

# NCD BEST BUYS

## EVIDENCE - BASED COST- EFFECTIVE PUBLIC HEALTH INTERVENTIONS TO PREVENT AND CONTROL NCDs

Prevention and control of noncommunicable diseases (NCDs) requires policy and health service interventions to address the four main diseases and their underlying risk factors. This is a summary of the WHO cost-effective interventions, which provides a menu of evidence-based options to guide policy decisions.<sup>1</sup>



### REDUCE TOBACCO USE

- Increase excise **taxes and prices** on tobacco products
- Implement **plain packaging** and/or large graphic health warnings on tobacco packages
- **Ban tobacco advertising, promotion and sponsorship**
- **Ban smoking** in all indoor workplaces, public places, and on public transport
- **Warn about the harms** of smoking/tobacco use and second hand smoke through mass media campaigns
- Provide tobacco **cessation programs**



### REDUCE HARMFUL USE OF ALCOHOL

- Increase excise **taxes** on alcoholic beverages
- **Ban or restrict alcohol advertising.**
- **Restrict the physical availability** of retailed alcohol
- Enact and enforce **drink-driving laws** and blood alcohol concentration limits
- Provide **psychosocial intervention** for persons with hazardous and harmful alcohol use



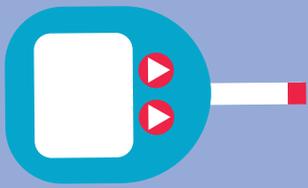
### PROMOTE HEALTHY DIET

- **Reduce salt intake** by:
  - product reformulation and setting targets for the amount of salt in foods and meals
  - providing lower sodium options in public institutions
  - promoting behavior change through mass media campaigns
  - implementing front-of-pack labeling
- **Ban trans-fats** in the food chain
- Raise **taxes on sugar-sweetened beverages** to reduce sugar consumption



### PROMOTE PHYSICAL ACTIVITY

- **Promote physical activity** with mass media campaigns and other community based education, motivational and environmental programs
- Provide **physical activity counselling** and referral as part of routine primary health care



## DIABETES

- Offer **glycemic control** for people with diabetes
- Provide **preventive foot care** for people with diabetes
- Screen diabetes patients for retinopathy and provide laser photocoagulation to **prevent blindness**



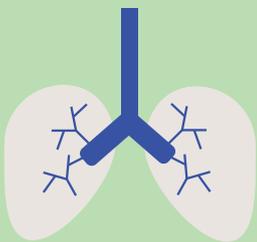
## CARDIOVASCULAR DISEASE

- Provide **drug therapy and counselling** for eligible persons at high risk to prevent heart attacks and strokes
- **Treat** new cases of acute myocardial infarction with either acetylsalicylic acid and clopidogrel, or thrombolysis, or primary percutaneous coronary interventions
- **Treat acute ischemic stroke** with intravenous thrombolytic therapy
- **Prevent rheumatic fever** and rheumatic heart disease by increasing treatment of streptococcal pharyngitis at primary care level and developing a register of patients who receive regular prophylactic penicillin



## CANCER

- **Prevent cervical cancer** by:
  - vaccinating girls aged 9–13 years against human papillomavirus
  - screening women aged 30–49 years, with the Pap smear, or human papillomavirus test, or visual inspection with acetic acid
- Provide **breast cancer screening** for women aged 50–69 years, with mammography linked to timely diagnosis and treatment
- Provide **surgery, chemotherapy and radiotherapy** treatment for cancer
- Provide home-based and hospital-based **palliative care** services



## CHRONIC RESPIRATORY DISEASE

- Provide **symptom relief** for patients with asthma, and for patients with chronic obstructive pulmonary disease, with inhaled salbutamol
- Provide **treatment** for patients with asthma, using low dose inhaled beclometasone and short acting beta agonist

<sup>1</sup>Source: World Health Organization, 2017. Updated Appendix 3 to the Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013–2020. Available at: <https://goo.gl/tyULjS>

**Note:** The source document includes a comprehensive listing of 88 interventions that are categorized as overarching/enabling policy actions, the most cost-effective interventions, and other effective interventions. This document presents a short summary of the main evidence based NCD interventions.

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