

# Implementation roadmap for accelerating the prevention and control of noncommunicable diseases in South-East Asia 2022–2030



REGIONAL OFFICE FOR

World Health  
Organization  
South-East Asia



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## Foreword



Noncommunicable diseases (NCDs) are among the world's greatest threats to health and development. The four major NCDs – cardiovascular diseases (CVDs), cancer, chronic respiratory diseases and diabetes – kill an estimated 41 million people globally every year, more than a third of them prematurely, in people's prime productive years. In the World Health Organization (WHO) South-East Asia Region, NCDs cause an estimated 9 million deaths annually, almost half of them premature. Every year, almost

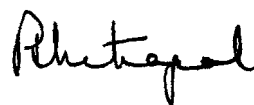
100 million people globally are pushed into extreme poverty due to out-of-pocket health spending, and the costs of treating NCDs are a major contributor.

Since 2014, preventing and controlling NCDs has been a Flagship Priority in the Region, and important progress has been made. Between 2010 and 2019, the probability of people in the Region dying from cancers, CVDs, diabetes and chronic respiratory diseases between the ages of 30 and 70 years declined from 23.4% to 21.6%. The Region is currently on track to achieve the *Global action plan for the prevention and control of noncommunicable diseases* target of a 30% relative reduction in tobacco use prevalence between 2010 and 2025, and continues to take concerted action to eliminate industrially produced trans-fats in food – a major contributor to CVDs. The *South-East Asia regional strategy for primary health care: 2022–2030*, launched in December 2021, is supporting all countries of the Region to integrate services to prevent, detect, treat and manage NCDs into primary health care services, accelerating momentum from the 2016 Colombo Declaration. However, despite these and other positive trends, the Region is currently off-track to achieve the global 2025 and 2030 NCD targets.

In order not just to sustain but to accelerate progress, at the Seventy-fourth Session of the WHO Regional Committee, Member States requested WHO to develop the *Implementation roadmap for accelerating the prevention and control of NCDs in South-East Asia*

2022–2030. The roadmap aims to facilitate progress towards the 2030 targets, and was adopted in September 2022 at the Seventy-fifth Session of the WHO Regional Committee. It includes three strategic directions, applicable to all Member States, as well as an interactive tool designed to help countries accelerate context-specific actions. It aims to increase collection and analysis of high-quality data, and to thereby strengthen impact and accountability. For ease of access and use, the roadmap will be provided to Member States in a digital format.

To help implement the roadmap, WHO is committed to providing Member States its full technical and operational support and will continue to facilitate the sharing of Member State experiences, including on best practices and interventions, as well as the updated “best buy” interventions. The roadmap marks a last chance for the Region to accelerate action and progress towards the 2030 targets. I urge all Member States, partners, stakeholders and communities – including people living with NCDs – to seize the moment and drive rapid and sustained progress towards the 2030 targets, for a healthier, more equitable and sustainable future for all.



**Dr Poonam Khetrpal Singh**  
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