

Quarterly Update

J u l y 1 , 2 0 0 5 – S e p t e m b e r 3 0 , 2 0 0 5

From the NCD Program Unit at Heartfile

**NATIONAL ACTION PLAN FOR PREVENTION AND CONTROL OF
NON COMMUNICABLE DISEASES AND HEALTH PROMOTION IN PAKISTAN**

(First Phase of Implementation)

NATIONAL ACTION PLAN FOR PREVENTION AND CONTROL OF NON COMMUNICABLE DISEASES AND HEALTH PROMOTION IN PAKISTAN

(FIRST PHASE OF IMPLEMENTATION)
Quarterly Update as of September 30, 2005

Sr. No.	ACTIVITY	TIMELINES	ROLE OF PARTNERS					
			HEARTFILE		MINISTRY OF HEALTH		WORLD HEALTH ORGANIZATION	
			Expected	Delivered	Expected	Delivered	Expected	Delivered
1	OVERALL FUNDING SUPPORT	July – Sept 05					To provide JPRM support for selected activities	Second round JPRM funds approved and in the pipeline
2	SURVEILLANCE	July – Sept 05	Final report of the Rawalpindi surveillance project published	Final report of the Rawalpindi surveillance project prepared and sent for expert comments		-	Printing costs approved	Completed
3	BEHAVIOURAL CHANGE COMMUNICATION STRATEGY	July – Sept 05	Air 'Learn to Live longer' campaign	Completed Five program on air on PTV World			--	-
			Prepare technical and communication materials and media interventions	Completed	Participation in the development of the materials Release budget for the campaign	Completed Budget approved	Participatory role	Achieved

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			HEARTFILE		MINISTRY OF HEALTH		WORLD HEALTH ORGANIZATION		
			Expected	Delivered	Expected	Delivered	Expected	Delivered	
4	LHW COMPONENT								
	To hold consultation at provincial level to define the technical content of the LHW package	July – Sept 05	To hold consultations at provincial level in order to develop technical materials Develop materials in liaison with provincial inputs	Consultation meetings finalized and would be held in December Active participation of LHW program achieved at Federal level; the NCD module developed to be discussed at the provincial level	To release the budget for trainings and to hold the consultation Release budget for printing	Budget approved Budget approved	-	-	
5	TO SEEK DONOR SUPPORT FOR THE ACTION PLAN	July – Sept 05			Schedule meeting with donors	Pending			
6.	PUBLICATIONS AND NETWORKING	July – Sept 05	Development and printing of advocacy tool	Completed					
7.	PROGRESS ON SPECIFIC DOMAINS	July – Sept 05	RTA Seminar with the collaboration of World Bank and 3M	Achieved	Participation in the consultations	Achieved	Participation in the consultations Release of seed money from JPRM	Achieved	
			Preparation for the workshop with legislators on NAP-NCD	Background paper for meeting completed			JPRM allocations	Achieved	
			Extension of Heartfile PC1 for next four years	Approved in a meeting with MoH	MoH to approve	Approved			
			PC1 for extension of NAP-NCDs in Districts	Prepared and shared with Nutrition Wing, MoH	Nutrition Wing to incorporate NAP-NCD component in PC1 for Nutrition	Completed			
			Replication of NAP-NCDs in the region	Initialized through a workshop in Mumbai, India held on Sep 16-18, 2005. (Appendix A)					

Circulation

From:

Dr. Sania Nishtar
President, Heartfile

Azhar Iqbal
Program Manager, Heartfile

To:

1. Core team members
 2. Technical Partners in NAP NCD
 3. Members of the National NCD Forum
 4. Members of the International Advisory Board
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APPENDIX - A

The National Action Plan for the prevention and control of Non Communicable Diseases and health promotion in Pakistan (NAP-NCDs) is the first concerted approach to develop and implement a national Plan of Action aimed at preventing and controlling these diseases in Pakistan.¹ This program is a collaborative initiative of the Ministry of Health, Pakistan; the WHO Pakistan office and Heartfile – a public-private partnership, mandated to develop and implement a long-term national strategy for prevention and control of NCDs and health promotion in Pakistan.

The NAP-NCDs has been developed in the backdrop of an increasing morbidity and mortality from non-communicable diseases in developing countries. Pakistan along with the countries of the region, has recently seen an epidemiological shift from communicable disease burden to non-communicable diseases including injuries. This epidemiological shift makes the development of this NAP-NCDs important as well as crucial for undertaking effective NCDs prevention programs not only for Pakistan but also the countries of the region as it offers a possible model that can be used for the replication of this plan in other countries of the region as well.

In order to achieve this an opportunity was used in a Three-day workshop on ‘Diabetes and the risk of cardiovascular diseases’ arranged by the ‘Initiative for Cardiovascular Research in the Developing Countries’ (IC-Health) from September 16th – 18th 2005 in Mumbai- India to introduce the NAP-NCDs and its importance as a public – private initiative in Pakistan.

The NAP-NCDs received considerable attention and appreciation from the participants of the workshop. and termed the

The details of event are as under:

Event break-up:

The three-day workshop was divided into two sub-events; September 16th and 17th were dedicated to CVD and diabetes in South Asia followed by an international workshop on ‘research priorities for reduction of CVD risk related to diabetes’.

Background:

IC-Health is an international program initiated by Global Forum for Health Research (GFHR) and World Health Organization. The program later expanded to include World Heart federation, National Public Health Institute (Finland), World Hypertension League and others to stimulate and support policies and programs for the prevention and control of CVDs in developing countries through the promotion of relevant research.

Aim of the workshop:

The aim of the workshop was to bring together experienced individuals from the fields of cardiology, diabetes, internal medicine and public health to identify research priorities related to the development and evaluation of interventions that could decrease the risk of CVD in diabetics. The implementation of the interventions was focused on primary health settings of low and middle-income countries.

Proceedings:

The first two days were focused upon setting research priorities for reducing CVD risk in diabetes. The first day started with a review of global evidence of diabetes and cardiovascular risk and the pathways required for its policy and practice. Various papers were presented and included amongst others the epidemiology of diabetes and its risk factors, the burden of vascular disease in relation to diabetes, role of primary and secondary prevention and the current status of policy practice in the region.

Day two started with presentations in the first half. These presentations basically covered the research agenda for CVDs and diabetes and possible avenues of collaboration in this regard. This session was followed by group work in which participants were divided into four groups.

The topics assigned to the groups were:

1. Epidemiology of diabetes and its risk factors
2. Clinical care: developing cost effective prevention and management algorithms
3. Health systems: obtaining background estimates of burden and capacity
4. Health policy and advocacy

Lively discussions took place after the groups had presented their work at the end of day two.

The last day witnessed the final program of the workshop with the theme, 'Prevention and control of diabetes and CVDs among South Asians'.

The topics of presentation ranged from the epidemiology and determinants of CVDs in South Asians to public-private partnerships in diabetes care and CVD prevention. The role of main streaming chronic disease in the national health agenda was also highlighted during the day. The National Action Plan for Non-Communicable Diseases developed in Pakistan by the tri-partite collaboration of Ministry of Health, WHO and Heartfile was also presented in this session as an example of mainstreaming NCDs in the national health agenda. The NAP-NCDs received considerable appreciation from the participants and was termed as an innovative solution for countries of the region to ameliorate in their own environment.

The day ended with panel discussion on 'Strengthening Global Research Networks for prevention of diabetes and cardiovascular diseases'.

ⁱ. National Action Plan for non-communicable diseases prevention, control and health promotion.
<http://heartfile.org/napdoc.pdf> (accessed May 12, 04)