Quarterly Update

July 1, 2005 – September 30, 2005

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)
<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>ACTIVITY</th>
<th>TIMELINES</th>
<th>HEARTFILE</th>
<th>MINISTRY OF HEALTH</th>
<th>WORLD HEALTH ORGANIZATION</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Expected</td>
<td>Delivered</td>
<td>Expected</td>
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<tr>
<td>1</td>
<td>OVERALL FUNDING SUPPORT</td>
<td>July – Sept 05</td>
<td>Final report of the Rawalpindi surveillance project published</td>
<td>Final report of the Rawalpindi surveillance project prepared and sent for expert comments</td>
<td>-</td>
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<tr>
<td>2</td>
<td>SURVEILLANCE</td>
<td>July – Sept 05</td>
<td>Final report of the Rawalpindi surveillance project published</td>
<td>Final report of the Rawalpindi surveillance project prepared and sent for expert comments</td>
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<tr>
<td>3</td>
<td>BEHAVIOURAL CHANGE COMMUNICATION STRATEGY</td>
<td>July – Sept 05</td>
<td>Air ‘Learn to Live longer’ campaign</td>
<td>Completed Five program on air on PTV World</td>
<td>Completed</td>
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<td></td>
<td></td>
<td></td>
<td>Prepare technical and communication materials and media interventions</td>
<td>Completed</td>
<td>Participation in the development of the materials</td>
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<td>LHW COMPONENT</td>
<td></td>
<td>Expected</td>
<td>Delivered</td>
<td>Expected</td>
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<td>4</td>
<td>To hold consultation at provincial level to define the technical content of the LHW package</td>
<td>July – Sept 05</td>
<td>To hold consultations at provincial level in order to develop technical materials</td>
<td>Consultation meetings finalized and would be held in December</td>
<td>To release the budget for trainings and to hold the consultation</td>
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<td>5</td>
<td>TO SEEK DONOR SUPPORT FOR THE ACTION PLAN</td>
<td>July – Sept 05</td>
<td>Development and printing of advocacy tool</td>
<td>Competed</td>
<td>Schedule meeting with donors</td>
</tr>
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<td>6</td>
<td>PUBLICATIONS AND NETWORKING</td>
<td>July – Sept 05</td>
<td>RTA Seminar with the collaboration of World Bank and 3M</td>
<td>Achieved</td>
<td>Participation in the consultations</td>
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<td>7</td>
<td>PROGRESS ON SPECIFIC DOMAINS</td>
<td>July – Sept 05</td>
<td>Extension of Heartfile PC1 for next four years</td>
<td>Approved in a meeting with MoH</td>
<td>MoH to approve</td>
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<td>PC1 for extension of NAP-NCDs in Districts</td>
<td>Prepared and shared with Nutrition Wing, MoH</td>
<td>Nutrition Wing to incorporate NAP-NCD component in PC1 for Nutrition</td>
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<td>Replication of NAP-NCDs in the region</td>
<td>Initialized through a workshop in Mumbai, India held on Sep 16-18, 2005. (Appendix A)</td>
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</table>
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

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. 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’.

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[http://heartfile.org/napdoc.pdf](http://heartfile.org/napdoc.pdf) (accessed May 12, 04)