Improving Health Outcomes Through NCD Prevention

Noncommunicable Disease Prevention and Adolescents
December 2017

Webinar
February 21, 2018

coregroup
Advancing community health worldwide.

PLAN INTERNATIONAL

NCD CHILD
Fighting Children and Adolescents for the Global Non Communicable Disease Agenda

ADVANCING SYNERGY

www.ncdchild.org
Webinar Presenters

• Liam Sollis, Young Health Programme, Plan International UK
• Arti Varanasi, Advancing Synergy
• Kiran Patel, NCD Child
• Mychelle Farmer, Moderator
Objectives

• Describe at least two national policies with links to NCDs prevention.

• Identify critical actions that will enhance adolescent and youth participation in campaigns for NCDs prevention.

• Assess the outcomes of the Global NCD Forum, highlighting the key themes related to NCDs affecting adolescents and youth.
NON-COMMUNICABLE DISEASE PREVENTION AND ADOLESCENTS

Webinar Presentation
Liam Sollis
Read our new report: NCD Prevention and Adolescents

To achieve global NCD targets we need greater focus on young people

#NCDs_Adolescents

bit.ly/2CWvLvl
40 million people die of NCDs annually

An estimated 80% of premature heart disease, stroke, and diabetes and 40% of cancers are due to **modifiable risk factors**

- tobacco use
- poor diet
- harmful use of alcohol
- insufficient physical activity

Many risk behaviors begin in adolescence

• An estimated 50 million girls and 74 million boys worldwide were **obese** in 2016
• At least 1 in 10 currently use **tobacco**
• Only 2 in 10 **exercise** at least 60 minutes per day
• **Alcohol use** is high (e.g. Eastern Europe, nearly 7 in 10 adolescent boys and almost 5 in 10 adolescent girls use alcohol)
• **Mental health** disorders are neither identified nor treated, despite the fact that nearly half of all disorders start by age 14 and suicide is a leading cause of death

*Source: Noncommunicable Disease Prevention and Adolescents.* December 2017.
Adolescents have been largely ignored in NCD frameworks to date...

- UNGA Political Declaration on the Prevention and Control of NCDs (2011)
- UNGA Outcome Document of the Second High-level Meeting of the General Assembly on NCDs (2014)
- Sustainable Development Goals (2015)
  - Goal 3: By 2030, reducing by one-third premature mortality from NCDs...for those between 30 and 70 (Target 3.4)

...despite clear evidence for action.
Policies and regulations:
- Include adolescent NCD prevention, including mental health interventions, in existing national health and other sector policies, including education, social development and poverty alleviation, environment, and urban planning.
- Implement and enforce national policies and regulations prohibiting the sale of tobacco products and alcohol to children and adolescents and protecting both child and adult non-smokers from second-hand tobacco smoke.
- Restrict and/or ban (where relevant) the marketing of unhealthy products to children and adolescents (tobacco, alcohol, unhealthy foods and beverages).
- Use pre-health taxation and price measures to reduce the consumption of tobacco, alcohol, and unhealthy foods and beverages and increase the consumption of healthier products (through price subsidies and distribution programmes etc.).

Data, financing, and accountability:
- Collect and report age and sex-disaggregated data on the prevalence and incidence of NCDs and NCD risk behaviors among children and adolescents, including those pertaining to mental health.
- Implement a systematic needs assessment to identify and prioritise adolescent NCD-related health needs, with attention to issues of equity and inequality (e.g., gender, economic status, disability, geography, etc.) within the broader context of national adolescent health plans, programmes, and legislation.
- Develop country profiles on adolescents and NCDs to inform the development of country-specific policies and programmes and resource allocation for NCD prevention among adolescents and young people.
- Ensure that data on NCDs and adolescents is integrated into new and existing accountability mechanisms for NCDs and for adolescent health, such as the WHO NCD Global Monitoring Framework as well as national and global monitoring tools to track progress on adolescent health.

Programmes:
- Integrate adolescent NCD prevention and treatment into basic primary health care services and packages, in particular RMNCH platforms, to screen for those in need of NCD treatment. Promote healthy behaviors across the life cycle, beginning with maternal health and the pre-natal period and extending throughout childhood and adolescence and into adulthood.
- Expand the service delivery platforms that provide NCD prevention services to adolescents and young people including through schools and community-based platforms.

Adolescent participation:
- Ensure national policy frameworks recognise the importance of adolescent participation and leadership in national planning processes through the establishment of formal mechanisms for participation, including inclusion and outreach to adolescents from key vulnerable groups.
- Create forums, structures, and processes to institutionalise adolescent participation and leadership in national and sub-national dialogues and planning processes about young people’s health and well-being, including NCD risk reduction.
- Strengthen adolescent competencies and leadership in NCD prevention through sustained training and mentorship opportunities.

We need strong policy action and a shift in programming to include focus on adolescents and NCDs
#NCDs_Adolescents
bit.ly/2CWvvlV
Examples of evidence for action

Strengthened policies and regulation, for example:

- Setting a minimum age for the purchase of alcohol
- Regulating the marketing to children and adolescents of foods and beverages to limit the consumption of those high in fat, sugar and salt; and,

Leveraging existing health and education programs, for example:

- Integrating adolescent NCD prevention, screening and treatment into basic primary and reproductive, maternal and child health services
- Promoting healthy behaviors through schools
Policy and regulatory action

• Implement and enforce national policies and regulations prohibiting the sale of tobacco products and alcohol to children and adolescents

• Restrict and/or ban marketing of unhealthy products to children and adolescents
  – tobacco, alcohol, unhealthy foods and beverages

• Use pro-health taxation and pricing measures
  – to reduce the consumption of tobacco, alcohol, and unhealthy foods and beverages and.
  – to increase the consumption of healthier products (through price subsidies and distribution programmes, etc.)
Program action

• **Integrate** adolescent NCD prevention, screening and treatment into basic primary and reproductive, maternal and child health services

• **Promote healthy behaviors** across the life cycle, beginning with the pre-natal period and extending throughout childhood and adolescence into adulthood

• **Expand the service delivery platforms** that provide NCD services to adolescents and young people
Action on data, financing, and accountability

• Report age and sex-disaggregated data for NCDs, mental health and risk behaviors;

• Develop country profiles on adolescents and NCDs
  • with attention to issues of equity including gender, economic status, disability, and geography to inform country-specific NCD policies and programmes

• Allocate adequate resources for NCD prevention and track data and spending through existing and new accountability measures
Action to institutionalize adolescent participation

• Institutionalize adolescent representation, engagement, and leadership in national and sub-national planning processes, including adolescents from key vulnerable groups

• Provide training and mentorship opportunities to strengthen adolescent competencies and leadership in NCD prevention
UNHLM on NCDs is a key opportunity to accelerate NCD prevention among adolescents

Our new report outlines how

#NCDs_Adolescents

bit.ly/2CWvlvl
Time for action is NOW

• In preparation for the 2018 High Level Meeting on NCDs Member States have a unique opportunity to address adolescent and NCDs through a commitment to:
  • Strong policy action
  • A decisive shift in programming
  • Clear accountability and participation mechanisms
THANK YOU
Highlights from the Second Global NCD Alliance Forum

Arti Varanasi, PhD, MPH

Advancing Synergy
Stepping up the pace on NCDs: making 2018 count
Stepping up the pace on NCDs: making 2018 count

• NCDs as a health and development issue
  – 70% of all mortality in 2015 due to NCDs (majority of deaths in LMICs)
  – Increasing exposure to NCD risk factors

• Achieving Sustainable Development Goals (SDGs) = Addressing NCDs

• 3rd UN High-Level Meeting on NCDs opportunity to mobilize and advocate
Forum objectives

- To further the Sharjah Declaration by facilitating advocacy campaign planning towards the 2018 UN HLM
- To convene the civil society network of national/regional NCD alliances to share experiences, lessons learnt and connect with key stakeholders across sustainable development
- To promote the engagement of people living with NCDs and youth in the NCD movement, including through launching the Advocacy Agenda of People Living with NCDs
- To strengthen the capacity of the network of national/regional NCD alliances
- To build momentum on advocacy priorities for 2018 UN High Level Meeting (HLM) on NCDs

Source: NCD Alliance Webinar Recording and Slides, 17 January 2018.
Forum in perspective

• 2\textsuperscript{nd} Global NCDA Forum
• 350 delegates from 68 countries
• 49 National and Regional NCD Alliances
• 10\% youth and people living with NCDs
• 3 days = 3 plenaries, 3 workshop streams (15 total workshops)
• 1 youth pre-meeting

Plenary Sessions & Workshops

• Advocating for NCD prevention and control

• Breaking down silos and building synergies in the SDG era

• Sharing tools and strategies for NCD advocacy and mobilization
Look Forward: 2018 in a Nutshell

January
- 22-27: 142nd WHO Executive Board
- 23-26: WEF Annual Meeting, Davos
- 2018 HLM modalities resolution

February
- 7-13: 9th World Urban Forum

March
- 7-9: The 17th World Conference on Tobacco or Health
- 12-23: UN 62nd Commission on Status of Women

April
- 9-11: NCD Financing Conference, Copenhagen

May
- 21-26: WHO World Health Assembly
- WHO HL Commission on NCDs report published

June
- Civil Society Hearing on 2018 HLM, TBC

July
- 9-18: UN High-level Political Forum
- 26-29: 33rd International Conference of ADI

August
- WHO Regional Committee meetings begin

September
- 18-20: UNGA 73
- 2018 HLM NCDs, TBC

October
- 1-4: 2018 World Cancer Congress
- 24-27: 49th Union World Conference on Lung Health

December
- 3-14: UNFCCC COP24
- 5-8: World Congress Cardiology & Cardiovascular Health

Emerging importance of addressing NCDs

Sessions included: tackling NCD within global health practice; community engagement and outreach for chronic diseases; and collaborating with the private sector to advance NCD services

Reinvigorate the NCD Interest Group and coordinate with the NCD Roundtable and other forums.

NCD-focused Technical Advisory Group (TAG) Meetings for 2018 and beyond

Source: CORE Group Conference Report, 2017
YOUTH, NCDS, & 2018

Kiran A Patel, MPH
American Academy of Pediatrics
NCD Child Secretariat
Youth Planning Committee

- Chaired by NCD Child at the request of NCD Alliance ahead of the Global NCD Alliance Forum 2017
- Charged to develop and execute the Forum’s youth engagement efforts spanning before, during, and after the Forum
- Represented by NCD Child, IFMSA, YP-CDN, NCD Free, Commonwealth Youth Network
- Managed recruitment, program development, and follow-up communications
BEFORE: Youth Workshop

- Convene youth advocates from across 6 WHO regions to share experiences and best practices for a sustainable NCD prevention, management, and treatment agenda
- Introduce key frameworks, declarations, and resources to prime attendees ahead of the Forum
- Provide context and timeline of the current global NCD development agenda in the lead up to the 2018 UN High Level Meeting on NCDs
- Discuss meaningful youth advocacy across key stakeholder groups, including specific and practical strategies
- Complete a delegate-led prioritization exercise to identify key areas for action
- Draft a time-bound specific call to action for youth advocates ahead of the 2018 UNHL Meeting
DURING: Listen, Engage, Agitate
DURING: Call to Action

- Ensure universal and equitable access to high-quality, affordable, age-appropriate health care
- Scale up financing and resources for prevention, management, and treatment of NCDs across the life-course
- Raise awareness of children, adolescents, and young people, and sensitize government officials about the risk factors, prevalence, and impact of NCDs
AFTER: Taking Action

• Deliver **youth-generated messages** on NCD awareness and advocacy priorities via social media, blogs, and other communication channels ahead of and during significant WHO/UN/Member State negotiations

• Create and disseminate **evidence-based policy resources** advocating for the inclusion of young people in health agendas and policy-making processes

• Develop **relationships with key government officials** to advocate for (1) the highest possible level of country representation; and (2) youth inclusion in national delegation at the UN High Level Meeting on NCDs

• Disseminate **simple, targeted messages mobilising NCD financing** and resources, ahead of the Global Conference on Financing NCDs, hosted by Denmark and WHO, to encourage more young people to advocate for funding for NCD prevention and control
Combating Childhood Obesity

By Michelle Bafasian

Global childhood obesity rates are on the rise. In the United States, there have been many efforts to try to combat the epidemic like building more parks, and increased access to healthy foods.

I lobbied Congress in Washington, D.C. with the American Heart Association (AHA) for the national Healthy Hunger-Free Kids Act.
Get Involved!

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OUR GENERATION IS NOT GOING TO TOLERATE ANY MORE UNNECESSARY DEATH & SUFFERING. WE’RE TELLING YOU: THIS IS ENOUGH.
Q & A

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December 2017
Thank You!

Liam Sollis
liam.sollis@plan-uk.org

Arti Varanasi
avaranasi@advancingsynergy.com

Kiran Patel
KPatel@aap.org

Mychelle Farmer
mfarmer@advancingsynergy.com