

Status of Non Communicable Diseases (NCD)

Dr. Joseph Mbatia
Assistant Director and Head,
NCD, Mental Health and Substance Abuse
Ministry of Health and Social Welfare (Tz. Mainland)



Outline

- **Introduction**
- **NCD strategy objective**
- **Current status**
- **Ongoing priorities**
- **Challenges**
- **Way forward**
- **Conclusion**



Introduction

Burden of NCD in low & middle income countries

- **In 2005 NCD accounted for 60% of all deaths and 47% of global burden of diseases**
- **By 2020 the figures are expected to raise to 73 and 60% respectively**
- **80% of NCD are already occurring in low and middle income countries**

WHO (2008)



NCD Strategy Objective

Goal

- **To reduce the Chronic disease burden**

General Objective

- **To combine integrated action on NCD risk factors and their underlying determinants, and strengthen health systems so as to reduce the NCD morbidity and mortality**



Strategic Objectives

- Component 1 = Primary prevention
- Component 2 = Secondary prevention
- Component 3 = Tertiary prevention
- Component 4 = Surveillance, research, M&E

Proposed activities for all levels of healthcare *(the wish list!)*

- All common NCD eg: cancer, diabetes, chronic respiratory diseases, malnutrition, injuries and trauma, CVDs, childhood NCD, mental disorders
- Interventions for referral, regional and district hospitals. Also health centers, dispensaries and in the community
- Intervention included primary, secondary and tertiary prevention services



NCD Baseline Survey

- **Rapid situation analysis of NCD services in the districts**
- **Evaluation of availability of essential medicines, clinics, diagnostics etc.**
- **Availability of health workers to support NCD services**

STEPwise risk factor survey

Major Behavioral Risk Factors

- **Tobacco use**
- **Harmful alcohol use**
- **Unhealthy diet (low fruit & vegetables)**
- **Physical inactivity**

Major Biological Risk Factors

- **Overweight & obesity**
- **Raised blood pressure**
- **Raised blood glucose**
- **Abnormal blood lipids/ cholesterol**



The diagram features a central blue oval at the top containing the text 'NCD Implementation plan'. Below this oval are three blue shapes: a left-pointing arrow, a downward-pointing triangle, and a right-pointing arrow. Each shape contains text describing a component of the implementation plan. The background is white with a blue decorative header at the top.

NCD Implementation plan

Baseline
Study of
Status
Of NCD
In the
Districts

Wish list of
common
NCDs for all
levels of
care

STEPwise
Risk
Factor
Survey



Ongoing priorities

- **Completion of NCD implementation plan**
- **Strengthen the capacity of the NCD section MoHSW**
- **Alcohol policy**
- **Support diabetes project in all regions and districts in Tanzania mainland**
- **Support ORCI complete the national cancer strategy**



Challenges

- **Shortage of human resources for NCD services**
- **Very limited financing**
- **NCD gaps in the health care system**
- **Limited capacity for screening common NCD**
- **Limited awareness of NCD risk factors among health workers and the general public**
- **Delayed presentation leading to serious complications and compromised quality of life**



Way Forward

- **Urgent need to develop a comprehensive implementation plan for the NCD Strategy**
- **Strengthen NCD competence at zonal, regional and district hospitals**
- **Develop tools to support NCD capacity building for all levels of care**
- **Tools for NCD advocacy and sensitization**
- **Strengthen the NCD M&E and coordinate surveillance and research**
- **Establish strategy for multi-sector collaboration**



Conclusion

- **Hope for better coordinated prevention and control of NCD**
- **National NCD strategy important milestone**
- **Resource constraints major challenge**
- **Baseline and STEPwise survey reports key inputs for NCD implementation plans**
- **Need of funds to finalize drafting the implementation plan**



THANK YOU!