

Acronyms

ACE (Inhibitor)	Angiotensin Converting Enzyme	MSDS	Material Safety Data Sheet
AJK	Azad Jammu and Kashmir	MVR	Motor Vehicle Ordinance Rule
AKUH	Aga Khan University Hospital	NCD	Non-Communicable Disease
ARUP	Association of Road Users of Pakistan	NEAP	National Environment Action Plan
ASIR	Age-specific incidence rate	NEAP-SP	National Environment Action Plan - Support Programme
ASR	Age-standardized rates	NEQS	National Environmental Quality Standards
ATS	American Thoracic Society	NGO	Non-governmental organization
BDN	Basic Development Needs	NH&MP	National Highway and Motorway Police
BHU	Basic Health Unit	NHA	National Highway Authority
BMI	Body mass index	NHLBI	National Heart, Lung and Blood Institute
BPH	Benign Prostatic Hyperplasia	NHSO	National Highway Safety Ordinance
CAD	Coronary artery disease	NICVD	National Institute of Cardiovascular Diseases
CARMEN	Conjunto de Acciones para Reduccion Multifactorial de Enfermedades Non Transmissible (Set of actions for multifactorial reduction of Non-Communicable Diseases)	NLC	National Logistic Cell
CDC	Centers for Disease Control and Prevention	NPMH	National Programme for Mental Health
CI5	Cancer incidence in five continents	NTRC	National Transport Research Centre
CINDI	Countrywide Integrated Non-Communicable Disease Intervention	NWFP	North-West Frontier Province
CME	Continuing medical education	PAMH	Pakistan Association of Mental Health
CNG	Compressed Natural Gas	PC-1	Pakistan Planning Commission Project Proposal-1
CNS	Central nervous system	PCB	Pakistan Cricket Board
CO	Carbon monoxide	PEPA	Pakistan Environmental Protection Act
COPD	Chronic obstructive pulmonary disease	PEPO	Pakistan Environmental Protection Ordinance
CRD	Chronic respiratory disease	PHC	Primary healthcare
CVD	Cardiovascular disease	PIA	Pakistan International Airlines
DALYs	Disability adjusted life years	PIMS	Pakistan Institute of Medical Sciences
DCO	District Coordinating Officer	PMA	Pakistan Medical Association
ECG	Electrocardiogram	PPE	Personal protective equipment
EOBI	Employees' Old Age Benefit Institution	PREMISE	Prevention of REcurrences of Myocardial Infarction and Stroke
EPI	Expanded Programme for Immunization	PRSP	Poverty Reduction Strategy Paper
FCTC	Framework Convention on Tobacco Control	PSA	Prostate-specific antigen
FIFA	Federation of International Football Association	PSO	Pakistan State Oil
GDP	Gross Domestic Product	PTC	Pakistan Tobacco Company
GNP	Gross National Product	RHD	Rheumatic heart disease
GYTS	Global Youth Tobacco Survey	RTC	Road traffic crashes
HDL	High-density lipoprotein	SMARP	Self-monitoring and reporting
IARC	International Agency for Research on Cancer	SMS	Swift Mail Service
IFA	Integrated Framework for Action	TFI	Tobacco-Free Initiative
IGT	Impaired glucose tolerance	THQ	Tehsil headquarters
IRNUM	Institute of Radiotherapy and Nuclear Medicine	UNDP	United Nations Development Programme
JPMC	Jinnah Postgraduate Medical Centre	UNEP	United Nations Environmental Programme
LHV	Lady Health Visitor	WHO	World Health Organization
LHW	Lady Health Worker	WHO EMRO	World Health Organization Eastern Mediterranean Regional Office
MDGs	Millennium Development Goals	WHO JPRM	World Health Organization Joint Programme Review Mission
MoU	Memorandum of Understanding	WHO WPRO	World Health Organization Western Pacific Regional Office
		WTO	World Trade Organization

Glossary

Accountability: accountability results when decision makers at all levels fulfill their obligations and are made answerable for their actions. Setting explicit objectives and defining how progress towards them will be monitored makes it easier to achieve accountability.

Advocacy: in the present context, the action taken by health professionals and others with perceived authority to influence the decisions of communities and governments.

Age-standardized prevalence: age-standardized prevalence presents one summary figure for a total population of different age groups. Age is a variable for which adjustment is required because of its marked effect on morbidity and mortality.

Age-adjusted death rate: the number of deaths occurring per 100,000 populations per year; calculated in accordance with a standard age structure to minimize the effect of age differences when rates are compared between populations or over time.

Aspergillus: a type of fungus.

Assessment: in the present context, the obligation of a public health agency to monitor the health status and needs of its community regularly and systematically; one of the three core functions of public health.

Astrocytoma: most common type of primary brain tumour; also found throughout the central nervous system.

Asymptomatic: not having any complaints or discomfort of a disease at present.

Atherosclerosis: a pathological condition affecting the medium-sized and larger arteries, especially those that supply the heart (the coronary arteries), the brain (the carotid and cerebral arteries), and the lower extremities (the peripheral arteries), as well as the aorta; underlies the occurrence of heart attacks, many strokes, peripheral arterial disease, and dissection or rupture of the aorta.

Attributable: the quality or characteristic that can be assigned to the element of interest.

Average cost: total cost divided by total quantity. It provides the cost per unit.

Beeri: a handmade form of cigarette made by the consumer by wrapping tobacco in Temburni leaves; although the quality of tobacco used is smaller than in the cigarette, the tar yield, nicotine and concentration of carcinogens released exceed that of an average cigarette.

Behavioural change: an intervention approach that uses public information and education to promote behavioural patterns favourable to the population as a whole; also includes interventions (e.g., counseling) at the group or individual level for the same purpose.

Behavioural patterns: in the present context, habits of living that influence health. (e.g., diet, physical activity, smoking).

Blood cholesterol: the blood concentration of a family of lipid or fatty molecular compounds obtained directly from the diet or produced in the body from fatty dietary components; a necessary factor in development of atherosclerosis (see *atherosclerosis*); subtypes of cholesterol differ in their relation to CVD risk, with high-density lipoprotein (HDL) cholesterol considered *good* and low-density (LDL) cholesterol considered *bad*.

Brand switching: consumer changing the item that he/she is using with another similar product of a different company.

Burden of disease: the total significance of disease for society beyond the immediate cost of treatment. It is measured in years of life lost to ill health as the difference between total life expectancy and disability-adjusted life years.

Capacity-building: in the present context, capacity-building is the development of the technical expertise to plan, implement and evaluate interventions aimed at preventing or controlling non-communicable diseases in a variety of settings. Areas of expertise in capacity-building include problem identification, epidemiological and behavioural risk

factor analysis, coalition-building, programme implementation, knowledge of intervention methodologies, process, impact and outcome evaluation, and the ability to obtain ongoing support and funding through administrative and legislative means, beyond the life of any particular source of funding.

Carcinogens: items related to the cause of cancer.

Cardiovascular disease(s): may refer to any of the disorders that can affect the circulatory system, but often means coronary heart disease (CHD), heart failure and stroke, taken together.

Cardiovascular disease prevention: a set of interventions designed to prevent first and recurrent cardiovascular disease events (e.g., heart attack, heart failure and stroke). For cardiovascular diseases, *primary prevention* refers to detection and control of risk factors, whereas *secondary prevention* includes long-term case management for survivors of CVD events.

Cardiovascular health promotion: a set of interventions designed to reduce a population's risk for CVD through policy, environmental, and behavioural changes; also supports other approaches that apply to people who have suffered recognized CVD events (e.g., by facilitating public access to emergency care or by fostering social/environmental and behavioural changes that reinforce *secondary CVD prevention*); sometimes identified with *primordial CVD prevention*; complements CVD prevention.

Cardiovascular health: a combination of favourable health habits and conditions that protect against development of cardiovascular diseases.

Case fatality rate: the proportion of cases of a disease event ending in death within a defined interval.

Case-control study: in this study, people diagnosed as having a disease (cases) are compared with persons who do not have the disease (controls). The purpose is to determine if the two groups differ in the proportion of persons who had been exposed to a specific factor or factors.

Causal association: we can define causal association by saying that A causes B. Certain theories describe an association to be *causal* if, (i) A is prior to B (ii) a change in A correlates with a change in B, (iii) this correlation is not because of another element e.g., C, D etc.

Cerebral: related to the brain.

Cluster randomization: in cluster randomization the population is divided into groups (clusters) and then a random (unsystematic, indiscriminate) sample of these groups or clusters is selected.

Coalition-building: the establishment of a temporary alliance of fractions, parties, individuals or groups for a specific purpose.

Community: a specific group of people, often living in a defined geographical area, who share a common culture, values and norms and are arranged in a social structure according to relationships which the community has developed over a period of time. Members of a community gain their personal and social identity by sharing common beliefs, values and norms, which have been developed by the community in the past and may be modified in the future. They exhibit some awareness of their identity as a group and share common needs and a commitment to meeting them.

Community mobilization: a process aimed at enabling communities to understand and control the circumstances affecting their lives. It acknowledges that agents of change can be found wherever the decisions that affect people's ability to influence their lives are made and implemented.

Comprehensive public health strategy: an approach to a major health problem in the population that identifies and employs the full array of potential public health interventions, including health promotion and disease prevention.

Coronary heart disease: heart disease caused by impaired circulation in one or more coronary arteries; often manifests as chest pain (angina) or heart attack.

Cost-intensive: measures needing high costs.

Cross-sectional study: in the present context, a type of research study in which both risk factors and diseases are ascertained at the same time usually employing clinical tests, interviews and measures of exposures.

Depression: mental state of depressed mood characterized by feelings of sadness, despair and discouragement.

Diabetes (or diabetes mellitus): a metabolic disorder resulting from insufficient production or utilization of insulin, commonly leading to cardiovascular complications.

Dietary imbalance: a pattern of dietary intake that lacks a desirable combination and overall intake of foods and nutrients to promote good health (e.g., excessive intake of saturated fat, salt, total calories).

Disability-adjusted life expectancy: the number of healthy years of life that can be expected on average in a given population. It is generally calculated at birth, but estimates can also be prepared at other ages. Healthy life expectancy has the advantage of capturing all causes of disability across a population and relating these to life expectancy defined by mortality.

Disability-adjusted life years: the number of healthy years of life lost due to premature death and disability.

Disease prevention: disease prevention covers measures not only to prevent the occurrence of disease, such as risk factor reduction, but also to arrest its progress and reduce its consequences, once established.

Domestic violence: trauma resulting from fight between members of a household. It usually manifests in the form of use of power by male against the female residents of a house.

Dyslipidaemia: a condition in which there are abnormal levels of lipid and lipoproteins in blood and the ratio of various types of lipoproteins is also not normal.

Effectiveness: a measure of the extent to which a specific intervention, procedure, regimen or service, when deployed in the field in routine circumstances, does what it is intended to do for a specified population.

Efficiency: the capacity to produce the maximum output for a given input.

Effluents: the discharges of production.

Embryonic cell tumours: a type of cancer that arises from germ cells.

Embryonic: related to the embryo (the foetus).

Endemic: the constant presence of a disease or infectious agent within a given geographical area or the usual prevalence of a given disease within such area.

Epidemiology: the study of the causes and prevention of disease in populations or communities, making it the main source of evidence for public health decision making.

Evaluation framework: a description of how a programme is to be evaluated.

Evaluation of a programme: an assessment of how a programme achieves its effects. It includes evaluation of the amount of resource inputs used, as well as a description of activities implemented and of outputs (intermediate outcomes, proximal impacts) of the programme.

Evidence-based medicine: the use of agreed-upon standards of evidence in making clinical decisions for treating individual patients or categories of patients.

Evidence-based public health: the use of agreed-upon standards of evidence in making decisions about public health policies and practices to protect or improve the health of populations.

Experimental design: an experimental design seeks to ensure the initial statistical equivalence of a comparison (control) group and one

programme (experimental) group through the random assignment of individuals to each group.

Experimental study: in an experimental study, the investigator directly controls conditions. In the field of epidemiology, an experimental study is one in which a population is selected for an intervention and the effects of the intervention are measured by comparing the outcomes in the experimental group with those in the control group. Ideally, the allocation of individuals to experimental and control groups is random.

Extrapolate: assume and predict on the basis of available information.

Fiscal: measures related to tax and tax policies.

Gastroenterology: the branch of medical science that deals with diseases of the digestive system i.e., esophagus, stomach, intestine, pancreas, liver and gall bladder.

Generalizability: the level at which the findings of a result can be attributed to a bigger population or the whole population of concern.

Glial cancers: cancers arising from neurological tissues.

Guidelines: systematically developed statements traditionally used to reinforce best practices.

Health: a state of complete physical, social and mental well-being and not merely the absence of disease or infirmity.

Health disparities: differences in the burden and impact of disease among different populations, defined, for example, by sex, race or ethnicity, education or income, disability, place of residence, or sexual orientation.

Health education: health education comprises consciously constructed opportunities for learning involving some form of communication designed to improve health literacy. It includes improving knowledge and developing life skills that are conducive to individual and community health.

Health promotion: the combination of educational and environmental supports for action and conditions of living conducive to health. The actions may be those of individuals, groups or communities, of policy-makers, employers, teachers or others whose actions control or influence the determinants of health. The purpose of health promotion is to enable people to gain greater control over the determinants of their own health. In health promotion, health is seen as a resource for everyday life, not the objective of living. Health is a positive concept, emphasizing social and personal resources, as well as physical capabilities.

Heart attack: an acute event in which the heart muscle is damaged because of a lack of blood flow from the coronary arteries, typically accompanied by chest pain and other warning signs but sometimes occurring with no recognized symptoms (i.e., *silent heart attack*).

Heart disease: any affliction that impairs the structure or function of the heart (e.g., atherosclerotic and hypertensive diseases, congenital heart disease, rheumatic heart disease, and cardiomyopathies).

High blood pressure: a condition in which the pressure in the arterial circulation is greater than desired; associated with increased risk for heart disease, stroke, chronic kidney disease, and other conditions; blood pressure is considered *high* if systolic pressure (measured at the peak of contraction of the heart) is greater than or equal to 140 mm Hg or if diastolic pressure (measured at the fullest relaxation of the heart) is greater than or equal to 90 mm Hg.

High-risk approach: in the present context, an intervention strategy that targets only people with the highest levels of recognized cardiovascular disease risk factors for the purpose of reducing their level of risk to that of the most favourable level in the population; distinct from and complementary to the population-wide approach.

Hukka: a device for smoking tobacco that is alike the Middle Eastern *hubble bubble*. Tobacco is heated in a pot and is made to pass through water cisterns before being inhaled through a long tube; the device is used for communal smoking.

Hyperplasia: an excess proliferation of cells of the human tissues resulting in an abnormal increase in the size of the tissues.

Hypertension: see *high blood pressure*.

Hypertensive heart disease: abnormality in the structure and function of the heart caused by long-standing high blood pressure; often manifests as heart failure.

Impact: in the present context, the total, direct and indirect effects of a programme, service or institution on the health status and overall health and socio-economic development.

Implementation plan: a list of activities to be organized or carried out, in a set order and according to a schedule, to accomplish a certain goal. The plan stipulates who does what and when, and may include information on the costs associated with each phase of the work. Implementation is also the act of converting programme objectives into actions, such as through policy changes, regulation and organization.

Implications: assumption or reference that is drawn from certain findings or results.

Incidence: the number of new cases of disease occurring in a population of a given size within a specified time interval.

Indicator: a variable with characteristics of quality, quantity and time. It is used to measure, directly or indirectly, changes in a situation and to appreciate the progress made in addressing it. It also provides a basis for developing adequate plans for improvement.

Individual approach: see *high-risk approach*.

Input: resources such as money, materials and the time and skills of staff and volunteers.

Institution: an organization or association established for the promotion of some object, especially one of public or general utility.

INTER-HEART Study: a global case-control study to identify the risk factors for acute myocardial infarction in different ethnic populations. The Study is sponsored by WHO, World Heart Federation and International Clinical Epidemiology Network.

Inter-sectoral action: in inter-sectoral action, the health sector and other relevant sectors collaborate to achieve a common goal. For practical purposes, inter-sectoral and multi-sectoral actions are synonymous.

Inter-sectoral collaboration: a recognized relationship between part or parts of different sectors of society which has been formed to take action on an issue to achieve outcomes in a way which is more effective, efficient or sustainable than might be achieved by one particular sector acting alone.

Intervention: an activity or set of activities aimed at modifying a process, course of action or sequence of events, in order to change one or several of their characteristics such as performance or expected outcome.

Leukaemia: disease condition resulting from an abnormal proliferation of cells in the bone marrow leading to an increased number of circulating white blood cells.

Life expectancy: the number of years of life that can be expected on average in a given population.

Lifestyle: a way of living based on identifiable patterns of behaviour which are determined by the interplay between an individual's personal characteristics, social interactions, and socioeconomic and environmental living conditions.

Living conditions: the everyday environment of people, where they live, play and work. These living conditions are a product of social and economic circumstances and the physical environment – all of which are largely outside the immediate control of the individual.

Malignancy: tumour in which the abnormal (cancerous) cells are transferred via different routes in the body at a rapid pace, invading and destroying normal tissue and the functions of that tissue.

Malnutrition: any disorder of nutrition. It may be due to unbalanced or insufficient diet or defective assimilation or utilization of food.

Mania: psychiatric disorder characterized by agitation, hyper-excitability, hyperactivity and increased speed of thought and speech.

Market intelligence: level of knowledge and information of various stakeholders in the market.

Mass media: all the impersonal means by which visual and/or auditory messages are directly communicated to the public. Examples of mass media include television, radio and newspapers.

Modifiable characteristics: factors that are amenable to change (e.g., diet, physical activity, and smoking), in contrast to those that are intrinsic to the individual (e.g., age, sex, race, genetic traits).

Monitoring: regular observation of changes in some condition, either in a population or an individual, such as health status, or in an environment, such as levels of pollution, in order to determine whether an initiative is proceeding according to plan. Monitoring includes keeping track of achievements, staff movements and deployment, supplies, equipment, and money spent. The information gained from monitoring is used in evaluating the initiative.

Morbidity: knowledge of the illness or diseased condition in a population. Various ratios are calculated to ascertain the morbidity level.

Mortality: rate of death expressed as the number of deaths occurring in a population of a given size within a specified time interval.

Naswar: orally used snuff.

Network: the number and types of social relations and links between individuals and/or institutions that may provide access to or mobilize social support.

Neurotrauma: injury involving brain or brain tissue (e.g., injury to head or spinal cord).

Nicotine Replacement Therapy (NRT): a type of pharmacological treatment used as an aid to smoking cessation. It includes devices such as trans-dermal (applied on skin) patches, nicotine gum, nicotine nasal sprays and inhalers.

Obesity: usually defined in terms of body mass index (BMI), which is calculated as body weight in kilograms (1 kg = 2.2 lbs) divided by height in meters (1 m = 39.37 in) squared; adults with a BMI of greater than or equal to 30.0 kg/m² are considered *obese*, and those with a BMI of 25–29.9 kg/m² are considered *overweight*. In children, *overweight* is defined as BMI greater than the 95th percentile value for the same age and sex group.

Oncology: the branch of medical science that deals with the detection, identification and treatment of cancer.

Opportunistic screening: the presumptive identification of unrecognized disease or defect by tests, examinations or other procedures which can be applied rapidly to sort out apparently well persons who probably have a disease from those who probably do not. This is done in a passive way at a health setting without having to go out to look for cases.

Orifices: openings, mouths, outlets.

Outcome: in the present context, a change in current or future health status or health-related behaviour that can be attributed to an intervention. In the field of health, the desired result or impact of a policy measure or other health intervention would be a positive change in health status or health behaviour.

Outcome assessment: an outcome assessment is used to determine the short-term effects of an intervention on an identified population.

Output: the products, services and other items, such as clinical preventive guidelines, regulations, tax law provisions, directly produced by a programme or organization.

Overweight: see *obesity*.

Paediatric: related to children.

Passive smoking: inhaling cigarette, cigar, or pipe smoke produced by another individual. It is composed of second-hand smoke (exhaled by

the smoker), and side stream smoke (which drifts off the tip of cigarette or cigar or pipe bowl).

Peripheral arterial disease: mainly atherosclerosis of the extremities; especially important in the lower extremities; also called peripheral vascular disease.

Physical inactivity: lack of habitual activity sufficient to maintain good health, resulting in an unfavourable balance between energy intake and expenditure and fostering the development of overweight or obesity and other risk factors for heart disease and stroke.

Planning: the process of defining needs, establishing priorities, diagnosing causes of problems, assessing resources and barriers, and allocating resources to achieve objectives.

Policy: an agreement or consensus among relevant partners on the issues to be addressed and on the approaches or strategies needed to deal with the issues.

Policy and environmental change: in the present context, an intervention approach to reducing the burden of chronic diseases that focuses on enacting effective policies (e.g., laws, regulations, formal and informal rules) or promoting environmental change (e.g., changes to economic, social, or physical environments).

Policy framework: a conceptual structure based on consensus among major stakeholders that shows the relationship.

Population-based data: health data that pertain to a defined, usually large, population (e.g., vital statistics, surveillance, results of population surveys).

Population-wide approach: an intervention strategy that targets the population as a whole with regard to the risk levels of various subgroups; distinguished from and complementary to the *high-risk approach*.

Prevalence: the frequency of a particular condition within a defined population at a designated time (e.g., 5.5 million men living with hypertension in 1994 or 34% of the population found to use tobacco in a survey conducted in Pakistan).

Prevention: in the present context, approaches and activities aimed at reducing the likelihood that a disease or disorder will affect an individual, interrupting or slowing the progress of the disorder or reducing disability. Primary prevention reduces the likelihood of the development of a disease or disorder. Secondary prevention interrupts, prevents or minimizes the progress of a disease or disorder at an early stage. Tertiary prevention focuses on halting the progression of damage already done.

Prevention research: in the present context, such research aims to prevent disease and promote health by developing and disseminating strategies applicable to public health programmes and policies.

Preventive dose: the intensity and duration of appropriate public health interventions needed to achieve their goals; similar to the dose and duration of medical treatment sufficient to control or cure an illness.

Primary health care: essential health care made accessible at a cost a country and community can afford, with methods that are practical, scientifically sound and socially acceptable.

Primary prevention: a set of interventions, including the detection and control of risk factors, designed to prevent the first occurrence of non-communicable diseases among people with identifiable risk factors.

Primordial CVD prevention: a set of interventions targeting people without risk factors or CVD (including the maintenance or restoration of favourable social and environmental conditions and the promotion of healthy behavioural patterns) to prevent development of risk factors.

Priority populations: in the present context, groups at especially high risk of cardiovascular diseases (e.g., those identified by sex, race or ethnicity, education, income, disability, place of residence, or sexual orientation).

Process evaluation: an assessment of how a programme achieves its effects. This includes evaluation of the amount of resource inputs used, as well as a description of activities implemented and of outputs (intermediate outcomes, proximal impacts) of the programme.

Profile: a set of data, often presented in graphic form, that portrays the most significant features of a situation, such as the extent to which individuals or groups exhibit certain traits or characteristics.

Programme: a set of projects designed to achieve common, long-term goals.

Programme evaluation: a periodic review and assessment of a programme to determine, in light of current circumstances, the adequacy of its objectives and its design, as well as its intended and unintended results.

Project: a group of planned activities linked by common short- to long-term objectives and managed by a single centre of responsibility.

Promotion: a representation about a product or service by any means, whether directly or indirectly, including any communication of information about a product or service and its price and distribution, that is likely to influence and shape attitudes, beliefs and behaviours about the product or service.

Psychosis: a behavioural disorder in which mental functioning is sufficiently impaired to interfere grossly with a patient's capacity to meet the ordinary demands of life.

Psychotropic drugs: drugs which exert an effect upon the mind, capable of modifying mental activity.

Qualitative data: qualitative data are categorical rather than quantifiable observations, and often involve descriptions of attitudes, perceptions, intentions and activity.

Quality of life: quality of life is defined as individuals' perceptions of their position in life in the context of the culture and value system where they live, and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept.

Randomized controlled trial: an experimental study of an intervention, most often a medical treatment, in which study participants are randomly assigned to treatment or comparison groups; much less often, communities rather than individuals are the units used to form treatment and comparison groups.

Rehabilitation: an intervention approach designed to limit disability among survivors of cardiovascular disease events and reduce their risk for subsequent events.

Retinal complications: damage to the nervous layer of the eye.

Retrospective: a comparison with regard to the presence of certain elements in the past.

Risk: the likelihood of incurring a particular event or circumstances.

Risk assessment: in the present context, a measure to determine the chance or probability of acquiring a disease. The excess risk caused by exposure to a given factor is calculated by incidence rates of disease in exposed and non-exposed populations.

Risk behaviour: in the present context, a behavioural pattern associated with increased frequency of specified health problems; for example, high salt intake, smoking, and binge drinking are all associated with CVD.

Risk factor: in the present context, an individual characteristic associated with increased frequency for specified health problems; for example, high LDL cholesterol, high blood pressure, and diabetes are all associated with CVD.

Risk factor detection and control: in the present context, an intervention approach that targets people with identifiable risk factors; includes both screening or other methods of detection and long-term disease management through changes in lifestyle, behaviour and medication, when necessary.

Schizophrenia: a type of major mental disorder.

Screening: in the present context, the identification of unrecognized disease or defect by the application of tests, examinations, or other procedures which can be applied rapidly to sort out apparently well persons who probably have a disease from those who probably do not. A screening test is not intended to be diagnostic.

Secondary prevention: in the present context, a set of interventions aimed at survivors of acute NCDs events (e.g., heart attack, heart failure, stroke etc) or others with known NCDs in which long-term case management is used to reduce disability and risk for subsequent NCDs events.

Sigmoidoscopy: a procedure to examine the lower part of the intestines (sigmoid colon).

Skill: the ability to use knowledge effectively and readily in the performance of a task.

Smoke-free areas: areas where smoking or holding a lighted cigarette, cigar or pipe, *berri*, *huqqa*, *chillim* is banned.

Social marketing: the development and implementation of programmes aimed at influencing people's ideas through the use of techniques and approaches similar to those employed in the marketing of goods and services, such as market research, product planning, communication and distribution.

Stakeholders: parties who have a common interest in a project and have agreed in principle to support it. Depending on their affiliation, they will provide assistance with technical, material, financial or human resources.

Strategy: a plan of action that is designed to achieve long-term goals, taking into account the resources available and barriers anticipated, as well as possibilities for collaboration among relevant stakeholders.

Stroke: sudden interruption of blood supply to the brain caused by an obstruction or the rupture of a blood vessel.

Sub-clinical disease: presence of one or more forms of disease detectable only by special examination and not recognizable from signs or symptoms expressed by the affected person.

Surveillance: a regular collection, summarization and analysis of data on a continuous basis. In the present context, surveillance involves the identification of high-risk groups in the population, understanding of mode of spread of disease and reduction or elimination of its transmission.

Survey: see *cross-sectional study*

Survival: remaining alive for a specified period.

Symptomatic: feeling and showing the discomfort and complaints of disease.

Validity parameters: sensitivity and specificity are the two main aspects of validity. Sensitivity of a test is defined as the ability of a test to identify correctly, those who have the disease. Specificity is defined as the ability of a test to identify correctly, those who do not have the disease.

Venomous: poisonous.

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