



2nd Scenario Building Workshop

EU-LAC collaboration on health research

Prevention of diseases and promotion of well-being

Prof. Valentin Fuster, dr. Antonio Giulio de Belvis, dr. Malaquis Lopez Cervantes / April, 11th 2013/ Rome

Prevention of diseases and promotion of well-being as a strategy to tackle major diseases' burden



- Noncommunicable diseases
- Mental health and violence
- Communicable diseases

Health for All, Gaining health and Healty 2020 (Europe)



Two milestones

- To ensure universal coverage, including access to high-quality and affordable care and medicines.
- Health promotion and disease prevention are particularly important elements of public health,
 - To developing primary health care provides a key strategic method for effectively delivering these services.

The environmental threat (EU)



- The environmental burden of ill health varies significantly across the Region, however, ranging from 14% to 54%
 - Indoor air pollution increases the risk of respiratory disease by 50%.
 - Environmental noise causes the loss of 2 million to 3 million DALYs
 - Direct and Indirect effects of poorly designed and badly integrated transport systems
 - Cases of important waterborne diseases tripled between 2000 and 2010. Helminths affect an estimated 4 million children in the European Region
 - 4 million people in urban areas and 14.8 million in rural areas still use unimproved water sources, and 34.6 million have unimproved sanitation
 - Within countries, people with low income can be exposed to environmental risks five times more often than their higher-income peers.

Health 2020, 2013

Why a global health perspective



- Many of the most pressing policy challenges affecting public health involve addressing complex problems
 - health inequities, climate change and obesity.
- They transcend the capacity of any one organization to comprehend or address, require joint working and a system thinking and analysis
- Global health would represent a sustainable way to tackle social inequalities
 - they caused much of the disease burden even in the European Region, where the lowest and highest life expectancy at birth in the Region differ by 16 years
 - Health inequalities are also linked to health-related behaviour, including tobacco and alcohol use, diet and physical activity, and mental health disorders.

Why CVDs?



- Strategies to reduce the burden of cardiovascular disease in developing countries ought to be delineated, providing a comprehensive, global approach towards tackling a problem that claims 30% of all deaths in developing countries.
- They need a comprehensive, evidence based approach
 - How to support and energize research, which is so crucial to preventing the still-evolving epidemic of cardiovascular disease (CVD)?
 - Is it realistic to expect that this global epidemic can be lessened or avoided solely by professional and public education, or is there a need for more aggressive implementation strategies at a global level?
 - Would a more integrated and cooperative global approach, involving national and international organizations maximize the effectiveness of individual organizations?

Why CVDs?



- Over two-thirds of deaths attributable to CVD worldwide occur in low and middle income countries, and aging of populations, globalization, and rapid urbanization are changing disease pattern around the world.
- The epidemiological transition to a high chronic disease burden is occurring at a particularly rapid rate in developing countries.
- Thus, solutions for low and middle income countries need to be initiated within a short time frame, which represents an important public health challenge, given that these regions have fewer resources and greater health inequities than high income countries. If this challenge is not met, it will be impossible to achieve better health worldwide.
- Therefore, just as it is incumbent upon the cardiovascular community in high income countries to think and act globally, it is also incumbent upon the global health community to act upon the needs of cardiovascular disease.

Limits-opportunities



- The proposed tools do not directly impact on other relevant issues in health promotion/well being, such as infectious diseases, but they would have a positive impact on cancer, other chronic diseases such as diabetes, neurological diseases as ictus.

Examples of actions within the EU-LAC Health Project health promotion and prevention



- **Children's project**
 - An example of global cooperation in the promotion of cardiovascular health is the Colombia Project, based upon a School program
- **Adult's project for promoting healthy habits : The 50/50 project**
 - To train adults in in peer groups and provided with the knowledge, skills and attitudes a healthy lifestyle requires, so to improve their cardiovascular health habits and their own self-control of the risk factors
- **Adult's project for secondary prevention: The polypill**
- **Observatory of Nutrition and of the Study of Obesity**