

Non-communicable diseases in Pakistan

What is NCD?

- Hypertension
- Cancer
- Diabetes
- Cardiovascular diseases/ dyslipidemia
- Mental health/ Depression
- Stroke
- Injuries/trauma
- Tobacco abuse
- Chronic respiratory diseases
- Chronic kidney diseases

NCD impact in Pakistan

- Pakistan-160 Million- #6 in world
- Close to 80 Million-one or more of these conditions
- More than 70% deaths are due to NCDs- more than infectious diseases
- Stroke and trauma/injuries are top most causes of disability

Burden

- 40 million have high Blood pressure- half (20 million) don't know, quarter (10 million) have poor control
- 5% diabetic (8 million)
- 12% high cholesterol (18 million)
- 20% heart disease (32 million)
- 16% obese (24 million)

Burden

- 14-21% smoke (22 million)
- 11-40% chewing tobacco (20 million)
- 34% Mental health disorders (50 Million)
- Trauma/injuries- 1 Million
- estimated annual incidence of stroke in Pakistan is 250/100,000, translating to 350,000 new cases every year (1000 every day)

Outcome of NCDs

- Heart diseases-800 die every day
- Cancer-400 die every day
- Chronic respiratory diseases- 200 deaths per day
- Trauma/ RTA 50 deaths per day , 70% are pedestrians and motorcyclist(without helmet)
- Stroke -400 deaths daily

Outcome of NCDs

- Amputation- due to DM and trauma- more than 30 thousands per year- 100 per day
- More than 300,000 patients on dialysis due to kidney failure- 70% DM
- 40 thousands go to dialysis every year-100 per day

Outcome of NCDs

- 5,000 to 7,000 people commit suicide annually in Pakistan. In addition, there are approximately 50,000 to 150,000 cases of attempted suicides across Pakistan. The majority of suicides and attempted suicides are in people under the age of 30 years.

Air blue plane crash-152 died



Isn't that a breaking news?

- 2000 people in Pakistan die of a preventable non communicable disease every day
- 100 persons loose a limb every day due to amputation that could be prevented
- 20 young man or woman commit suicide every day that could be saved

Who are these people?

- Myself
- Us
- Parents, aunts
- Brothers, sisters, cousins
- Our kids
- Friends
- Neighbours

Future trends

- Increasing burden
- Increased death- by 2025 , 10-15% rise
- Increased disability

Economics

- Governmentt spending less than 1% of GDP
- Revenue from tobacco industry- 30-40 Billion
- Philanthropy related to health care in Pakistan- 200 Billion (mostly tertiary care)

Asian- African summit of chronic diseases in Uganda (2009)

- AKU organized first Asian- African summit of chronic diseases in Uganda (2009) with participation of 23 countries.
- Joint statement issued at this summit states that “We must Implement WHO Non communicable disease action plan, create the basis for a **multisectoral NCD alliance in Asia-Africa**, and to accelerate progress by sharing resources, expertise and experiences to promote an integrated and evidence based approach to reducing the health and economic burdens of chronic diseases”.

What is required?

- Interventions toward effective control and prevention of NCDs require involvement of all stake holders most importantly Government, physicians, professional organization, Non Governmental organizations (NGO) s and Media.
- Strong advocacy efforts are needed to gather all these stake holders at one platform to start productive, coordinated activities.

National symposium on NCDs

- Focus on “**hypertension, diabetes, stroke, heart diseases and tobacco abuse**”
- Main theme: **Reducing burden of NCDs in Pakistan**
- **First national symposium on this topic in Pakistan**

25, 26, 27 February

- 7 workshops- 200 participants
- 16 Parallel sessions
- 4 plenary sessions
- Public awareness session
- More than 250 research papers
- More than 100 speakers
- More than 600 participants

Workshops

- Smoking cessation
- Behavioral counseling- life style change
- Diabetes education
- NCD research
- Screening for depression
- Sexual health
- Obesity management

Parallel sessions- topical

- Cardiovascular diseases Khawar Kazmi
- Diabetes and metabolic syndrome Asma Ahmed
- Hypertension Ayesha Almas
- Stroke M Wasay
- Trauma and injuries Surraya Bano
- Tobacco and smoking Javaid Khan
- Mental health Ayesha Mian
- Chronic respiratory diseases Muhammad Irfan
- Substance abuse Zafar Fatimi

Parallel sessions-overarching

- Women and Child Saima Sachwani
- Nutrition Romaina Iqbal
- Education Farhan Vakani
- Economics Ashar Mallick
- Health policy Shehla Zaidi
- Advocacy Rasheed Jooma
- Media Fabeha pervaiz

Live telecast/ Media coverage

- AKU campuses
- Internet- web TV
- More than 30 TV programs
- Newspaper articles and ads

Can we prevent NCD (and related deaths)?

- Only 3 mmHg control of blood pressure- decrease 30% stroke and heart attack
- 10% reduction in tobacco and smoking- taxation and Laws related to smoking
- 30-40 Billion tobacco revenue spend on prevention
- Helmet use- laws and implementation
- Public awareness
- Low salt
- Exercise daily

Future plans

- stake holders
- Working groups on different topics
- Recommendations; advocacy action plans; cost effective interventions
- Outcome: Multi sectoral NCD alliance (national task force) to move agenda forward; 3-5 years targets

Can we do it?









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