

# NCDs in the Arab World

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*Pr Habiba Ben Romdhane  
Cardiovascular Epidemiology  
& Prevention Research Laboratory  
Tunisia*

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# OUTLINE

**Inequity on health**

**Burden of NCDs in the Arab World**

**Regional Riposte to the NCDs**

**Health & Policy : bridging the Gap**

# Inequity on health

- Inequities in health is defined as: “avoidable health inequalities, which arise because of the circumstances in which people grow, live, work and age, and the systems put in place to deal with illness.
- The conditions in which people live and die are shaped by political, social and economic forces .

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# Inequity on health

- The central core of the concept of health “inequities” is that they are unfair and unjust.
- The “right to health”, a right to be enjoyed by everyone, without distinction of gender, race, ethnicity, religion, social status or area of residence .
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# Inequity on health

- Inequity is measured by :
  - Human Development Index
  - Resources available for health care
  - Use of health services
  - Distribution of public health expenditures
  - Extent of out of pocket expenditure on health for various social groups
  - Health outcome such as mortality, morbidity or disease status

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# Inequity on health

- In the Arab world, the challenges of health inequities reflect the social and economic diversity of countries.
- Diversity is evident in the marked contrasts in human development from country to country .
- Some countries ranking high in human development whilst some others are ranking amongst the lowest .

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| Countries    | World Bank groups | Expenditure on health, public (% of GDP) (%) | HDI   | GDP PPP US\$ | GII   |
|--------------|-------------------|--|-------|--------------|-------|
| Qatar        | High              | 1.4  | 0.834 | 77.987       | 0.546 |
| U.A.E        | High              | 2.7  | 0.818 | 42.293       | 0.241 |
| Kuwait       | High              | 2.1  | 0.790 | 47.935       | 0.274 |
| Bahrain      | High              | 3.6  | 0.796 | 21.345       | 0.258 |
| Libya        | upper middle      | 2.7  | 0.769 | 15.361       | 0.216 |
| Saudi Arabia | upper middle      | 2.7  | 0.782 | 21.340       | 0.274 |
| Oman         | upper middle      | 2.2  | 0.731 | 25.330       | 0.340 |
| Lebanon      | upper middle      | 2.8  | 0.745 | 12.900       | 0.433 |
| Jordan       | lower middle      | 5.4  | 0.700 | 5.269        | 0.482 |
| Palestine    | lower middle      | n.a  | 0.670 | 2.465        | n.a   |
| Algérie      | Middle            | 3.2  | 0.713 | 7.643        | 0.391 |
| Tunisia      | lower middle      | 3.4  | 0.712 | 8.258        | 0.261 |
| Morocco      | low middle        | 2.0  | 0.591 | 4.373        | 0.444 |
| Syria        | low middle        | 1.6  | 0.648 | 4.741        | 0.551 |
| Egypt        | low middle        | 1.7  | 0.662 | 5.547        | 0.590 |
| Djibouti     | low middle        | 4.7  | 0.445 | 2.087        | n.a   |
| Iraq         | low middle        | 6.8  | 0.590 | 3.412        | 0.557 |
| Yemen        | Low               | 1.3  | 0.458 | 2.060        | 0.747 |
| Sudan        | Low               | 1.9  | 0.414 | 1.878        | 0.604 |
| Mauritanie   | Low               | 2.3  | 0.467 | 2.255        | 0.643 |

| Countries           | Estimated insured population<br>% of total | Out of Pocket spending<br>% THE |
|---------------------|--|---------------------------------|
| <b>Qatar</b>        | <b>100</b>                                 | <b>18</b>                       |
| <b>U.A.E</b>        | <b>100</b>                                 | <b>21</b>                       |
| <b>Kuwait</b>       | <b>100</b>                                 | <b>20</b>                       |
| <b>Bahrain</b>      |  | <b>23</b>                       |
| <b>Saudi Arabia</b> | <b>100</b>                                 | <b>19</b>                       |
| <b>Oman</b>         | <b>100</b>                                 | <b>18</b>                       |
| <b>Lebanon</b>      | <b>50</b>                                  | <b>40</b>                       |
| <b>Libya</b>        | <b>100</b>                                 | <b>30</b>                       |
| <b>Jordan</b>       | <b>57</b>                                  | <b>43</b>                       |
| <b>Palestine</b>    | <b>56</b>                                  |                                 |
| <b>Algérie</b>      | <b>87</b>                                  |                                 |
| <b>Tunisia</b>      | <b>90</b>                                  | <b>46</b>                       |
| <b>Morocco</b>      | <b>31</b>                                  | <b>49</b>                       |
| <b>Syria</b>        | <b>70</b>                                  | <b>52</b>                       |
| <b>Egypt</b>        | <b>52</b>                                  | <b>56</b>                       |
| <b>Djibouti</b>     | <b>22</b>                                  | <b>24</b>                       |
| <b>Iraq</b>         | <b>80</b>                                  | <b>28</b>                       |
| <b>Yemen</b>        | <b>&lt;10</b>                              | <b>51</b>                       |
| <b>Sudan</b>        | <b>20</b>                                  | <b>62</b>                       |
| <b>Somalia</b>      | <b>&lt;10</b>                              | <b>55</b>                       |
| <b>Mauritanie</b>   | <b>20</b>                                  | <b>31</b>                       |

- Arab countries have invested in programs aimed at reducing poverty, improving literacy, increasing access to clean water and sanitation and environmental protection. Such policies have helped in reducing the burden of communicable diseases leading to decrease of infant mortality .
- But the gap between countries and between social classes is important.

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# Life Expectancy at birth

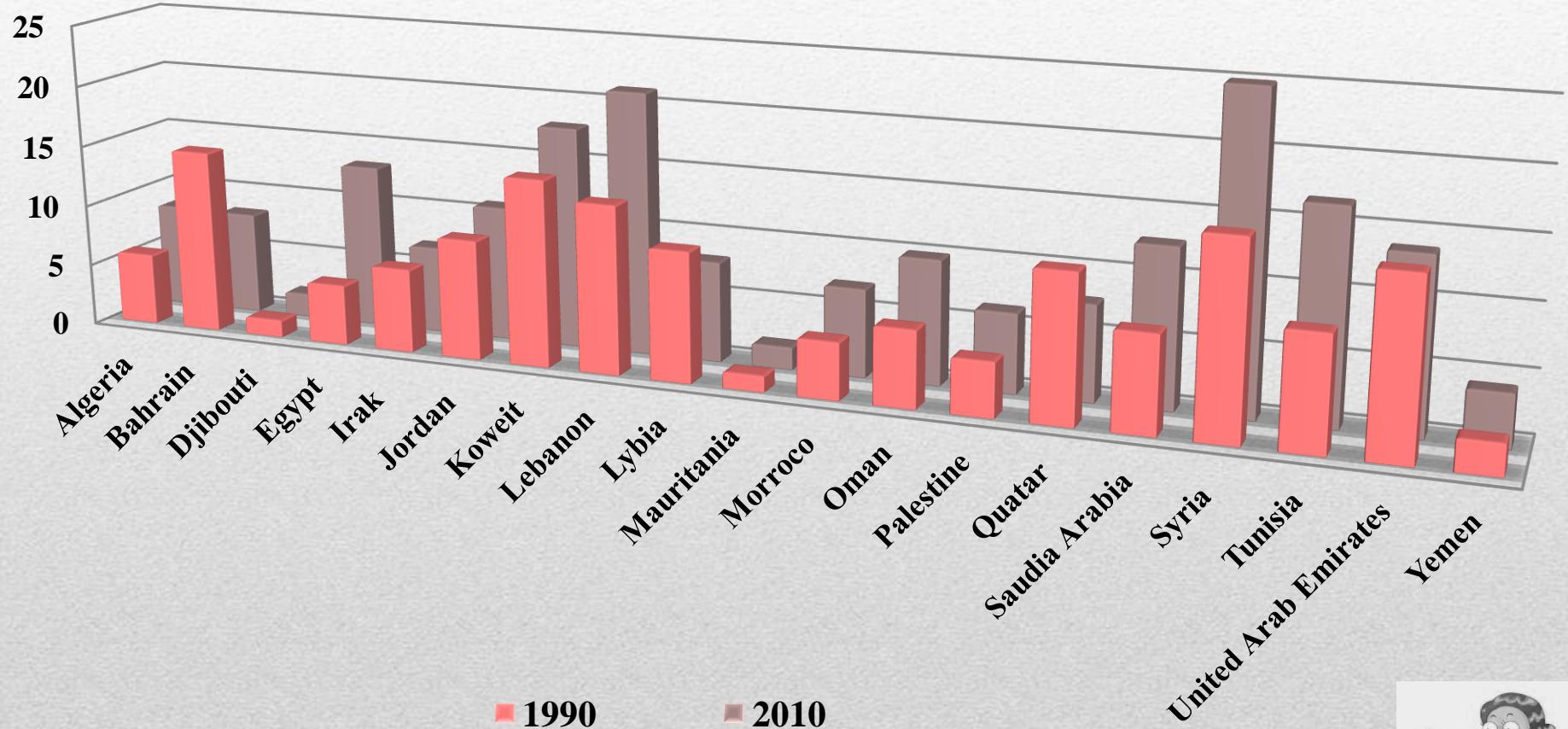
| Countries           | Men | Women |
|---------------------|-----|-------|
| <b>Qatar</b>        | 83  | 81    |
| <b>U.A.E</b>        | 75  | 77    |
| <b>Kuwait</b>       | 80  | 80    |
| <b>Bahrain</b>      | 78  | 80    |
| <b>Libya</b>        | 58  | 74    |
| <b>Saudi Arabia</b> | 74  | 80    |
| <b>Oman</b>         | 83  | 81    |
| <b>Lebanon</b>      | 72  | 76    |
| <b>Jordan</b>       | 72  | 75    |
| <b>Palestine</b>    |     |       |
| <b>Algeria</b>      | 71  | 74    |
| <b>Tunisia</b>      | 74  | 78    |
| <b>Morocco</b>      | 70  | 74    |
| <b>Syria</b>        |     |       |
| <b>Egypt</b>        | 71  | 75    |
| <b>Djibouti</b>     | 57  | 60    |
| <b>Iraq</b>         | 65  | 72    |
| <b>Yemen</b>        | 63  | 66    |
| <b>Sudan</b>        | 60  | 64    |
| <b>Mauritanie</b>   | 57  | 60    |

- Non-communicable diseases are increasing dramatically in the Arab countries.
- However countries are not at the same stage of the epidemic and at the same level on the riposte.
- Contrasts are important : gender, urban/rural, SES
- The high levels of obesity on women reflect traditional gender roles and gender inequality

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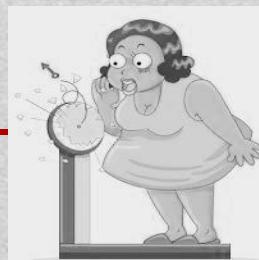
# Causes of Years of Life Lost (YLLS) due to premature mortality: 1990- 2010 (1)

## Ischemic Heart disease



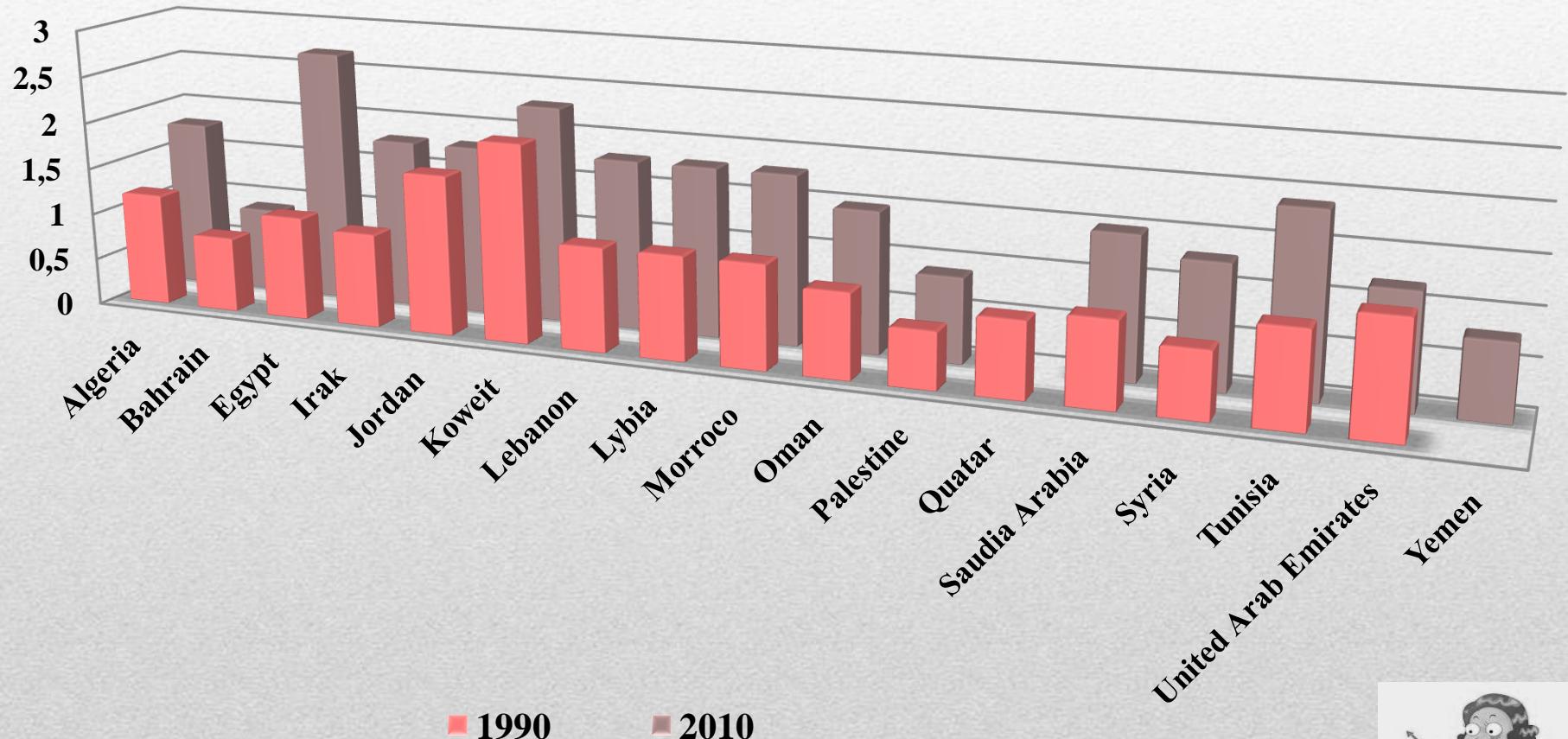
# Causes of Years of Life Lost (YLLS) due to premature mortality: 1990- 2010 (2)

Stroke

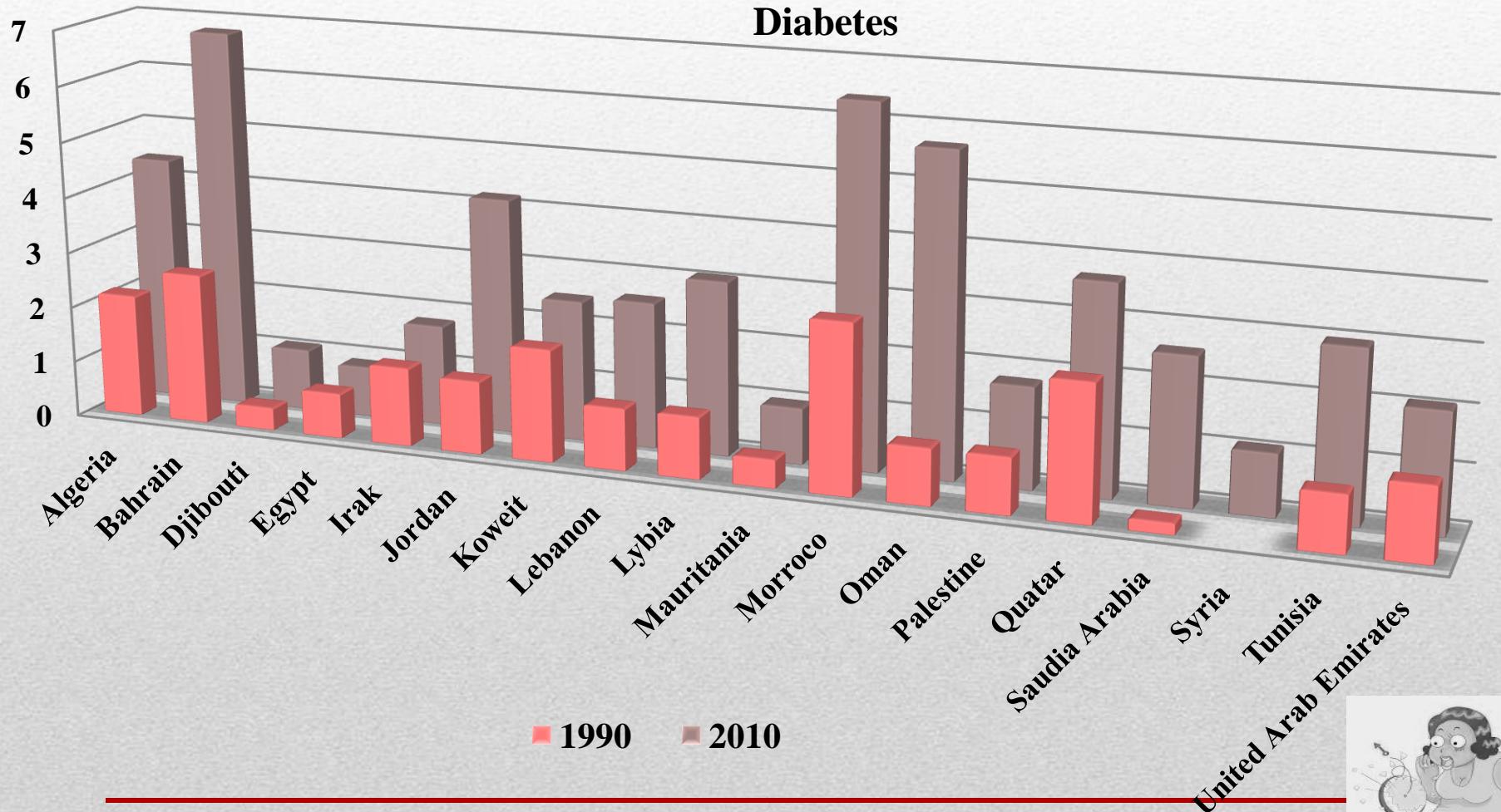


# Causes of Years of Life Lost (YLLS) due to premature mortality: 1990- 2010 (4)

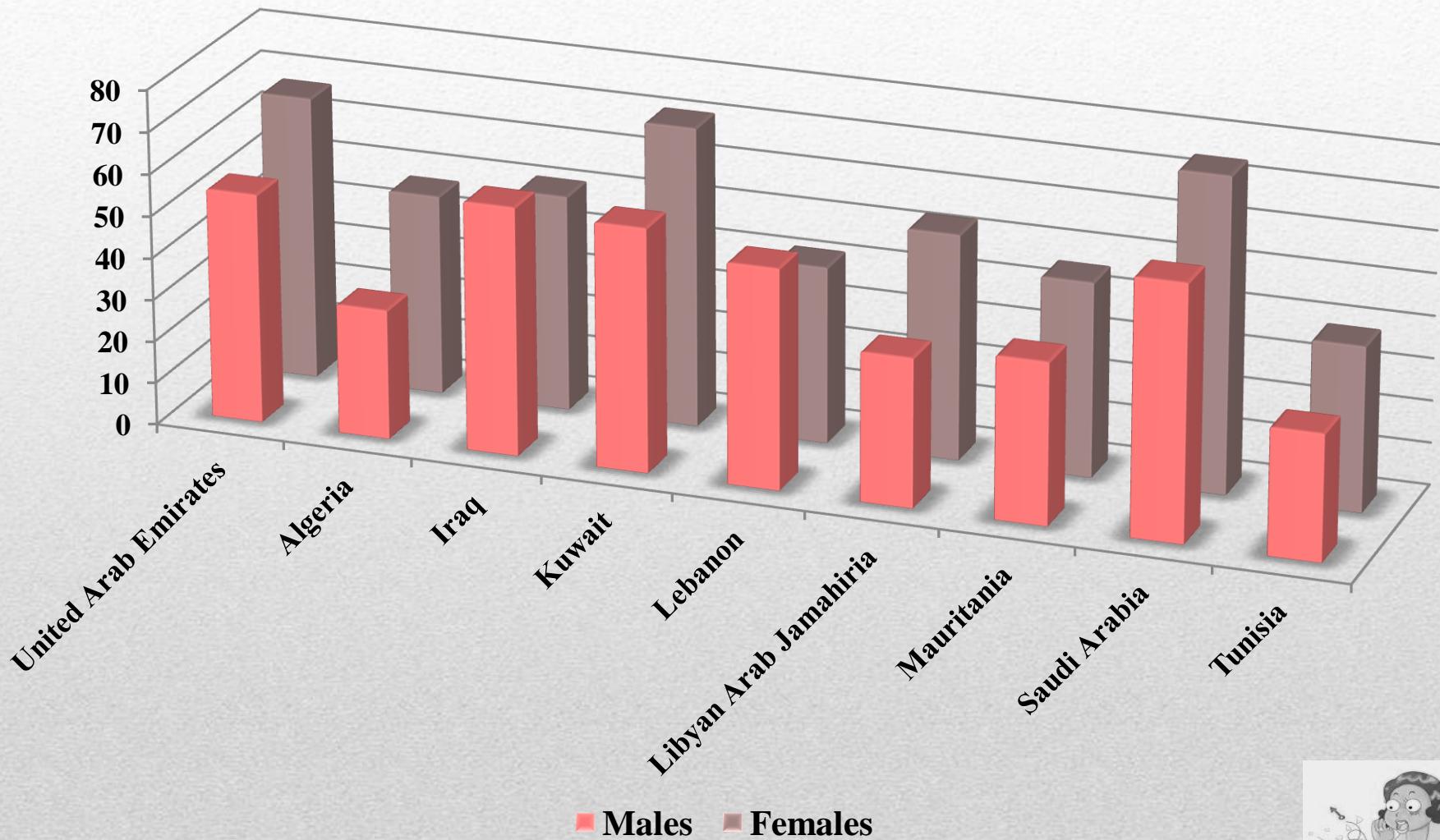
## Hypertension and heart disease



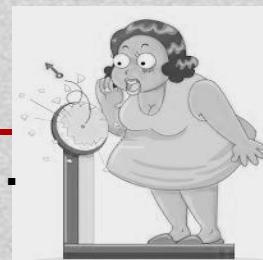
# Causes of Years of Life Lost (YLLS) due to premature mortality: 1990- 2010 (5)



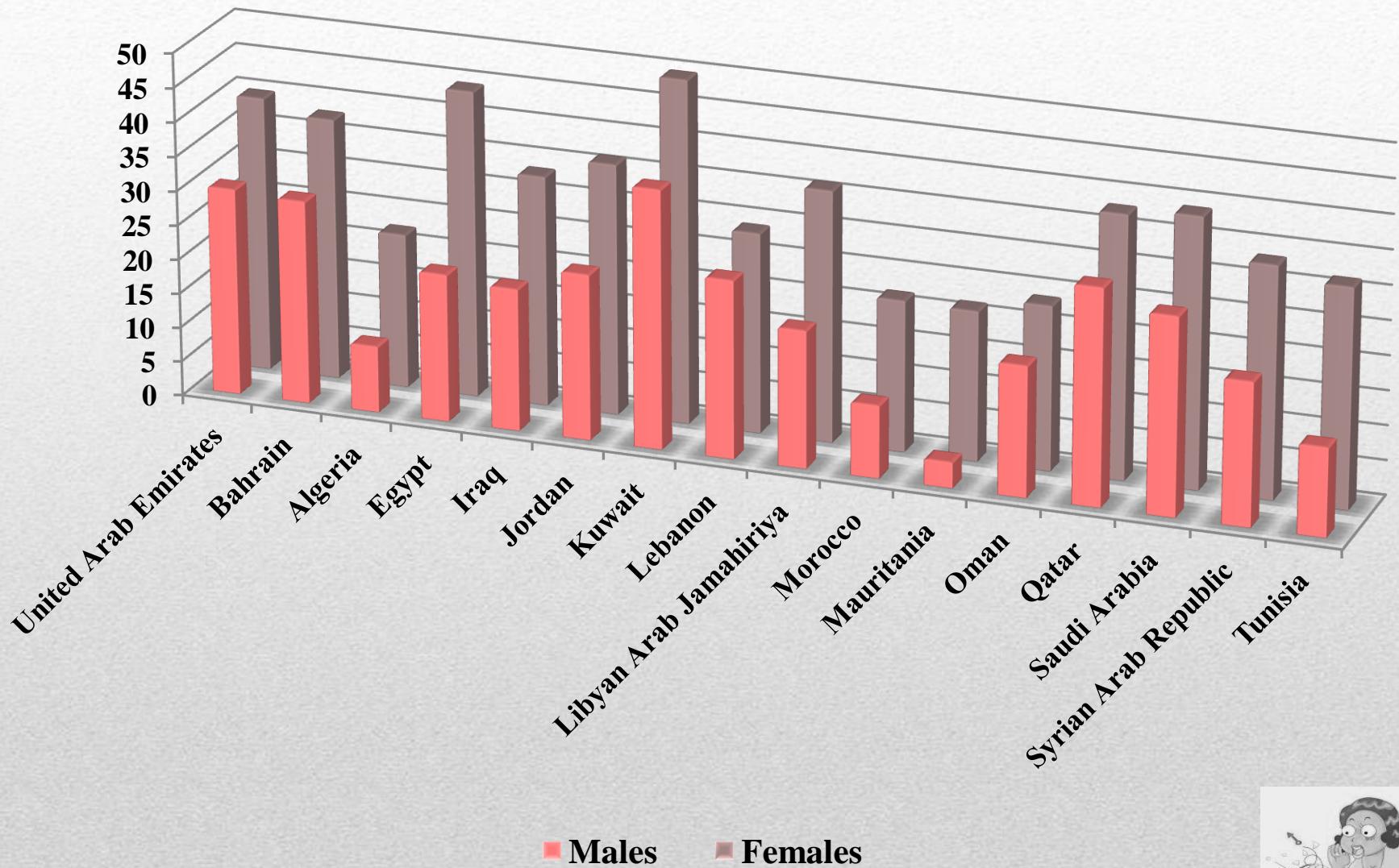
# Physical Inactivity



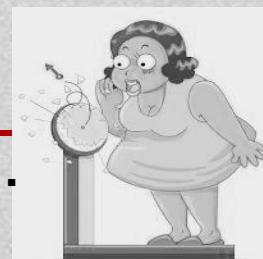
Source : World Health Organization - *NCD Country Profiles* , 2011.



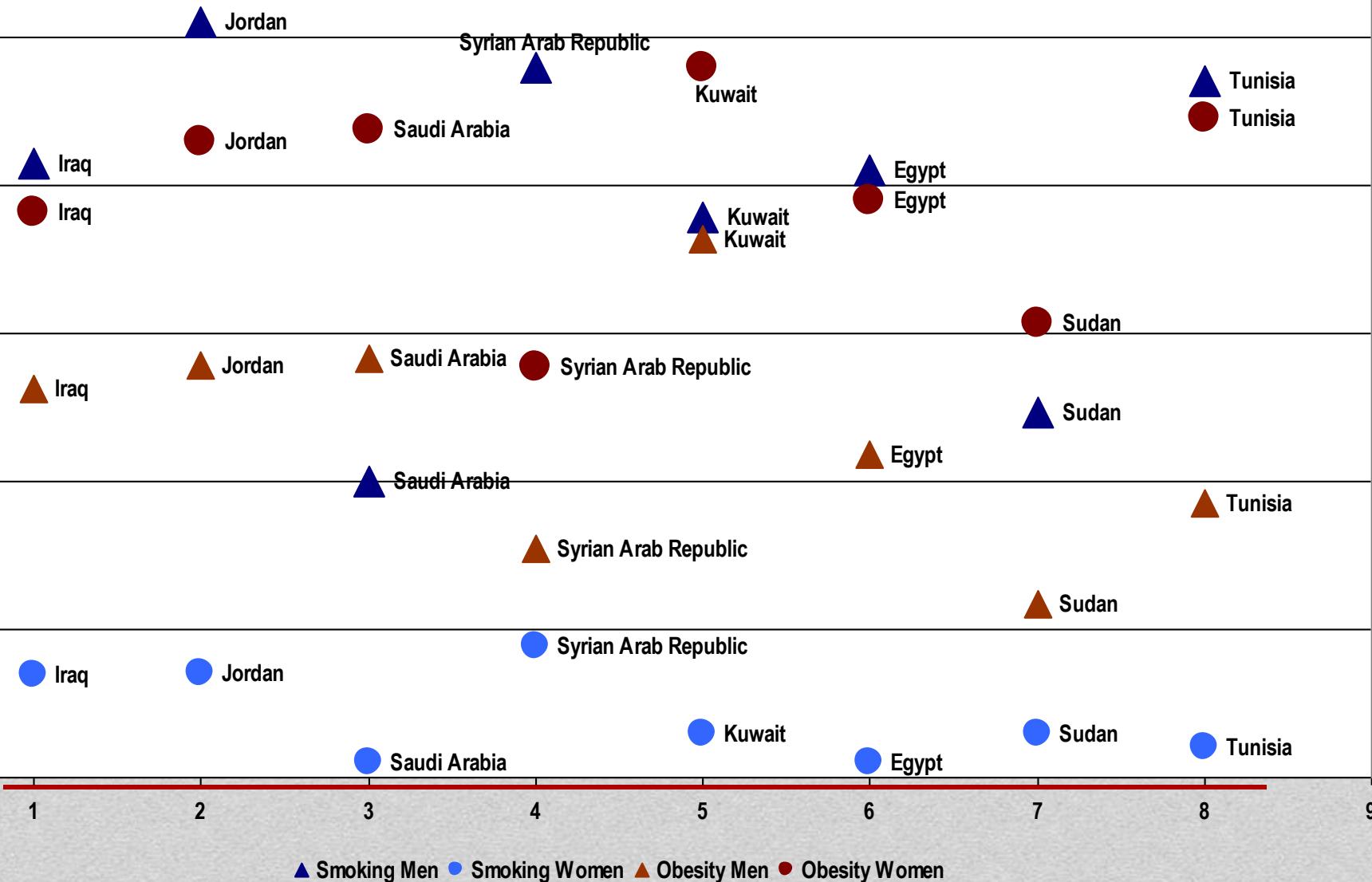
# Obesity



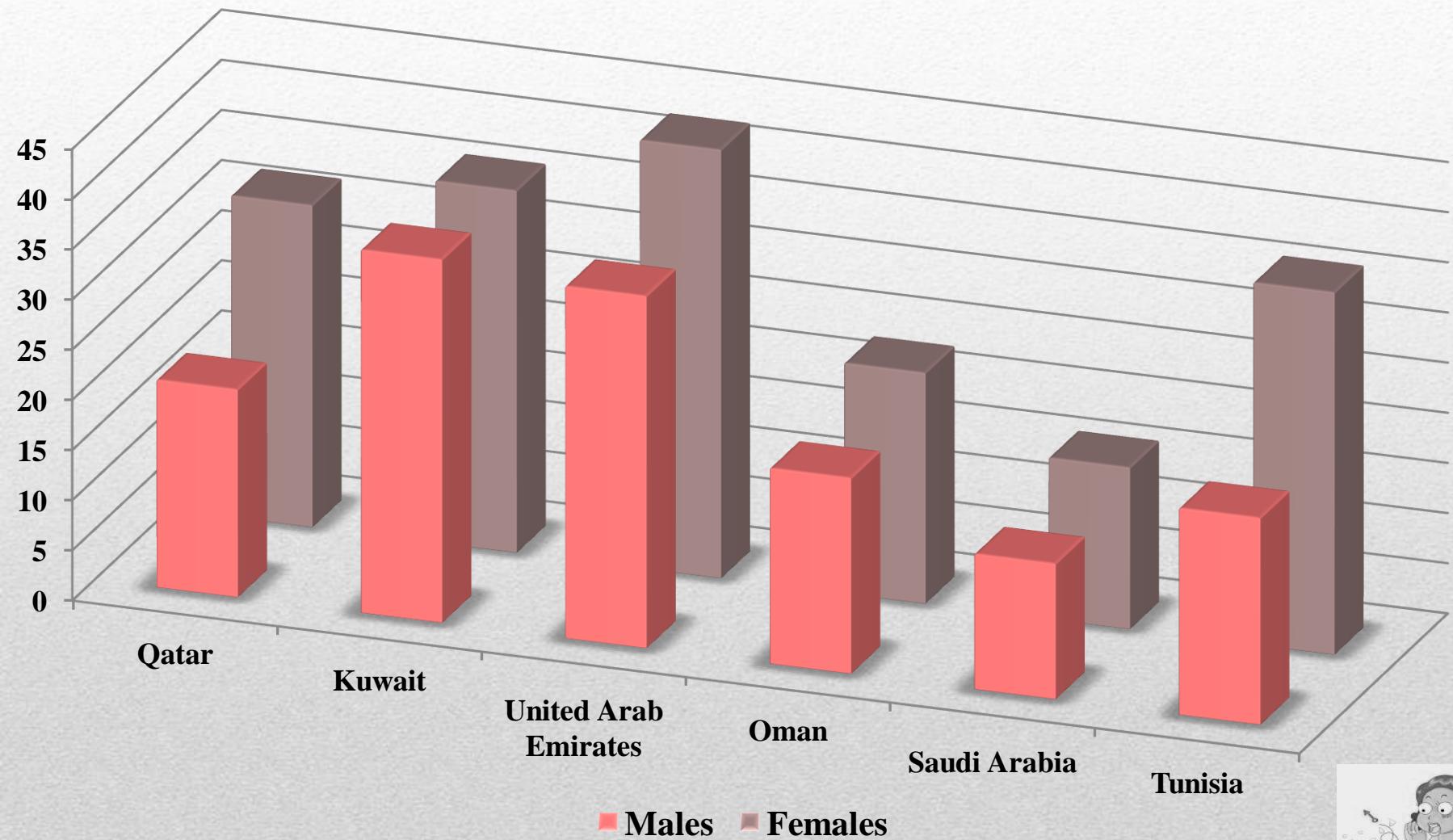
Source : World Health Organization - *NCD Country Profiles* , 2011.



# Gender differences on obesity & tobacco smoking in Arab countries



# Metabolic Syndrome



# Regional Riposte to the NCDs Epidemic

- The importance of NCDs and their impact not only on health but on social and economic life are well recognized in the Arab countries .
- However the outcomes reflect the gap between the burden of NCDs and the strategies adopted (or absence of strategy)
- Many gaps on NCDs prevention and control plan:
  - In identifying SD
  - In monitoring outcomes
  - In reduction of exposure to risk factors
  - In inequity reduction

## Commitments

## Strategic interventions

## WHO existing tools

In the area of surveillance, monitoring and evaluation



Countries are expected to:

- Implement/strengthen the WHO NCD surveillance framework that monitors exposures (risk factors), outcomes (morbidity and mortality), and health system capacity and response (interventions)
- Develop national targets and indicators based on WHO guidance
- Integrate surveillance and monitoring schemes for NCDs into national health information system.



- WHO Global Status Report on NCDs (2010)
- WHO: A framework for NCD surveillance
- WHO STEPs, WHO Global Tobacco Surveillance System and Information System on Alcohol and Health
- NCD Action Plan

## Commitments

## Strategic interventions

## WHO existing tools

In the area  
of prevention  
and reduction  
of risk factors

Countries are expected to:

- Accelerate implementation of the WHO Framework Convention on Tobacco Control
- Implement the WHO recommendations on marketing of foods and non-alcoholic beverages to children
- Raise tax on alcohol and impose a total ban on advertising (for countries where alcohol is marketed)
- Implement interventions to reduce salt intake
- Replace transfat with polyunsaturated fat
- Promote breast feeding and implement the international Code of Marketing of Breast Milk Substitutes
- Promote access to vaccination to prevent cancers



- WHO Global Status Report on NCDs (2010)
- MPOWER measures to reduce tobacco use
- WHO recommendations on the marketing of foods and non-alcoholic beverages to children
- WHO global recommendations on physical activity for health.
- WHO Global Status Report on Alcohol (2010)
- NCD Action Plan

## Commitments

## Strategic interventions

## WHO existing tools

In the area of  
health care



Countries are expected to:

- Integrate NCD interventions into the essential PHC package
- Prioritize cost-effective interventions for early detection and treatment; based on WHO recommendations
- Improve access to safe, affordable and quality essential medicines and technologies for common NCDs
- Improve access to comprehensive palliative care services
- Explore viable health financing mechanisms, including innovative financing approaches like tobacco and alcohol taxation.



- WHO Global Status Report on NCDs (2010)
- World Health Report (2010)
- WHO package of essential NCD primary care interventions
- WHO guideline for assessment and management of cardiovascular risk
- WHO Essential Medicines List (2011)
- NCD Action Plan

# Monitoring exposures

| Member State  | Last conducted STEP Survey                             | Member State                   | Never Implemented        |
|---|--|--------------------------------|--------------------------|
| <b>Bahrain</b>  | <b>2007</b>  | <b>Djibouti</b>                | <b>Never Implemented</b> |
| <b>Egypt</b>  | <b>2005, 2012 2<sup>nd</sup> round</b>                 | <b>Somalia</b>                 | <b>Never Implemented</b> |
| <b>Iraq</b>   | <b>2006</b>  | <b>South Sudan</b>             | <b>Never Implemented</b> |
| <b>Jordan</b>   | <b>2007</b>  | <b>Yemen</b>                   | <b>Never Implemented</b> |
| <b>Kuwait</b>   | <b>2006</b><br><br><b>2013 ( 2<sup>nd</sup> round)</b> | <b>united Arab of Emirates</b> | <b>Never Implemented</b> |
| <b>Libya</b>  | <b>2009</b>  | <b>Morocco</b>                 | <b>Never Implemented</b> |
| <b>Lebanon</b>  | <b>2010</b>  |                                |                          |
| <b>Tunis</b>  | <b>2005</b>  |                                |                          |
| <b>Algeria</b>  | <b>2006</b>  |                                |                          |
| <b>Oman</b>   | <b>2006 (Sub national)</b>                             |                                |                          |
| <b>Occupied Palestinian territory (Gaza Strip &amp; west Bank</b> | <b>2011</b>  |                                | \                        |
| <b>Syria</b>  | <b>2004</b>  |                                |                          |
| <b>Qatar</b>  | <b>2012</b>  |                                |                          |
| <b>SSA</b>  | <b>2005 , 2013 2<sup>nd</sup> round</b>                |                                |                          |
| <b>Sudan</b>  | <b>2005</b>  |                                |                          |

# Regional Ripost to the NCDs

- Countries of the Arab world have been consistent in their support for primary health care, as the best way to eliminate health inequalities and inequities by creating a health system that links care and involvement at the community level .
- However , NCDs does not benefit of the PHC implementation .
- Health inequalities are likely to increase as health services fail to address health inequalities.

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- Although the existence and persistence of inequalities in NCDs , there is no Health Inequalities Strategy establishing national target on this problem .
- Equity issues are not specified in the overall design of NCDs prevention and control plans .
- Recently, experiences on Health Equity aiming to provide indicators for the policy decisions are implemented in some areas .
- Healthy urbanization initiatives are implemented and are implemented in pilot sites .

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# Health & Policy: bridging the gap

- NCDs Prevention and Control is a crucial issue in the Arab countries.
- The adverse risk factor trends in some population groups represent a clear wake-up call to address the inequalities in the NCDs epidemic .
- Tackling health inequalities must be a central plank of public policy .
- National policies should be tailored to local priorities as inequalities are operating differently.
- A special attention must be drawn to gender contrasts on NCDs .

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# Health & Policy: bridging the gap

- The right to health should be protected and its implementation should be monitored using a set of indicators.
- Right to health should be oriented to the NCDs epidemic.
- Policy makers and researchers can work together to develop policy options to tackle inequities on NCDs .
- Role of Civil Society to advocate for Social Progress in NCDs +++
- Equity is a social Progress Marker of Health Policy .

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**THANK YOU  
FOR YOUR  
ATTENTION**