NCD in Paradise

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NZ Health Promotion Forum
In the PACIFIC
NCD - Too BIG to Ignore

NCDs already significant and risk factors are feeding the future pipeline

Up to 40% Sickness
Up to 57% Death
> 10 – 20% Health care cost
Key findings of the New Zealand Health Survey 2011/12

• Most adults (89%) report that they have excellent, very good or good health.
• The smoking rate is decreasing, although not in all groups.
• The obesity rate continues to increase.

Groups with poorer health and more unmet need for health care included: Māori, Pacific, and adults living in more deprive areas
From Africa to Asia to Oceania, people of Pasifika are children of the sea. Thousands of years ago, they came in search of the Healthy Islands where:

- Children are nurtured in body and mind
- Environments invite learning and leisure
- People work and age with dignity
- Ecological balance is a source of pride
- The Ocean that surrounds us is protected
Pacific – epicentre NCD epidemic

- 165.25 million sqkm of ocean
- Home to 11 million people living in 22 islands mostly small atolls that are vulnerable to climate changes.
- Subsistence economy People being the most valuable “commodity”.
- There is high dependency on remittances and foreign aides.
- Genetic pre-disposition H-G vs C-D gene
- Globalization with powerful transnational economic forces- TRADE

• SEA of Islands

Hauofa
RISK FACTORS - SNAP

• Smoking
• Nutrition
• Alcohol
• Physical activity
NCD is a major cause of disability

- 1 in 10 DM has amputation
- 75 - 80% adult admission to general wards – NCD related
- Diabetic cataract is leading cause of adult blindness
- Kidney dialysis- very poor outcome
**Social Determinants:**
- Modernization
- Cash economy
- ↓ Traditional
- Education
- Spirituality

**Basic Risk Factors:**
- Diet
- Physical inactivity
- Tobacco
- Alcohol

**Intermediate Risks:**
- High blood pressure
- High blood sugar
- Abnormal lipids
- Overweight

**Diseases:**
- Heart disease
- Stroke
- Cancer
- Diabetes
- COPD

Chain of Events
Global burden of NCDs (millions of deaths in 2008)

36 mio. deaths due to NCDs (63% of global deaths)

- Communicable, maternal, perinatal and nutritional conditions: 47%
- NCDs < 60: 16%
- NCDs > 60: 9%
- Injuries: 28%
80% of NCD deaths occur in lower income countries

Males

Females

Communicable, maternal, perinatal and nutritional conditions
NCDs
Injuries
Global Risks Landscape

Next 10 years

Risk category
- Economic
- Geopolitical
- Environment
- Societal
- Technology

Likelihood
- below 1%
- 1-5%
- 5-10%
- 10-20%
- above 20%

Severity (in USD)
- below 10 bn
- 10-50 bn
- 50-250 bn
- > 250 bn
- > 1 trillion

Risk categories:
- Asset price collapse
- Chronic disease
- Pandemic
- Fiscal crises
- Governance gaps
- China hard landing
- Economic
- Geopolitical
- Environment
- Societal
- Technology

Examples of risks:
- Cyclone
- Earthquake
- Climate change
- Nanotechnology
- Floods
- Terrorism
- Nanotechnology
- China hard landing
Age-standardized prevalence of obesity* in adults aged 20+ years of age by WHO Region and for PIC, 2008.

*Defined as BMI $\geq 30$ kg/m$^2$
At least 70% all deaths are from NCDs


<table>
<thead>
<tr>
<th>NCD and other, proportion of total deaths all ages, 2008</th>
<th>Samoa</th>
<th>Tonga</th>
<th>Vanuatu</th>
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</thead>
<tbody>
<tr>
<td><strong>NCD</strong></td>
<td></td>
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</tr>
<tr>
<td>Cardiovascular disease</td>
<td>37%</td>
<td>38%</td>
<td>36%</td>
</tr>
<tr>
<td>Chronic Respiratory Diseases</td>
<td>7%</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td>Cancers</td>
<td>6%</td>
<td>9%</td>
<td>12%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>5%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Other NCDs</td>
<td>15%</td>
<td>15%</td>
<td>13%</td>
</tr>
<tr>
<td><strong>Total NCDS</strong></td>
<td>70%</td>
<td>74%</td>
<td>70%</td>
</tr>
<tr>
<td><strong>Communicable, maternal, perinatal and nutritional conditions</strong></td>
<td>25%</td>
<td>22%</td>
<td>24%</td>
</tr>
<tr>
<td><strong>Injuries</strong></td>
<td>5%</td>
<td>4%</td>
<td>5%</td>
</tr>
</tbody>
</table>
Overweight at young ages
Source: Global School Based Health Survey 2012

Per cent of students aged 13-15 years overweight, 2010 and 2011

- Tonga
- Cook Islands
- Niue
- Nauru
- Solomon Islands
- Fiji
NCDs are among the most serious threats to global prosperity (World Economic Forum, 2011)

• Around 30% NCD mortality in low- and middle-income countries occur during working age (below the age of 60), compared to only 13% in high-income countries

• NCDs reduce productivity and increase health-care costs

• Health spending to control NCDs outpaces economic growth

• NCDs lock millions of people into chronic poverty every year due to impact on household income and health care expenditure
Transnational corporates vs Pacific nations
KIA ORA

Thank you
Merci
Fa'a fetai
Si yuus maase
Ghilisou
Meitaki maata
Kalangan
Kulo
Kilisou
Kammagar
Vinaka
Dhanyabad
Mauru’uru
Si yu’os ma’asi
Mahalo
Ko bati n rabwa
Kommol tata
Tubwa kor
Fakaauaue lahi
Sulang
Tenk yu
Mauru’uru
Fa’a fetai
Tanggio tumas
Fakafetai
Malo