NCDs and the Civil Society in UGANDA

Dr Gerald Mutungi,
Program Manager NCDs, MoH
What are NCDs?

• Diseases and conditions that are not transmissible from one person to another either directly or through vectors
  – Cancers
  – Diabetes
  – Cardio-Vascular diseases
  – Chronic Respiratory diseases e.g Asthma
  – Sickle Cell Diseases
  – Mental illness
  – Injuries
Introduction

• NCDs are major causes of morbidity and mortality globally.

• There is an increasing trend of NCDs in LMICs, including Uganda.

• NCDs are largely preventable via risk factor management
Risk factors

• Tobacco use
• Physical inactivity
• Unhealthy diets
  – Lots of fat, sugars and salt
• Harmful use of alcohol
• Indoor pollution
• Obesity
• Hypertension
• HIV and other infections
Statistics

• No reliable national data but some studies and expert opinion
  – Hypertension up to 25% of adult popn
  – Diabetes 3 to 8% of the population
  – Cancers 300 per 100,000 pop
  – Kidney Dx 300 per 1,000,000 pop

80% of people with these conditions don’t know
Unfortunately……..

- NCDs remain conditions of late diagnosis in Uganda with a majority of people ignorant about the presentation of NCDs
- Delayed health care seeking leads to complications such as blindness, impotence, amputation, kidney failure, cardiovascular accidents and death
- Tertiary care is costly and economically deprives individuals, families, communities and the country
• There also remains a deficiency in skilled medical personnel, drugs and equipment.

• In Uganda we therefore emphasize prevention, early diagnosis and prompt treatment of NCDs.
What is the MoH doing?

• MOH is developing a number of strategies for the Prevention and control of NCDs

• The focus is on prevention and early detection.

• Key intervention is creation of awareness among communities
National NCDs survey: Importance

• Quantify national disease/risk factors burden

• Give guidance in formulating National Policy and strategy

• Formulate appropriate interventions
Progress on NCD Survey

• Data collection is complete
• Analysis, report writing and dissemination to follow soon
The Role of Civil Society

• Actively participate in the development and implementation of NCD policy and strategy
• Advocacy for NCDs
• Awareness creation
• Patient support
• Promotion of Health Lifestyles
  – Avoidance of tobacco use
  – Healthy diets
  – Exercise
  – Avoidance of alcohol abuse
The National NCD strategy process

- It must be multi-sectoral and its development must involve relevant stakeholders
- Must be approved by the NCD Technical working group
- Must be approved by Senior Management Committee of Ministry of Health
- Must be approved by the Health Policy Advisory Committee
- Must be approved by the Senior Top Management of MoH
Participants for the initial draft

- MoH
- UNCDA
- MOLG
- NEMA
- MoT
- UCI
- Mulago Hosp
- SAU
- Mengo Hosp
- UNHCO
- Maska Dis Loc Gov
- MAAIF
Draft NCD strategic plan

• Prevention
• Promotion of health lifestyles
• Management of NCDs
• Capacity building
• Financing
• Partnerships and collaborations
• Legal and regulatory frameworks
• Surveillance, Monitoring and Research
• Leadership and organization
Emphasis on modifiable risk factors
Avoid tobacco use

• Strict laws and regulations on tobacco control

• Alternative livelihoods for tobacco growing areas

• Increase tax on tobacco products

• Use part of the tobacco tax to fund tobacco control activities
Avoid harmful use of Alcohol

• Regulations on alcohol control

• Regulate drinking hours

• Avoid sell in small quantities

• Bun alcohol adverts
Avoid unhealthy diets

• Don’t copy the eating of unhealthy foods

• Encourage fresh fruits and vegetables

• Make healthy foods affordable

• Avoid salt shakers on tables
Encourage Physical Activity

• Play grounds in schools and PA should be compulsory
• Walk ways
• Cycling to work
• Recreation parks
• Sports competitions within and between organizations