

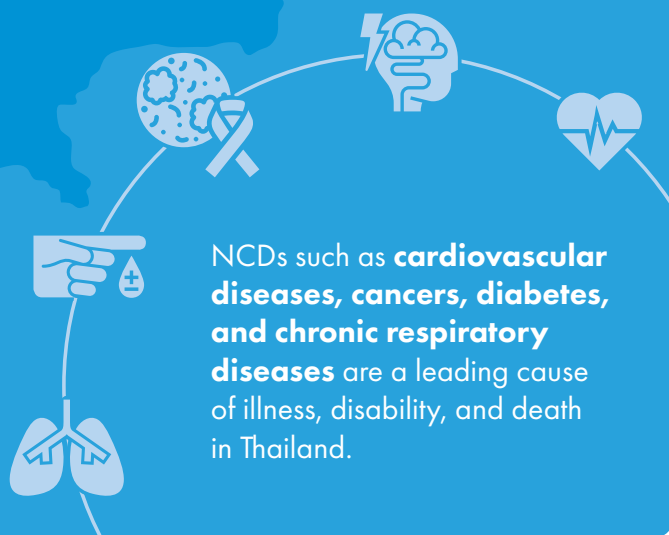
# PROGRESS TRACKER 2020

## PREVENTION AND CONTROL OF NONCOMMUNICABLE DISEASES (NCDs), THAILAND

### NCDs are #1 killers in Thailand



More than  
**1000** persons die  
of an NCD **every day**, day after day.



NCDs such as **cardiovascular diseases, cancers, diabetes, and chronic respiratory diseases** are a leading cause of illness, disability, and death in Thailand.



**"COVID-19 IS INTERACTING WITH NCDs AND INEQUALITIES TO FORM "THE PERFECT STORM" OF AVOIDABLE DEATH AND SUFFERING."**



**NCDs can be prevented and controlled by reducing behavioural and clinical risk factors such as** smoking, harmful use of alcohol, unhealthy diet, physical inactivity, overweight and obesity and by early treatment of hypertension and diabetes.



### NCDs drain the UHC budget and cost the economy heavily

The economic cost of NCDs is **198.5 billion** Thai baht or 2.2 percent of the GDP.



### Garant Chewrob's story

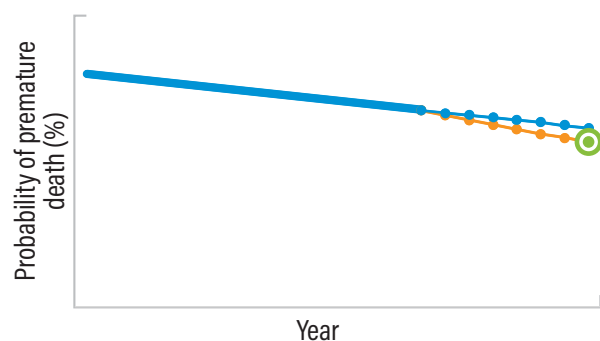
Garant Chewrob's life turned upside down when he suffered a stroke due to high blood pressure in August last year. He was just 41 years old then. The stroke caused partial paralysis and limited Garant's mobility, causing him to lose his well-paying job. Once a family bread winner, Garant is now surviving on a small welfare grant from the government and has to be supported by his mother and brother for most of his living expenses. All this suffering because he did not take treatment for high blood pressure in time. Garant is currently being treated free of charge under UHC. However, he worries about his future due to his disability and lack of employment and regrets not taking his high blood pressure seriously.

# PROGRESS ON GLOBAL NCD TARGETS FOR 2025

NOT ON TRACK



## Trends in premature deaths due to NCDs

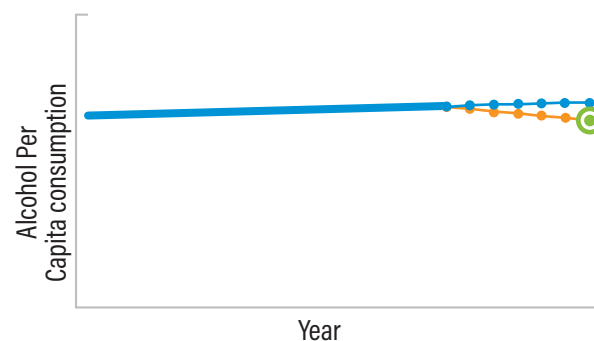


Source: Burden of Disease Thailand (BOD), International Health Policy Program, Thailand

NOT ON TRACK



## Trends in harmful use of alcohol

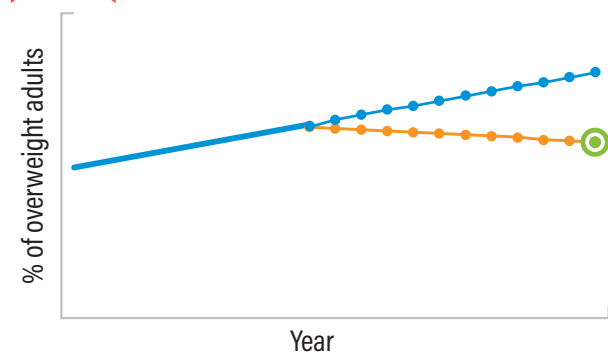


Source: Department of excise tax, analysis by Centre of Alcohol Study (CAS)

NOT ON TRACK



## Trends in obesity

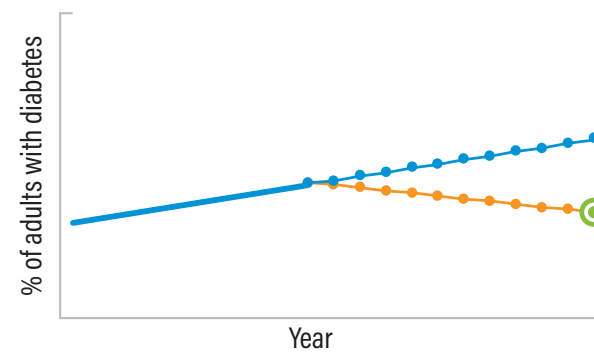


Source: National Health Examination Survey

NOT ON TRACK



## Trends in diabetes



Source: National Health Examination Survey

ACHIEVED



## Drug therapy to prevent heart attacks and strokes



GLOBAL TARGET

**At least 50%**

of eligible people receive **drug therapy and counselling** (including glycaemic control) to **prevent heart attacks and strokes**



Source: Noncommunicable diseases country profiles 2018, WHO



Not on track



On track



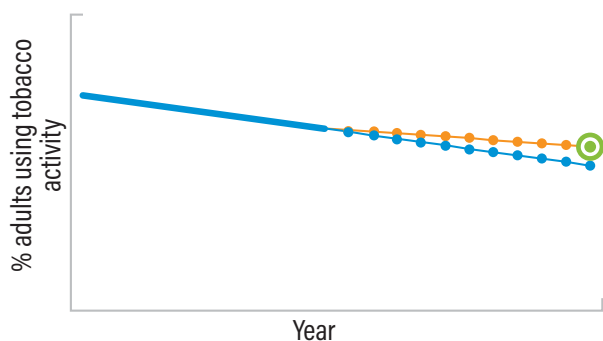
Achieved

- Past trends
- Projected linear trends
- Global target 2025

ON TRACK



## Trends in physical inactivity

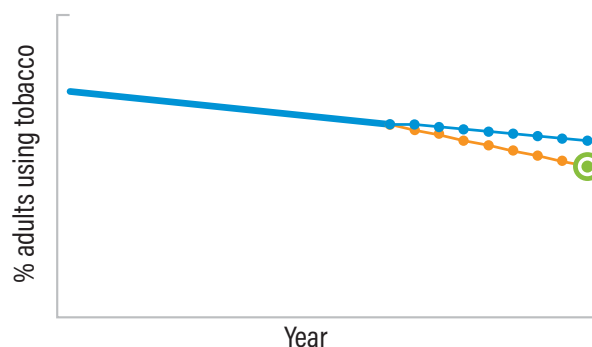


Source: National Health Examination Survey

NOT ON TRACK



## Trends in tobacco use

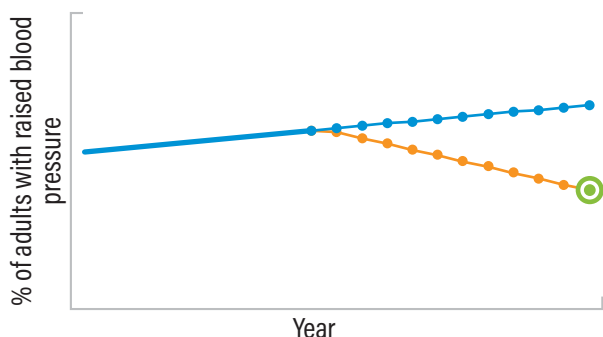


Source: The Smoking and Drinking Behaviour Survey

NOT ON TRACK



## Trends in hypertension



Source: National Health Examination Survey



## Sodium intake

SODIUM INTAKE PER DAY

Adults Thais consume  
**3635 mg**

WHO recommendation:  
**2000 mg**



### GLOBAL TARGET

- **30%** relative reduction in mean population intake of salt/sodium by 2025

Source: Estimated dietary sodium intake in Thailand: A nation-wide population survey with 24-hour urine collections, 2020; Journal of Clinical Hypertension

ACHIEVED



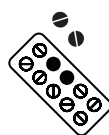
## Essential medicines and basic technologies to treat major NCDs



### GLOBAL TARGET

**An 80%**

availability of the affordable **basic technologies and essential medicines**, including generics, required to treat major noncommunicable diseases in both public and private facilities.



Source: Noncommunicable diseases country profiles 2018, WHO

## Recent achievements in NCD prevention and control

- ★ New Tobacco Product Control Act passed; plain packaging introduced
- ★ Ban on the use of partially hydrogenated oils (transfat) in foods
- ★ The Control of Marketing to Infant and Young Child Food Act enforced
- ★ Sugar sweetened beverage tax progressively increased
- ★ Nearly 7 million patients treated for hypertension and 4 million for diabetes under UHC



## Challenges

- Not enough commitment and action from non-health ministries in public health policy development
- Suboptimal enforcement of existing NCD policies and regulations, especially, at provincial and community levels
- Continuous interference by industry in public policy making



## Decisive leadership and actions needed to combat NCDs



Strengthen mechanisms at provincial and local levels



Create widespread public awareness on existing laws and support civil society to report on violations of laws



Mobilise co-operation and mandate shared ownership and responsibility from non-health sectors



Prioritise public interests over commercial interests to protect the health and well being of current and future generations

For more information contact:



Division of Non Communicable Disease,  
Department of Disease Control, Ministry of Public Health  
<https://ddc.moph.go.th/dncd/>



World Health  
Organization  
Thailand

[www.who.int/thailand](http://www.who.int/thailand)