

PARALLEL SESSION 2.5

BEST BUYS, WASTED BUYS AND CONTROVERSIES IN NCD PREVENTION

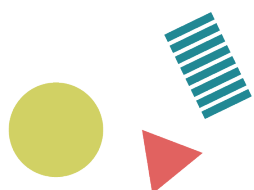


| BACKGROUND

The world is facing a spectre of non-communicable diseases (NCDs), which will diminish the length and quality of life, interact with existing health conditions, raise household and public health expenditures, and increase the burden of care on family members. A number of policies have been implemented to fight NCDs and studies have shown some interventions to be 'best buys' whereas others are 'wasted buys'. Most NCDs can be preventable and, given the generally lower cost and simpler delivery of preventive interventions, a move towards preventive rather than curative interventions could be attractive. Another approach that is gaining prominence in discussions of NCDs is 'do-it-yourself' or DIY interventions. NCDs are by definition not contagious or infectious and people develop them over the course of their lives for many reasons including those to do with lifestyle. As such, they can be prevented if people modify their lifestyles (i.e., in DIY interventions). At present, there is no definitive collection of evidence on 'best buys', 'wasted buys', and DIY interventions for the prevention of the NCD burden that governments, health professionals, NCD program managers, and healthy lifestyle promotion personnel can use.

| OBJECTIVES

This session will introduce an upcoming information package which aims to provide details on Best Buys, Wasted Buys, and DIYs in NCD prevention focusing on cardiovascular diseases (heart disease and stroke), diabetes, chronic lung disease and cancers. This work is not intended to offer a one-size-fits-all approach for making recommendations on NCD prevention. It seeks instead to identify how different systems can create and utilize information for identifying interventions offering best value for their populations.





Panelist

Thunyarat Anothaisintawee

Assistant Professor

Department of Family Medicine, Ramathibodi Hospital, Mahidol University
Thailand

Assist. Prof. Dr. Thunyarat Anothaisintawee is a Family physician. She has graduated Ph.D. in Clinical Epidemiology and has worked as faculty staff at Department of Family Medicine, Faculty of Medicine, Ramathibodi Hospital, Mahidol University, Thailand. She is an expert in systematic reviews and meta-analysis and published several papers about the association between sleep factors and risk of developing diabetes mellitus in international medical journals. Now, she has conducted the Prediabetes cohort study in Thailand. This cohort aims to investigate the association between sleep factors, eating habits, level of physical activity, genetic factors and risk of developing diabetes mellitus and chronic kidney disease in prediabetes people in Thailand.

