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Action plan for the prevention and control of noncommunicable diseases in the WHO European Region: annexes

This document provides a conceptual overview of the Action plan for the prevention and control of noncommunicable diseases in the WHO European Region. It also contains two matrices that illustrate how the priority action areas and the priority and supporting interventions of the Action plan link to existing commitments of relevant WHO strategies and action plans and contribute to the achievement of global and regional targets.

Conceptual overview and main elements

Vision

A health-promoting Europe free of preventable noncommunicable disease (NCD), premature death and avoidable disability

Goal

The goal of the Action plan for the prevention and control of noncommunicable diseases in the WHO European Region is to avoid premature death and significantly reduce the disease burden from NCD by taking integrated action, improving the quality of life and making healthy life expectancy more equitable within and between Member States.

Objectives

- To take integrated action on risk factors and their underlying determinants across sectors
- To strengthen health systems for improved prevention and control of NCDs

Strategic approach

A comprehensive approach that systematically integrates policy and action to reduce inequalities in health and tackles NCDs by simultaneously:

- (1) promoting population-level health promotion and disease prevention programmes;
- (2) actively targeting groups and individuals at high risk; and
- (3) maximizing population coverage with effective treatment and care.

Targets

Achievement of global and European targets on relative reduction of premature mortality from four NCDs of: 1.5% annually by 2020 (Health 2020); 25% by 2025 (global NCD monitoring framework); and one third by 2030 (Sustainable Development Goals) (baseline 2010).

Focus and supporting areas

Priority action areas

- Governance
- Surveillance, monitoring and evaluation, and research
- Prevention and health promotion
- Health systems

Priority interventions: population-level

- Promoting healthy consumption via fiscal and marketing policies: tobacco, alcohol, food
- Product reformulation and improvement: salt, fats and sugars
- Salt reduction
- Promoting active living and mobility
- Promoting clean air

Priority interventions: individual-level

- Cardio-metabolic risk assessment and management
- Early detection and treatment of major NCDs
- Vaccination and relevant communicable disease control

Supporting interventions

- Promoting oral health and musculoskeletal health
- Promoting mental health
- Promoting health in specific settings

Annex 1. Mapping of action areas and interventions of the Action plan for the prevention and control of noncommunicable diseases in the WHO European Region to specific global and regional targets

Global and regional targets	Priority action areas				Priority and supporting interventions										
	Governance	Surveillance	Prevention	Health systems	Promoting healthy consumption via fiscal and marketing policies	Product reformulation and improvement	Salt reduction	Promoting active mobility	Promoting clean air	Cardio-metabolic risk assessment and management	Early detection and treatment of cancer and other NCDs	Vaccination and relevant communicable disease control	Promoting oral health and musculoskeletal health	Promoting health in settings	Promoting mental health
Global NCD target 1: 25% relative reduction in overall mortality from cardiovascular diseases (CVD), cancer, diabetes, or chronic respiratory diseases.	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
Global NCD target 2: At least a 10 % relative reduction in the harmful use of alcohol, as appropriate, within the national context.	√	√	√	√	√					√			√	√	√
Global NCD target 3: A 10% relative reduction in prevalence of insufficient physical activity.	√	√	√	√			√		√				√	√	
Global NCD target 4: A 30% relative reduction in mean population intake of salt/sodium.	√	√	√		√		√								
Global NCD target 5: A 30% relative reduction in prevalence of current tobacco use in persons aged 15+ years.	√	√	√	√	√				√	√			√	√	√
Global NCD target 6: A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances.	√	√	√	√	√	√	√	√		√	√			√	√
Global NCD target 7: Halt the rise in diabetes and obesity.	√	√	√	√	√	√		√		√	√		√	√	
Global NCD target 8: At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes.	√	√	√	√				√		√	√				√
Global NCD target 9: An 80% availability of the affordable basic technologies and essential medicines, including generics, required to treat major NCDs in both public and private facilities.	√	√		√						√	√	√	√		

Global and regional targets	Priority action areas				Priority and supporting interventions										
	Governance	Surveillance	Prevention	Health systems	Promoting healthy consumption via fiscal and marketing policies	Product reformulation and improvement	Salt reduction	Promoting active mobility	Promoting clean air	Cardio-metabolic risk assessment and management	Early detection and treatment of cancer and other NCDs	Vaccination and relevant communicable disease control	Promoting oral health and musculoskeletal health	Promoting health in settings	Promoting mental health
Health 2020 target 1: Reduce premature mortality in Europe – a 1.5% relative annual reduction in overall premature mortality from CVD, cancer, diabetes and chronic respiratory diseases until 2020.	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
Health 2020 target 2: Increase life expectancy in Europe.	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
Health 2020 target 3: Reduce inequities in health in Europe.	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
Health 2020 target 4: Enhance the well-being of the European population.	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
SDG target 3.4: By 2030, reduce by one third premature mortality from NCDs through prevention and treatment and promote mental health and well-being.	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
SDG target 3.5: Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.					√									√	√
SDG target 3.6: By 2020, halve the number of global deaths and injuries from road traffic accidents.		√	√		√			√	√					√	
SDG target 3.9: By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination.									√					√	
SDG target 3.a: Strengthen the implementation of the WHO FCTC in all countries, as appropriate.					√				√					√	
SDG target 11.2: By 2030, provide access to safe and sustainable housing, transport and communities.		√	√					√	√					√	
SDG target 16.2: End abuse, trafficking and all forms of violence against children.		√	√					√						√	√

Annex 2: Mapping of actions within existing WHO strategies and action plans to the Action plan for the prevention and control of noncommunicable diseases in the WHO European Region

Global and regional targets	Priority action areas				Priority and supporting interventions										
	Governance	Surveillance	Prevention	Health systems	Promoting healthy consumption via fiscal and marketing policies	Product reformulation and improvement: fats and sugars	Salt reduction	Promoting active mobility	Promoting clean air	Cardio-metabolic risk assessment and management	Early detection and treatment of cancer and other NCDs	Vaccination and relevant communicable disease control	Promoting oral health and musculoskeletal health	Promoting health in settings	Promoting mental health
European Action Plan for Strengthening Public Health Capacities and Services	√	√	√	√							√	√	√		
European action plan to reduce the harmful use of alcohol 2012–2020	√	√	√	√	√					√					
European Food and Nutrition Action Plan 2015–2020	√	√	√	√	√	√	√			√				√	
European Vaccine Action Plan 2015–2020	√	√	√	√								√			
Health 2020: a European policy framework and strategy for the 21st century	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
Investing in children: the European child and adolescent health strategy 2015–2020	√	√	√	√	√			√			√			√	
Investing in children: the European child maltreatment prevention action plan 2015–2020			√					√						√	√
Parma Declaration on Environment and Health	√	√	√		√			√	√					√	
Physical activity strategy for the WHO European Region 2016–2025	√	√	√	√				√		√				√	
Priorities for health systems strengthening in the WHO European Region 2015–2020	√			√						√	√	√	√		
Roadmap of actions to strengthen implementation of the WHO Framework Convention on Tobacco Control in the European Region 2015–2025	√	√	√	√	√				√	√					
Strategy and action plan for healthy ageing in Europe, 2012–2020	√	√	√	√				√		√		√		√	
The European Mental Health Action Plan 2013–2020	√	√	√	√	√			√		√	√		√	√	√
Tuberculosis action plan for the WHO European Region 2016–2020	√	√	√	√					√		√	√			