



NONCOMMUNICABLE DISEASES

PROGRESS MONITOR 2020



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Foreword

In 2015, world leaders committed to reduce premature deaths from NCDs by one-third by 2030. We have just 10 years to fulfil that commitment. This Progress Monitor gives us a pulse on where we are along that road.

Noncommunicable diseases are the leading cause of premature death globally. Every year, 41 million people die from heart attacks, stroke, cancer, chronic respiratory diseases, diabetes or a mental disorder. That's more than 70% of all deaths worldwide along with a crippling economic impact. Taking action against NCDs is therefore not only a moral imperative, it's an economic imperative.

Data from 194 countries highlights that there are only 2 indicators out of 10 that half of all countries are fully meeting. This is a grim sign, and this decade is critical to advance the work on NCDs in all countries.

WHO has developed 'best buys' – a set of 16 practical and cost-effective interventions that work and can be delivered at the primary level. Critically these put the emphasis on promoting health and preventing disease and include this like increasing tobacco taxes; restricting alcohol advertising; reformulating food products with less salt, sugar and fat; vaccinating girls against cervical cancer; treating hypertension and diabetes; and more.

The best buys are a powerful economic tool. We estimate that every dollar invested in the best buys will yield a return of at least seven dollars. If implemented globally, they will save 10 million lives by 2025, and prevent 17 million strokes and heart attacks by 2030.

Primary health care, with its emphasis on promoting health and preventing disease, is the most inclusive, effective and efficient way to reduce premature mortality from NCDs and promote mental health and well-being. In addition to strong primary health care, countries need strong referral systems with other levels of care.

But we also need to go beyond the health sector to address the root causes of NCDs, in the food we eat, the water we drink, the air we breathe and the conditions in which people live, work and play. A whole-of-government approach is essential

I have often said that political leadership is essential for making progress on NCDs and mental health. But so too are investing in primary health care, implementing the best buys and initiating creative partnerships with all sectors.

No country can afford to treat its way out of the NCDs epidemic. We must prioritize health promotion and disease management. And the best way to do that is through strong primary health care. We know what works to combat NCDs.

It's therefore not a question of whether countries can afford to implement the best buys, but whether they can afford not to. We have all the pieces to save lives we just have to put them into place. The question is, will we? It's a question we must answer with the decisions we make today, and every day.

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