



NCD BEST BUYS¹

AND OTHER EFFECTIVE INTERVENTIONS²

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.

○ BEST BUYS • EFFECTIVE INTERVENTIONS

REDUCE TOBACCO USE



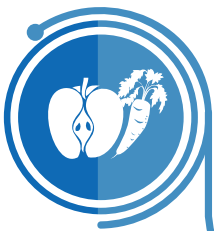
- Increase excise taxes and prices on tobacco products
- Implement plain packaging and/or large graphic health warnings on all tobacco packages
- Ban tobacco advertising, promotion and sponsorship
- Ban smoking in all indoor workplaces, public places and on public transport
- Warn about the harms of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

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 behaviour change through mass media campaigns
 - Implementing front-of-pack labelling
 - 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 programmes
- Provide physical activity counselling and referral as part of routine primary health care

¹ Best buys are effective interventions with cost effectiveness analysis \leq I\$ 100 per disability-adjusted life year (DALY) averted in low and middle-income countries

² Effective interventions with cost effectiveness analysis $>$ I\$ 100 per DALY

I\$ = The international dollar is a hypothetical unit of currency that has the same purchasing power parity that the U.S. dollar had in the United States at a given point in time.



DIABETES

- Offer glycaemic 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 acetylic 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 either Pap smear, human papillomavirus test or visual inspection with acetic acid**
- Provide breast cancer screening with mammography for women aged 50-69 years, linked to timely diagnosis and treatment
- Provide treatment with surgery, chemotherapy and/or radiotherapy for colorectal cancer
- Provide home-based and hospital-based palliative care services



CHRONIC RESPIRATORY DISEASE

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

Source: Updated Appendix 3 to the Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013-2020, Geneva: WHO; 2017
Available at: <http://www.who.int/ncds/management/best-buys/en/>

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. It is based on a similar factsheet produced by the WHO Regional Office for the Americas (PAHO/WHO).

Available at: http://www.paho.org/hq/index.php?option=com_topics&view=rdmore&cid=9500&Itemid=40933

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