



## **Public Health and Non-Communicable Diseases**

Today, non-communicable diseases (NCDs) represent a leading threat to human health and development. Much of the world faces a rising epidemic of diabetes, cardiovascular disease, cancer, and chronic respiratory diseases.

According to WHO Health Statistics 2012, these four diseases are the world's biggest killers, causing an estimated 36 million deaths globally - 63% of all deaths worldwide - with 80% in low and middle-income countries.

To prevent and control NCDs, health services need to be aligned to help promote health. They need to offer effective prevention, diagnosis and treatment plans as well as sustainable care to patients. Governments and health organisations have a responsibility to champion these efforts.

### **Overview**

The WHO Collaborating Centre, Imperial College London, offers an intensive programme on Non-Communicable Diseases to professionals working in or aiming at a career in the field. It covers the main aspects of prevention and control with particular focus on national and international strategies.

The programme provides an overview of epidemiology and public health. It explores the evidence and frameworks used to address the burden of non-communicable diseases through action on risk factors and lifestyle factors (for example tobacco use, unhealthy diet, physical inactivity, high blood pressure) but also more upstream factors and the social determinants of health (for example education, income, poverty, urbanisation, trade, health transitions).

The way we engage participants is based on unique methods which makes our programme truly outstanding:

- Specialists' knowledge based on many years of practical experience
- Interactive teaching to develop ability to lead
- Case studies

Participants will strengthen their capacity to become better leaders, planners, managers, and trainers. This will enable them to more effectively implement primary and integrated care in the community, with a focus on prevention.

### **Structure**

Modules will be divided into 20-minute introductory presentations led by international experts followed with interactive group discussions. Sessions focus on the importance of leadership, capacity building and partnership.

- Overview of major NCDs and their risk factors and determinants: the focus is on cardiovascular disease, stroke, cancer and diabetes. Their key risk factors are explored.
- The public health approach to NCDs: strategies for the prevention and control of NCDs, with a focus on methods of primary prevention at national or regional level are discussed. This includes analysis of their cost-effectiveness and feasibility.
- Factors driving the NCD epidemic: participants examine causes for the global epidemic (tobacco and food industries), as well as the burden posed by these diseases, and efforts to control them.
- Research: participants discuss the need for generating new evidence including operational methodologies.
- Monitoring and evaluation: participants consider frameworks to build prevention methods into NCD strategies.
- Surveillance: the principles and methods of NCD data collection and their risk factors are discussed to inform and strengthen the decision making process.
- New technologies and innovation: the opportunities for new technologies used to tackle NCDs and their implications are explored.

## **Objectives**

The aim of this programme is to analyse the burden of NCDs (economic, social, future impact); recognise major stakeholders for management and prevention; assess global strategies; consider ways to establish a national (country specific) prevention and control programme; appraise surveillance frameworks; and monitor and evaluate NCD programmes.

By the end of the programme, participants will be able to recognise the importance of research methods to develop evidence-based NCD policies. They will also learn to apply practical knowledge gained to strengthen leadership skills and capacity building.

## **Training Methods**

- Presentations
- Focussed discussions
- Site visits
- Practical exercises
- Case studies
- Guest speakers
- Interactive learning

**Who should attend**

- Senior health managers, clinicians, health professionals;
- Staff in international/regional organisations, academic health directorates and authorities

**Duration and Location**

Ten working days; the programme can be tailored to the needs of particular groups.

The programme can be delivered in any location worldwide.

**For further information**

For further information about the programme please contact:

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**Programme Leads, including experts from the field**

**Professor Salman Rawaf**, Director of WHO Collaborating Centre & Professor of Public Health, Imperial College London

**Professor Azeem Majeed**, Head of Department of Primary Care & Public Health, Imperial College London

**Elizabeth Dubois**, Deputy Director/Doctoral Researcher, WHO Collaborating Centre, Imperial College London

**Dr Sondus Hassounah**, Research Assistant, WHO Collaborating Centre, Imperial College London

**Dr Mays Raheem**, Research Assistant, WHO Collaborating Centre, Imperial College London

**Ela Augustyniak**, Administrator, WHO Collaborating Centre, Imperial College London

**Dr Lisa McNally**, Chartered Health Psychologist and Honorary Research Fellow, Imperial College London

**Professor Tawfik Khoja**, Visiting Professor of Public Health, Imperial College London

**Dr Ghanim Alsheikh**, Honorary Clinical Senior Lecturer, Imperial College London and former Regional Adviser to WHO on Human Resources Development

**Norman Evans**, Freelance Pharmaceutical Consultant and Honorary Consultant and Clinical Senior Lecturer, Imperial College London

**Professor Carol Baxter**, Head of Equalities, Diversity and Human Rights, NHS Employers and visiting Professor of Public Health, Imperial College London

**Professor Paul Thomas**, Clinical Director/Applied Research Unit, Ealing Primary Care Trust, NHS Ealing

### **About the WHO Collaborating Centre for Public Health Education & Training**

The World Health Organisation (WHO) Collaborating Centre for Public Health Education and Training was formally designated, with British Government approval, in June 2007 and joined Imperial College and the Department of Primary Care and Public Health in 2008.

Numbering over 200 worldwide, collaborating centres are selected institutions of expertise and represent a valuable resource as an extended and integral arm of the WHO's mandated work. Our WHO Centre is one of only two in the world, the other in Thailand, recognised for its key work in public health education and training.

Within a specialist area, our work falls into four main categories: innovative training, academic exchange, capacity building and research. Our work in these fields over the past five years has supported the WHO, Governments and Health Institutions Offices in promoting health principles, enhancing the role of primary health care, strengthening human resource capacity, addressing the escalating worldwide problem of non-communicable disease, assessing the impact of technology and finally, helping individual countries to strengthen and manage their national health systems.

We aim to support the work of the WHO and its founding objective, as articulated in the 1946 Constitution; the 'right of all people to the enjoyment of the highest attainable standard of physical and mental health'.

Please see our website for further information and details of our programmes:

[www.imperial.ac.uk/publichealth/whocc](http://www.imperial.ac.uk/publichealth/whocc)