

World NCD Day, 2016

Theme: Preventing lifestyle diseases: Ensuring Development

Sub-theme: Health System Strengthening for Universal Coverage of NCD Programs

FACT SHEET: Noncommunicable Diseases and Development

Key Facts

- The noncommunicable disease (NCD) epidemic has a serious negative impact on human development in human, social, and economic realms.
- NCDs reduce productivity and contribute to poverty.
- NCDs create a significant burden on health systems and a growing economic burden on country economies.
- NCDs must be tackled if the global development agenda is to be realized.
- Prevention and control of NCDs is one of the target goal of Sustainable Development Goals.
- Multisectoral action is required to address the socioeconomic determinants of NCDs.

Overview

Noncommunicable diseases (NCDs) have potentially serious socioeconomic consequences, through increasing individual and household impoverishment and hindering social and economic development. NCDs are fundamentally a development and socioeconomic issue, striking both rich and poor people, but inflicting more ill health and other consequences on the poor in all countries.

NCDs and Global Health Expenditure

The United Nations General Assembly, recognizing the importance of chronic diseases as a development issue, hosted a high-level meeting on NCDs in September, 2011, which was attended by heads of states. Four diseases, cardiovascular diseases, cancers, diabetes, and chronic respiratory diseases, are responsible for the majority of NCD-related illness and death. These four, along with mental illness, will cost the developing world \$21 trillion over the next two decades.¹

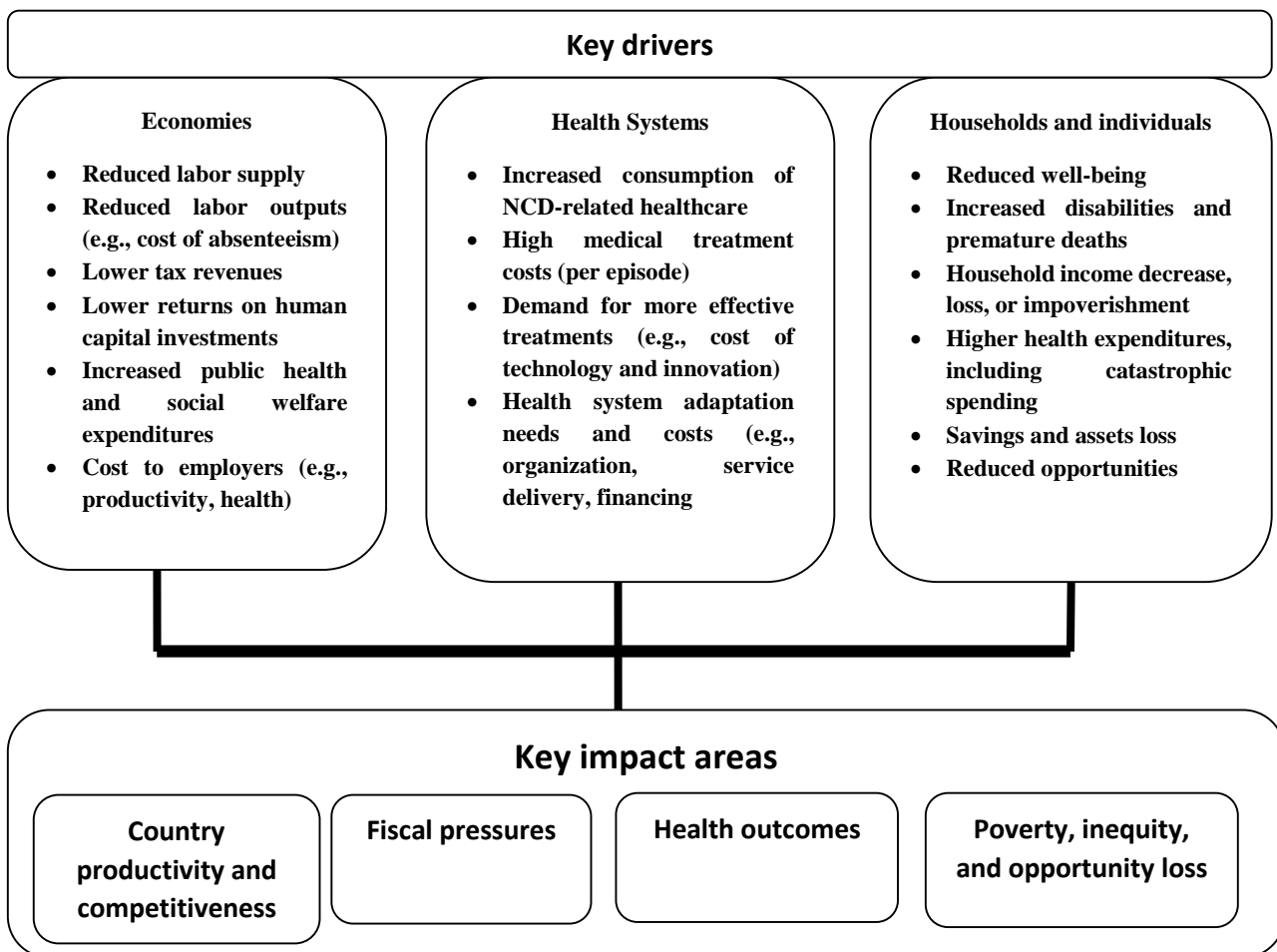
Poverty, illiteracy and inadequate development in low-income countries aggravate NCD risk factors. The average level of spending in low-income countries in 2010- US\$ 33.7 per capita- is still well below the minimum amount of US\$ 44 per capita required to ensure that everyone can have access to a set of essential health services as suggested by the Taskforce on Innovative International Financing for Health Systems.² Low levels of income (purchasing power parity [PPP] int. \$3747 per capita in 2011 and literacy affect health behaviours and lifestyle choices, so that people fall an easy and early prey to NCDs. In 7 out of 11 SEAR countries, the proportion of GDP spent on health is less than 5%. Total expenditure on health in countries of SEAR is low with a maximum expenditure of 6.2% of the GDP in the Maldives as in 2010.³

¹ David Bloom et al., *The Global Economic Burden of Noncommunicable Diseases* (Geneva: World Economic Forum, 2011).

² World Economic Forum. *The Global Economic Burden of Noncommunicable Diseases*. A report by World Economic Forum and Harvard School of Public Health, 2011

³ *World Health Organization. World Health Statistics 2013*. Geneva: WHO Press; 2013.

What are the implications of NCDs on development?⁴



NCDs and sustainable development Goals

There are 17 SDGs with 169 targets. SDG 3 is explicitly for health which says, ‘Good Health and Well Being’: Ensure healthy lives and promote well-being for all at all ages. This SDG has 12 targets. The fourth target out of the 12 targets focuses specifically on the noncommunicable diseases. SDG 3.4 says that ‘By 2030, reduce by one third premature deaths from non-communicable diseases (NCDs) through prevention and treatment and promote mental health and well-being’. SDG 3.5 relates to the strengthening of the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol followed by 3.6 which focuses to halve the number of global deaths and injuries from road traffic accidents by 2020.

What needs to be done?

- We need to work on the three pillars- Prevention, Surveillance and Management of Noncommunicable Diseases.
- Multisectoral action is required through National level multisectoral action plans.
- There is a need of integration and convergence within the national health programs related to NCDs.
- Accord priority to prevention and control of NCDs if sustainable development is to be achieved.

⁴ Thakur JS. *Public Health Approaches to Noncommunicable Diseases*. Wolters Kluwers, Gurgaon, 2015