Ms CHRISTINE HANCOCK

The nurses’ role in preventing suffering and containing health care costs

In collaboration with the 9th CNF Europe Region Conference
Supported by the Royal College of Nursing UK
The 3FOUR50 message

- 3 risk factors cause four chronic diseases (cardiovascular disease, type 2 diabetes, many cancers and chronic lung disease) that cause over 50% of deaths worldwide.
- The risk factors are:
  - Tobacco use
  - Lack of physical activity
  - Unhealthy diet
Global burden of disease

1990:
- Communicable diseases: 10.7%
- Chronic disease: 47.4%
- Injuries: 41.9%

2020:
- Communicable diseases: 13.7%
- Chronic disease: 68.7%
- Injuries: 17.7%

Source: Harvard School of Public Health

Commonwealth Nurses  March 2012
Demographic transition in Matlab

- Unknown/missing
- Miscellaneous
- Maternal and Neonatal
- Injuries
- Non-communicable
- Communicable
The World Economic Forum has recognised the chronic disease epidemic as a major global risk.

This chart maps ‘severity’ against ‘likelihood’ of risks – chronic disease is indicated by the number 31, circled.

Source: WEF, Global Risks 2010, published 14 January 2010
• United Nations High-level Meeting – held on 19-20 September 2011
• Only the 2\textsuperscript{nd} such meeting on a disease (2001: HIV)
• 133 country delegations spoke in the plenary – including 34 heads of state
• Political Declaration includes strong call for partnership working, including with the health sector
10 facts about NCD (1/2)

- Chronic Disease is responsible for **60%** of all deaths worldwide – **35 million** people died from chronic disease in 2005
- **80%** of chronic disease deaths occur in low- and middle-income countries
- Almost **half** of chronic disease deaths occur in people below age **70**
- Around the world, chronic disease affects women and men **equally**
- The major risk factors for chronic disease are an **unhealthy diet, physical inactivity** and **tobacco use**
Without action, **17 million** people will die prematurely this year from a

**1 billion** adults are overweight – without action, this figure will surpass **1.5 billion** by 2015

**22 million** children under five years old are overweight

Tobacco use causes at least **5 million** deaths each year

If the major risk factors for chronic disease were eliminated,

at least **80%** of heart disease, stroke and type 2 diabetes would be prevented; and **40%** of cancer would be prevented

*Source: WHO, Preventing Chronic Disease: A Vital Investment, October 2005.*
Expenditure on chronic disease is not even close to reflecting its devastating impact on global health.

- Just 6.2% of the WHO’s budget for 2004-2005 was allocated to chronic disease – although it causes 58.6% of deaths.
- Between 1997 and 2002, the chronic disease component of World Bank loans was 2.56% of the total loaned to health, population and nutrition.
- In Zambia, 3% of the population has HIV; 75% of aid goes towards HIV/AIDS programmes.
- Just 3% of US healthcare spending is on prevention.

The question is what we can do?
It turns out we know exactly what to do:

**Prevention works!**

- No tobacco
- Increased physical activity
- Healthier diet

It’s simple, affordable and effective
1.3 billion people smoke; 84% live in LMICs.

- Regional and gender variations
  - Men: 35% in developed countries and 50% in developing countries smoke.
  - Women: 22% in developed countries and 9% in developing countries smoke.

- 5 million people die prematurely from tobacco use each year
  - By 2020, this figure could increase to 10 million.

Source: The Tobacco Atlas and WHO
Economic disadvantage and smoking

• Smokers tend to be socioeconomically disadvantaged
• This graph shows the prevalence of daily smoking in the poorest and richest quintiles in selected low- and middle-income countries

Source: OxHA, Chronic disease: an economic perspective (2006); WHO World Health Survey
It turns out we know exactly what to do:

Prevention works!

No tobacco  Increased physical activity  Healthier diet

It’s simple, affordable and effective
The impact of physical activity

Physical activity reduces the risk of:

- **breast cancer** by approximately 20–40% among those who do vigorous physical activity for 30–60 minutes on 5 days each week;
- **colon cancer**: the most active people are at 30% lower risk than the least fit;
- **stroke** by 25–30% among active individuals;
- **coronary heart disease**: physically inactive people can have as much as twice the risk;
- **diabetes** by 30–50%;
- plus benefits for **musculoskeletal** and **mental health**.
Physical activity recommendations

• Adults (18–65) should undertake moderate-intensity physical activity (e.g. brisk walking) for a **minimum of 30 minutes on five days each week** or vigorous-intensity activity (e.g. jogging) for a **minimum of 20 minutes on three days each week**, or a combination.

• Lower goals may be necessary for older people who have physical impairments or functional limitations, and older adults should also do balance exercises.

• Children should do **at least an hour of physical activity every day**.
It turns out we know exactly what to do:

Prevention works!

No tobacco  Increased physical activity  Healthier diet

It’s simple, affordable and effective
Benefits of five-a-day

Five servings of fruit and vegetables each day reduces the risk of:

• Cardiovascular disease by 28%*
• Type 2 diabetes by 24%**
• Some gastrointestinal cancers by 20%***

Sources:
* H.-C. Hung 2005 (J Nat Cancer Ins)
** F.B. Hu 2001 (New Eng J Med)
*** WHO 2003
Reduction in mortality from strokes: PILLS or SALT

• 15% reduction, if all complied with tablets (but compliance is poor!)

But compare:

• 22% reduction, if no one put extra salt on food (without taking any medication at all!)

And then consider what would happen with:

• General reduction in fat and an increase in exercise!

Source: Farley and Cohen, Prescription for a Healthy Nation, 2005
Obesity is increasing most rapidly in lower- and middle-income countries.

- In Asia, North Africa and Latin America, rates of increase in obesity are two to five times higher than in the USA.

- The burden of obesity is increasingly falling on the poor.

Source: Popkin and Gordon-Larsen, 2004
Risk of developing type 2 diabetes, relative to BMI

Study of 84,941 nurses

16-year follow-up
If the millions of nurses in a thousand different places articulate the same ideas and convictions.....
and come together as one force
they could act as a powerhouse for change.

Dr Haefden Mahler, WHO Director General (1985)
C3 Nursing activities and aspirations

- ICN Washington 2010; Malta 2011
- European Federation Nurses conference 2013
- WHO Global Forum Government Chief Nurses 2012
- DENOSA, South Africa 2007, 2010
- Publications
- Diaspora nurses
- Open University
‘Ought not the (nurse) that is giving counsel to a sick man who is indulging in a mode of life that is bad for his health to try first of all to change his life, and only proceed with the rest of his advice if the patient is willing to obey?’

christine.hancock@c3health.org
www.c3health.org

www.twitter.com/c3health