replace trans fat with polyunsaturated fat</li> <li>- Promote public awareness about diet and physical activity</li> </ul>
<p><b>*Management*</b> Strengthen health care for people with NCDs</p>	Cardiovascular disease and diabetes	<ul style="list-style-type: none"> <li>- Provide counselling and multi-drug therapy for people with medium-high risk of developing heart attacks and strokes</li> <li>- Treat heart attacks with aspirin</li> </ul>
	Cancer	<ul style="list-style-type: none"> <li>- Hepatitis B immunization to prevent liver cancer</li> <li>- Screening and treatment of pre-cancerous lesions to prevent cervical cancer</li> </ul>

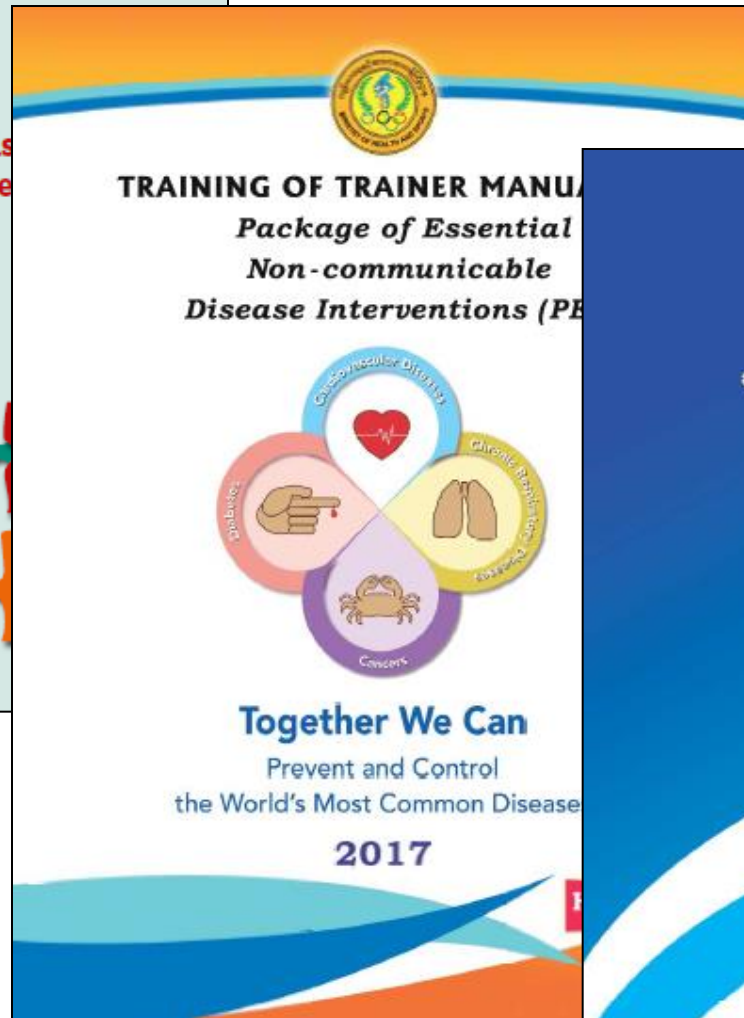
# Framework of NHP 2017-2021



# Tools for Primary care providers for reducing NCDs burden

## Implementation tools

Package of Essential Noncommunicable (PEN) disease interventions for primary health care in low-resource settings



**What are the roles of SMOs in reducing burden of major NCDs and exposure to common risk factors?**

# Roles of SMOs

- Leader
- Role model
- Educator and trainer for BHS and CHWs
- Clinician
  - Health literacy promotion
  - Screening and early detection of major NCDs
  - Treatment and referral
- Researcher



		Modifiable causative risk factors			
		Tobacco use	Unhealthy diets	Physical inactivity	Harmful use of alcohol
Noncommunicable diseases	Heart disease and stroke	✓	✓	✓	✓
	Diabetes	✓	✓	✓	✓
	Cancer	✓	✓	✓	✓
	Chronic lung disease	✓			

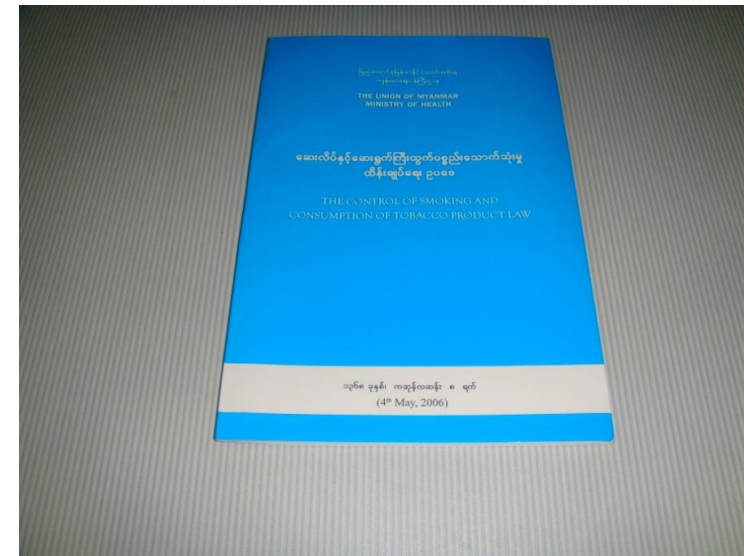
# Reducing Tobacco-related harms



**F C T C**

**WHO FRAMEWORK CONVENTION  
ON TOBACCO CONTROL**

## The Control of Smoking and Consumption of Tobacco Products Law



# Six Policies to Reverse the Tobacco Epidemic (MPOWER)

- **Monitor** tobacco use and prevention policies
- **Protect** people from tobacco smoke
- **Offer** help to quit tobacco
- **Warn** about the dangers of tobacco
- **Enforce** bans on tobacco advertising, promotion and sponsorship
- **Raise** taxes on tobacco



# As a Role model.....

- Health professionals are the role models in the clinical and community settings.
- Should refrain from tobacco or quit tobacco as examples.
- Should set hospitals, health facilities and workplaces tobacco free.

## As a Clinician .....

- Address tobacco dependence as part of your standard care practice.
- Questions about tobacco use should be included when monitoring vital signs.
- Ask and note about tobacco use at every counter with a patient.

# 3 minutes intervention for tobacco cessation : 4 As

- ASK about tobacco use
- ADVICE to quit tobacco
- ASSIST them to quit
- ARRANGE them for quitting

# 4 Rs

- Relevance– describe the relevance of quitting tobacco and health
- Risk- describe the risk of tobacco use
- Reward-describe the rewards of quitting tobacco
- Repetition- repeat again and again till succeeded.

# Tobacco-Free Hospitals and Health Facilities

- Hospitals and health facilities must have written policies to be Tobacco-Free ( smoking as well as smokeless).
- Need to put up sign-board/ notices clearly stating that smoking as well as chewing tobacco is strongly prohibited in this compound.
- Monitor and supervise to ensure health facilities are tobacco-free.





# Thank You!!!

