

TARGETING NCDS RISK FACTORS: CALL FOR BARRIER REMOVAL



Caption: key NCD risk factors and their contribution to global NCDs deaths¹

BURDEN OF NCDS IN RWANDA

Over 82% of Non-Communicable Disease (NCD)-related deaths occur in Low and Middle Income Countries with hypertension and diabetes being key contributors². The World Health organization NCDs country profile (2018) estimated that 44% of total deaths are attributed to NCDs with cardiovascular diseases leading the race³. Hypertension was found to be a leading cause of death (43%) among hospitalized patients in 2008. Diabetes prevalence in adults aged 20-79 years is estimated at 2.7%. Various preventives interventions are believed to effective in tackling modifiable NCDS risk factors.

NCDS RISK FACTORS IN RWANDA

A recent (2015) NCDs risk factors survey⁴ of 7225 people (2687 men and 4538 women), revealed prevalent NCDs risk factors.



Addressing barriers associated with effective implementation of interventions targeting related risk factors can reduce the burden of NCDs. A situational analysis study (not yet published) revealed barriers to effective implementation of different interventions targeting risk factors for diabetes and hypertension at different socio-ecological levels (see key findings).

PRIORITY ACTIONS TARGETING NCDS

1 Strengthen multi-sectoral collaboration by defining clear roles for each sector and setting up monitoring scheme

2 Engage local stakeholders (local leaders, church leaders and other community opinion leaders) in designing, planning and implementation of ongoing interventions to increase community awareness and buy in.

3 Increase budget for Physical activity promotion, tobacco and alcohol control and promoting healthy diet activities.

Being healthy is as easy as ABCDE

Avoid alcohol



Be physically active



Cut down on salt and sugar



Don't use tobacco products



Eat plenty of fruits and vegetables



Source : inyurl.com/xkwmuef8

KEY FINDINGS

Limited collaborative efforts from various stakeholders to tackle NCDs risk factors

1

Community limited knowledge and misbeliefs about ongoing interventions and targeted risk factors.

2

Lack or insufficient community mobilization about ongoing interventions.

3

Insufficient funding for implementing different activities addressing NCDs risk factors

4

Weak policy implementation that see many policies partially or not implemented

5

IMPLICATIONS

Enhanced multi-sectoral collaboration

Given the magnitude of diversity of risk NCDs factors, no single sector can prevent and manage them effectively.

Collaboration between different government sectors, nongovernmental organizations, industries, professional associations and other organizations is essential and very much needed. Strengthening multi-sectoral collaboration between different actors will ensure that each of the involved stakeholders are effectively contributing to controlling NCD risk factors.

It is of paramount importance that the population (main beneficiaries) is aware of the ongoing intervention to increase the buy in leading to reduced risk factors.

Budgetary implications

In order to increase the budget allocated for activities targeting risk factors for NCDs other sectors will undoubtedly be affected. Each of the involved sectors will need a focal person and related budget for coordinating interventions aiming targeting NCDs risk factors.

Policy reinforcement implications

Reinforcing policy interventions targeting NCD risk factors will require efforts from several regulatory authorities and other public and private institutions. Each of the involved stakeholders will need to understand respective role through what they produce (example of alcohol and tobacco as well as food processing companies) on NCD rise among the population. This will therefore enable them to take responsibility in controlling NCD risk factors.

REFERENCES

- 1 Adhikari, "NCDs: Disease Burden, Risk Factors & WHO Best Buys Interventions !! - Public Health Notes." found at <https://tinyurl.com/2yab8y7t>.
- 2 World Health Organization, "Global Status Report on Non-communicable Diseases".
- 3 World Health Organization – Non-communicable Diseases (NCD) Country Profiles, 2018: Rwanda
- 4 Ministry Of Health, "WHO Stepwise Approach to NCD Surveillance. Rwanda Non-Communicable Diseases Risk Factors Report, 2015."

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