


STRENGTHENING THE HEALTH SYSTEM TO ADDRESS NCDs IN WOMEN

OPPORTUNITIES TO MEET WOMEN'S COMPREHENSIVE HEALTH NEEDS USING A LIFE COURSE APPROACH

SETTING THE STAGE

NONCOMMUNICABLE DISEASES AFFECT WOMEN IN LOW- AND MIDDLE-INCOME COUNTRIES (LMICs) AT ALARMING RATES WITH OFTEN DISPROPORTIONATELY POOR HEALTH OUTCOMES.

CARDIOVASCULAR DISEASE

The **#1 killer** of women in the world 
Causes **8.6 million deaths** among women annually, 1/3 of all deaths in women worldwide¹
Women in LMICs who develop cardiovascular disease are more likely to die from it than comparable women in industrialized nations²

CANCER

By 2025, there will be an estimated **8.9 million annual cases** and **4.8 million annual deaths** in women globally, and the proportions in less-developed regions will increase to 60% and 68%, respectively³

Breast cancer is the most common cancer in women (25% of all new diagnoses); it is also the most frequent killer, followed by lung and colorectum⁴

Cervical cancer, which is preventable through vaccination and screening, **kills 266,000 women each year**; **86%** of these deaths are in LMICs⁵


DIABETES

80% of the estimated 382 million people with diabetes live in LMICs⁶

Globally, **84%** of all people **who are undiagnosed** with diabetes live in LMICs⁶

More than 21 million live births were affected by diabetes during pregnancy in 2013, increasing the risk to mothers and newborns⁶

DEPRESSION

The leading cause of disease burden for women in LMICs 

Perinatal depression has been reported in all cultures. Rates in LMICs range from **18% to 25%**⁷

CHRONIC RESPIRATORY DISEASE

Over one third of premature deaths from chronic obstructive pulmonary disease (COPD) in adults in LMICs are due to exposure to household air pollution⁸

Women exposed to high levels of indoor smoke are 2.3 times more likely to suffer from COPD than women who use cleaner fuels⁹ 

Almost **90% of COPD deaths** occur in LMICs¹⁰

INCREASING ACCESS: INTEGRATION SOLUTIONS



LIFESTAGE <i>Point of delivery</i>	PRE-NATAL ANC	INFANCY PHC	CHILDHOOD PHC/Schools	ADOLESCENCE PHC/Schools	REPRODUCTIVE YEARS SRH and ANC clinics, PHC	POST MENOPAUSE SRH Clinic/PHC	ACROSS THE LIFE COURSE Substance Abuse Clinics HIV Clinics TB Clinics		
INTEGRATED SOLUTION									
PREVENTION									
Promote Maternal Nutrition, Monitor BMI, and Assess Blood Glucose and Blood Pressure	●					●			
Promote Sustained Breast-Feeding thru First Year	●	●				●			
Hepatitis B vaccination		●							
Prompt Treatment of Strep Infections		●	●						
Take Family History of Cancer			●			●			
Monitor BMI for Healthy Weight			●	●	●	●		●	
Provide Healthy Lifestyle Education and Counseling (Incl. Tobacco Cessation and Smokefree Public Places)	●		●	●	●	●		●	●
HPV Vaccination				●					
Promote Clean Air in the Household	●	●	●	●	●	●			●
SCREENING									
Mental Health Screening	●			●	●	●		●	●
Screening for Blood Pressure, Cholesterol, and Blood Sugar					●	●		●	●
Breast, Colorectal, and Cervical Cancer Screening; Removal of Precancers of the Cervix and Colorectum					●	●		●	
CARE & TREATMENT									
Treatment of Gestational Diabetes	●					●			
Treat Rheumatic Heart Disease		●	●	●			●		
Care and Treatment for Diabetes, Hypertension and Cardiovascular Disease					●	●		●	
Care and Treatment for Depression	●			●	●	●		●	●
Appropriate Treatment for Cancers					●	●		●	
Palliative Care		●	●	●	●	●		●	

CALL TO ACTION



UNDERSTAND YOUR EPIDEMIC



DEDICATE FUNDING TO NCD EFFORTS



ADAPT AND IMPLEMENT GLOBAL FRAMEWORKS AND GUIDELINES



MONITOR YOUR PROGRESS AND CONDUCT EVALUATIONS

KEY GLOBAL NCD GUIDANCE

- WHO 2013–2020 Global Action Plan for the Prevention and Control of Noncommunicable Diseases
- WHO Strategy on Diet, Physical Activity and Tobacco Use
- WHO Prevention of CVDs Pocket Guidelines for Assessment and Management of CVD Risk
- WHO Essential Medicine List
- WHO Guidelines for Screening and Treatment of Precancerous Lesions for Cervical Cancer Prevention
- WHO Comprehensive Cervical Cancer Control: A Guide to Essential Practice
- WHO Mental Health GAP Action Programme Intervention Guidelines for Low-Resource Settings
- WHO/The Union Collaborative Framework for Care and Control of Tuberculosis and Diabetes
- WHO Guidelines for Indoor Air Quality: Household Fuel Combustion
- IDF Clinical Practice Guidelines for Type 2 diabetes, Diabetes in Children and Adolescents, and Pregnancy and Diabetes

KEY RESOURCE LIST

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- ⁴ International Diabetes Federation. *IDF Diabetes Atlas*, 6th edn. Brussels, Belgium: International Diabetes Federation, 2013. <http://www.idf.org/diabetesatlas>
- ⁵ Fisher J, Cabral de Mello M, Patel V, Rahman A, Tran T, et al. (2012) Prevalence and determinants of common perinatal mental disorders in women in low- and lower-middle-income countries: a systematic review. *Bull World Health Organ* 90: 139G–149G. doi: 10.2471/blt.11.091850 <http://www.who.int/bulletin/volumes/90/2/11-091850.pdf>
- ⁶ World Health Organization. Household air pollution and health. Fact Sheet N°292. Updated March 2014. <http://www.who.int/mediacentre/factsheets/fs292/en/>
- ⁷ WHO. Chronic obstructive pulmonary disease (COPD). Fact sheet N°315. Reviewed October 2013 <http://www.who.int/mediacentre/factsheets/fs315/en/>