Christine Hancock

Nurses As Leaders Against Non-Communicable Diseases
Why nurses?

If the millions of nurses in a thousand different places articulate the same ideas and convictions...and come together as one force, they could act as a powerhouse for change.

Dr Haefden Mahler, WHO Director General (1985)
Learning outcomes

• Learn about the global burden of non-communicable diseases (NCDs) and the impact on your region

• Understand the risk factors which cause NCDs

• Reflect on own health

• Know the interventions which will prevent NCDs
What are non-communicable diseases?

3 risk factors
- Tobacco use
- Lack of physical activity
- What we eat and drink

Four chronic diseases
- Cardiovascular diseases
- Type 2 diabetes
- Cancers
- Chronic lung disease

71% of the disease burden worldwide

Source: World Health Organization
Impact on different regions

% Total Non-communicable Disease (NCD) Deaths

Country:
- Singapore
- China
- S Korea
- Japan
- India
- Australia
- UK
- USA
- South Africa
- Nigeria
- Uganda
- Spain
- Norway
- Switzerland
- Chile
- Brazil
Impact on different regions

Prevalence of Alcohol Abuse by Country

Heavy Episodic Drinking for Ages 15+ in 2010

- % of Total Population
- % of Male Population
- % of Female Population

Country: Singapore, China, S. Korea, Japan, India, Australia
We can prevent much of the burden

80% type 2 diabetes cases

40% some cancers cases

80% Heart disease and stroke cases

~50% of all smokers will be killed by their addiction

10 years
Average years of life lost from smoking
Obesity

Prevalence of Obese and Underweight Adults by Country in 2016

Percentage of BMI < 18 vs BMI >/= 30

- % Total Underweight Adults
- % Total Obese Adults

<table>
<thead>
<tr>
<th>Country</th>
<th>% of Adult Population</th>
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<tbody>
<tr>
<td>Singapore</td>
<td>5</td>
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<tr>
<td>China</td>
<td>4</td>
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<tr>
<td>S Korea</td>
<td>3</td>
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<td>Japan</td>
<td>6</td>
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<td>India</td>
<td>27</td>
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<tr>
<td>Australia</td>
<td>29</td>
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The impact of physical activity

Physical activity reduces the risk of:

- **breast cancer** by approximately 20–40% among those who do vigorous physical activity for 30–60 minutes on 5 days each week;

- **colon cancer**: the most active people are at 30% lower risk than the least fit;

- **stroke** by 25–30% among active individuals;

- **coronary heart disease**: physically inactive people can have as much as twice the risk;

- **diabetes** by 30–50%;

- plus benefits for **musculoskeletal** and **mental health**.
Nurses’ capacity to influence health begins with self-care

• Healthier nurses are more productive, more alert, and safer practitioners

• Harness the potential of nurses to serve as change agents for health through their own improved health behaviour

• Capitalise on the power of a positive nurse ‘role model’ to influence patients, families, colleagues, communities and society as a whole
Join us Saturday, June 29
17.30 – 19.00
Health of Nurses
Room 7

www.c3health.org | @C3health
20.7 million nurses and midwives

Nurses with the knowledge, skills, capacity and opportunity can:

- promote healthy behaviour
- support lifestyle change
- prevent and detect disease
- manage ill-health and prevent complications
- influence health and wellbeing across the lifespan
- work in diverse settings and with all sectors of society and
- **step into people’s lives to make a difference**
ALERT to WHO and governments:

• No WHO or government-led programmes will have impact without the leadership and example of nurses

• No WHO recommendations will have impact if not carefully adapted to country/community realities
WHO Priority Programmes: little engagement with nurses
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*Dr Haefden Mahler, WHO Director General (1985)*
1. Should nurses’ own health be a priority for your government/country?

YES

NO
2. Does a nurse’s own health have an impact on their effectiveness in prevention?

YES

NO
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