



NCDs and the Civil Society in UGANDA

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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
- Ban 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