
Ukraine: Major achievements in tackling NCDs challenged by war

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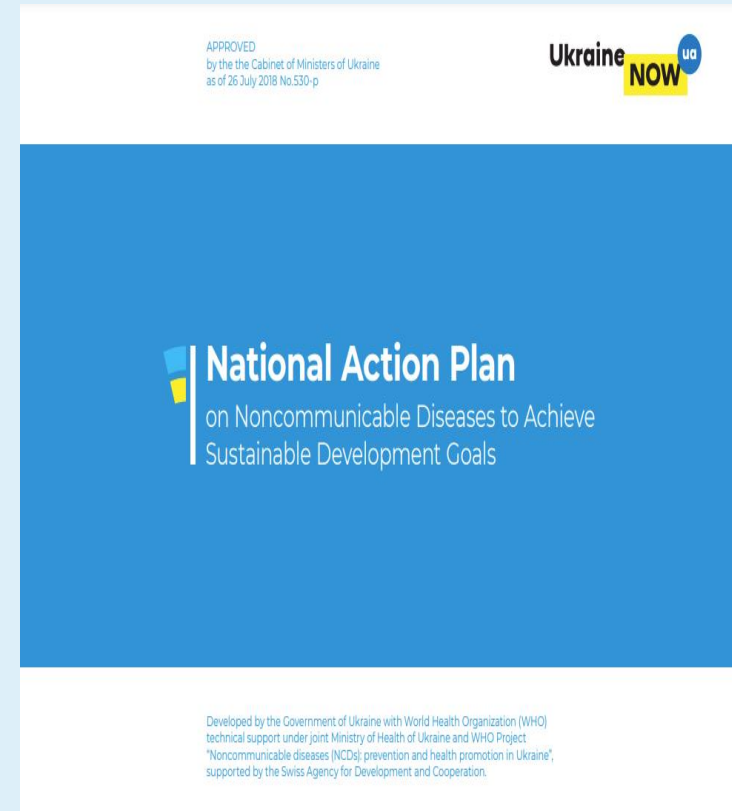
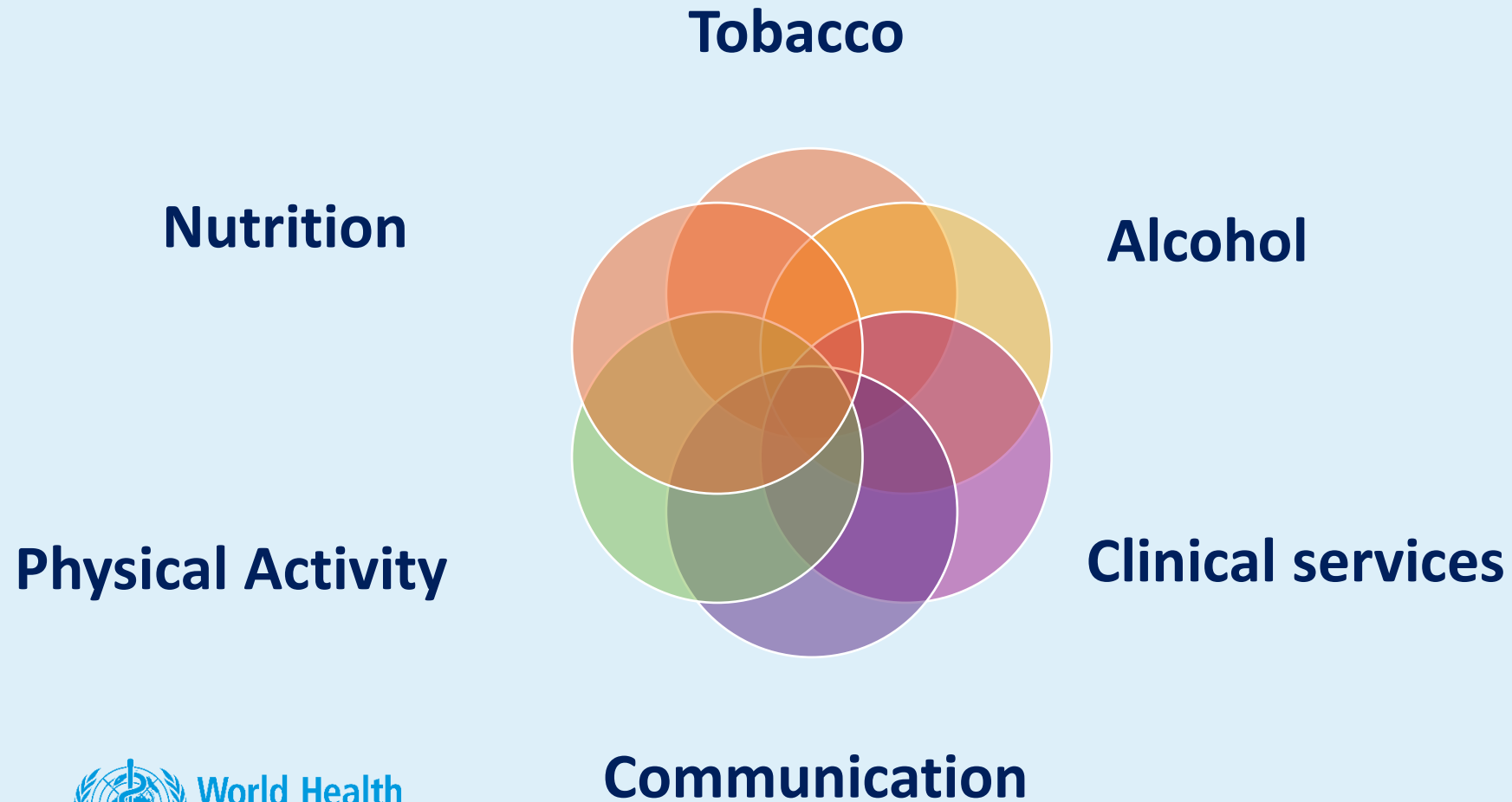
Technical Director, USAID “Public Health System
Recovery and Resilience in Ukraine” Activity

Doctoral Researcher, Tampere University, Finland

WHO Consultant



Major achievements to decrease the burden of NCDs in Ukraine

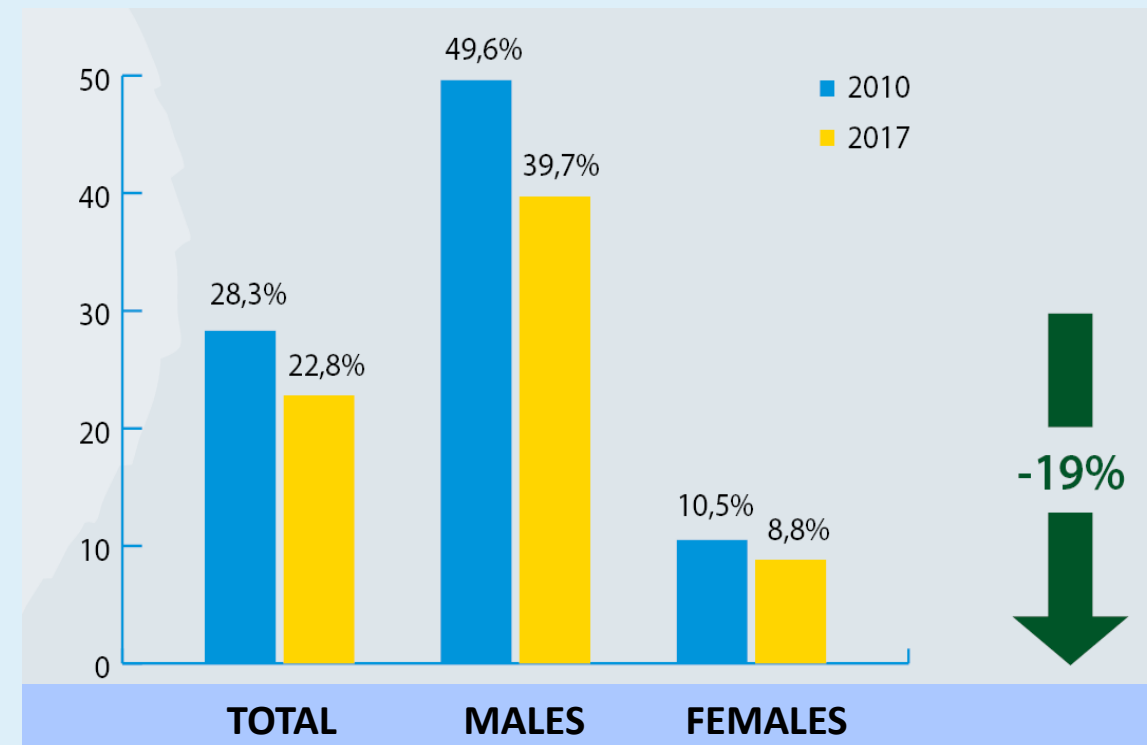


Tobacco: Adults

- Ukraine ratified FCTC in 2006
- Between 2010 and 2017, Ukraine has implemented various tobacco control policies (increase of taxes, ban of smoking in public places, prohibiting tobacco advertising (except on the internet), promotion, and sponsorship).
- Achieved nearly 20% reduction in prevalence of current smokers



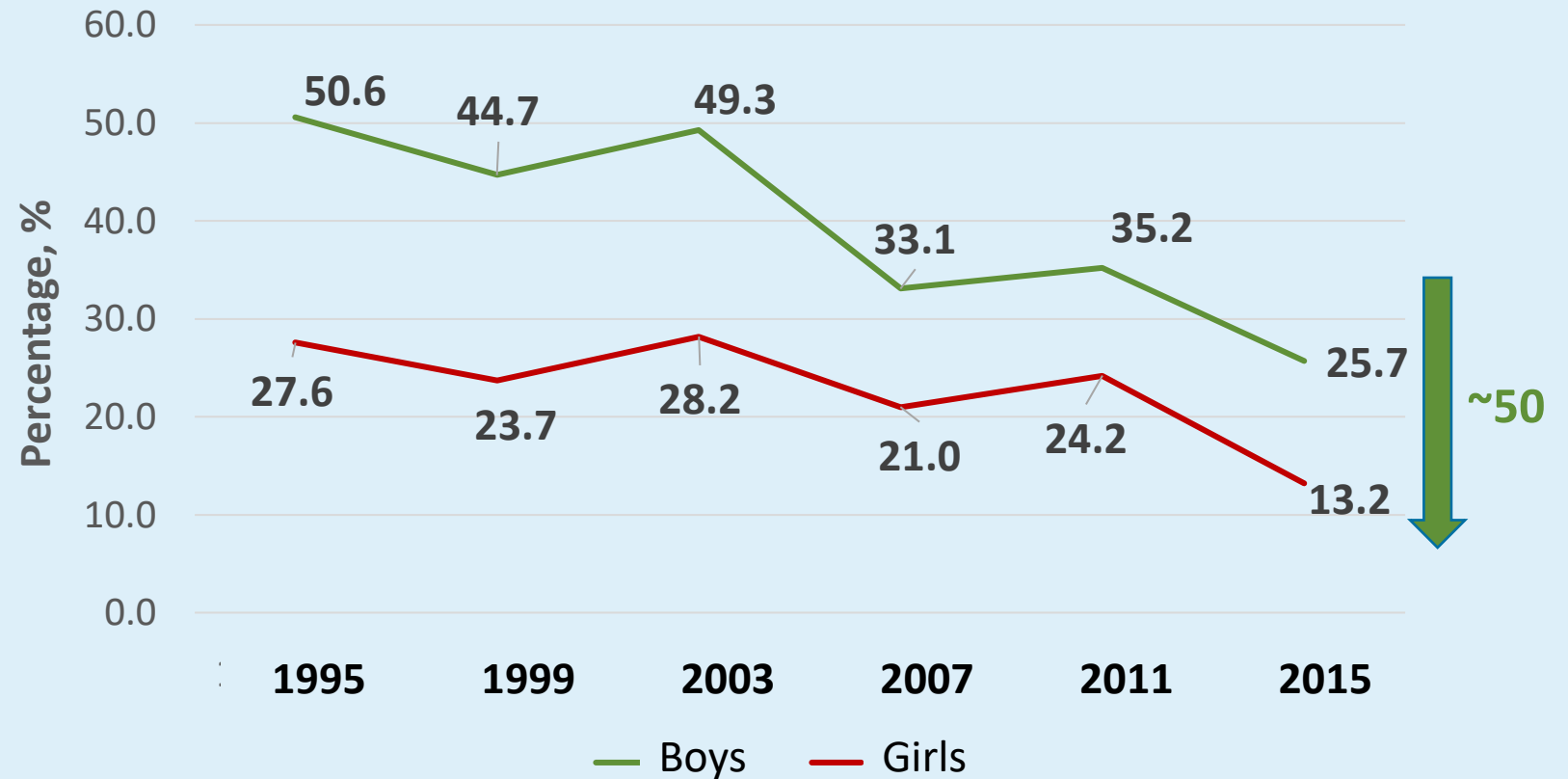
Prevalence of tobacco smoking among adults (GATS)



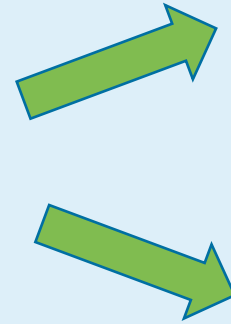
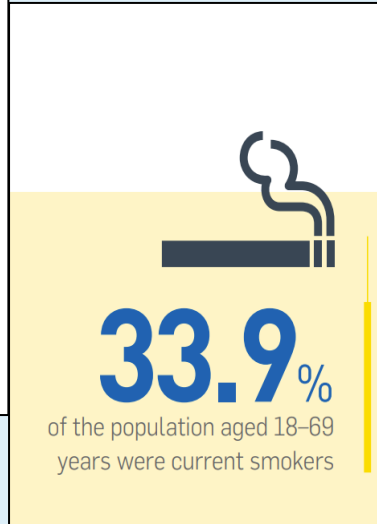
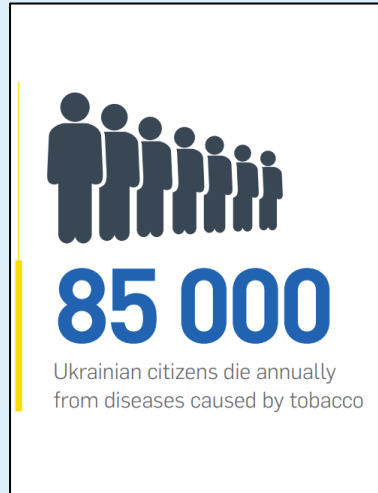
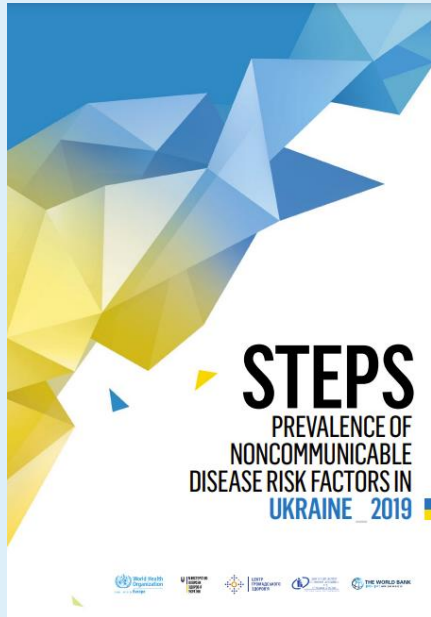
Tobacco: Youth

- Notable decrease in smoking prevalence among young people

Proportion of young people who smoked at least once during the last 30 days (ESPAD)



Tobacco: STEPS Survey 2019



50,3% males

16,7% females

Novel tobacco products was used by 18.7% of the population aged 18–29 years.

Every fifth current smoker (21%) had tried unsuccessfully to stop smoking

Tobacco: Further interventions

Monitoring tobacco use:
GATS online

Raising taxes on tobacco:
Since 2018, implementation of 7-year plan to increase tobacco excise taxes by 20% annually. Since 2023: excise tax on liquids for e-cigarettes

Ban on tobacco advertising (except internet), promotion & sponsorship (since 2012)



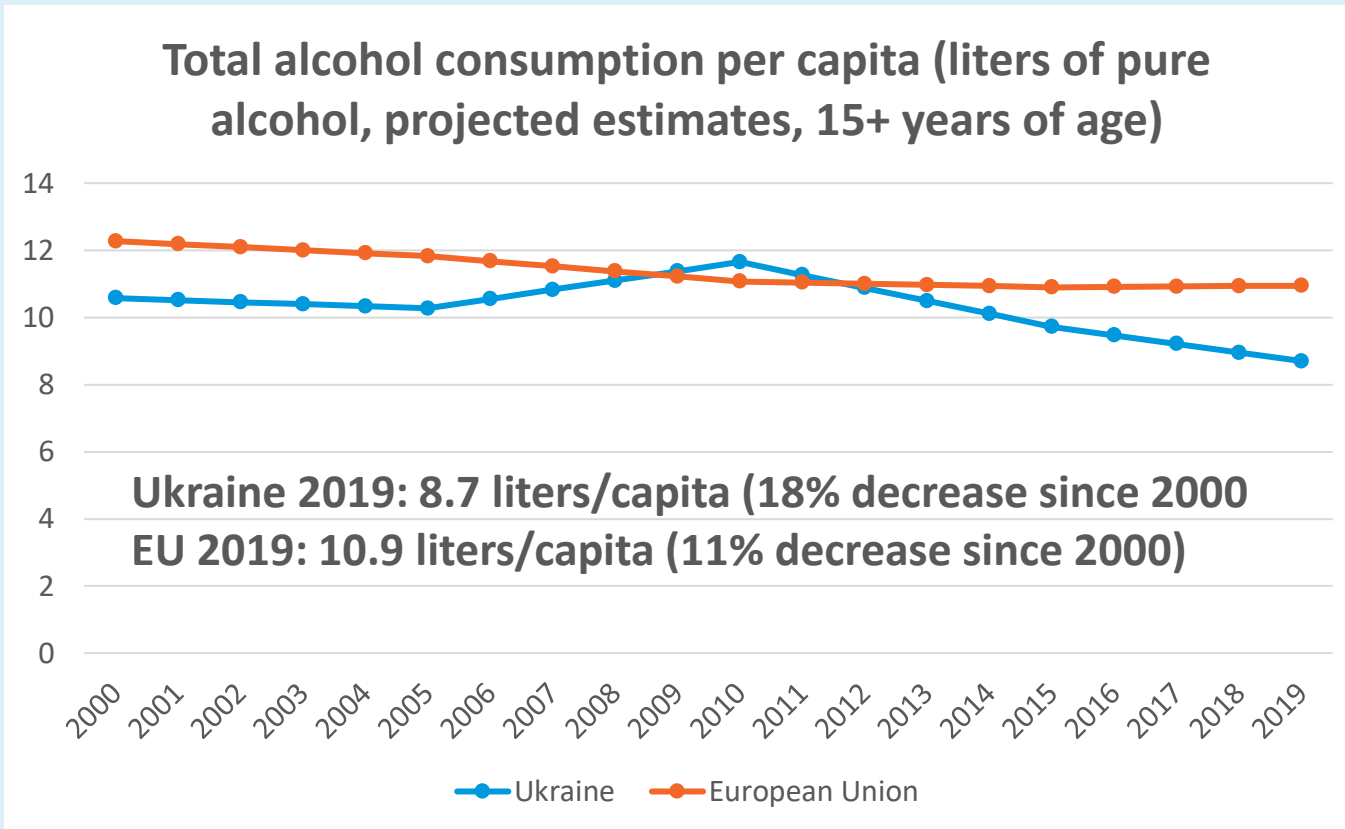
Protection from second-hand smoking: web-site to complain
<https://nosmoking.phc.org.ua/tobacco-complaint>

Novel products regulation
(new Law came to force in Jul 2023)

Quitting tobacco services:
PHC and national quit line (planned)

Warning about dangers of tobacco: pictorial and text warnings at least 65% of tobacco product

Alcohol consumption



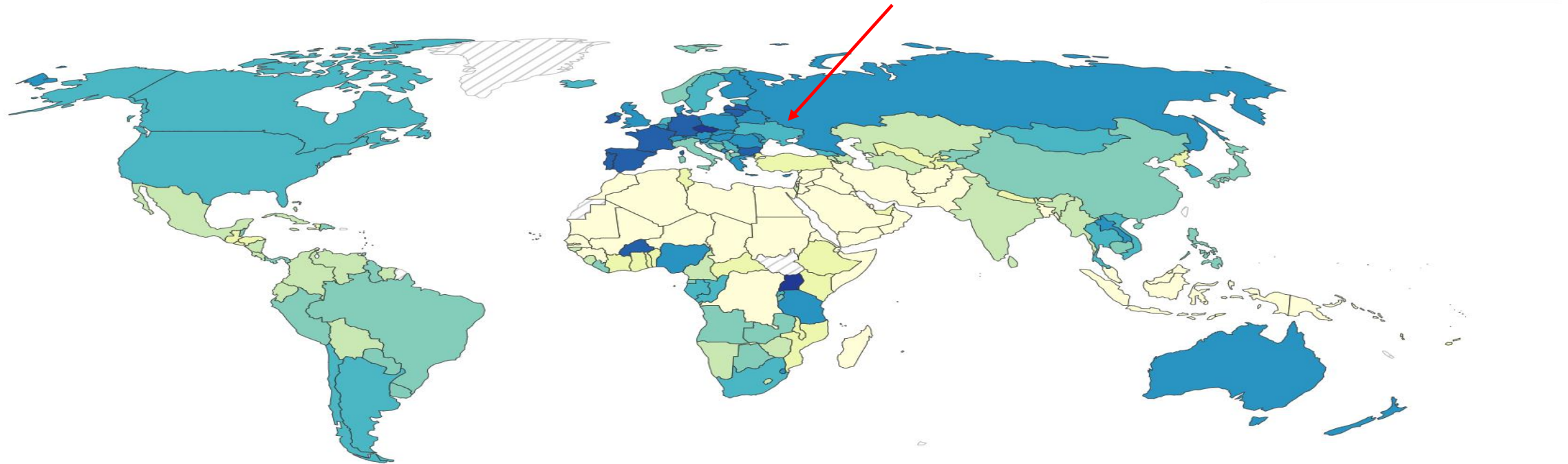
- **Restrictions on the physical availability of alcohol:** reduced hours of sale, age, places
- **Restrictions on exposure to alcohol advertising** across multiple types of media
- **Treatment of alcohol dependency**

Source: <https://data.worldbank.org/indicator/SH.ALC.PCAP.LI>

Alcohol consumption per person, 2018

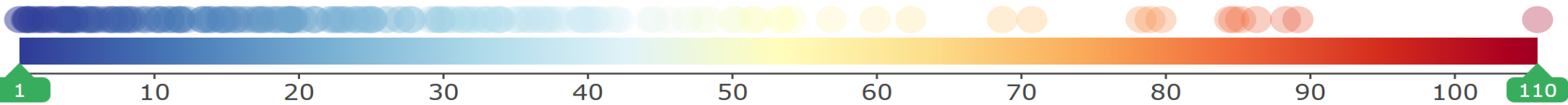
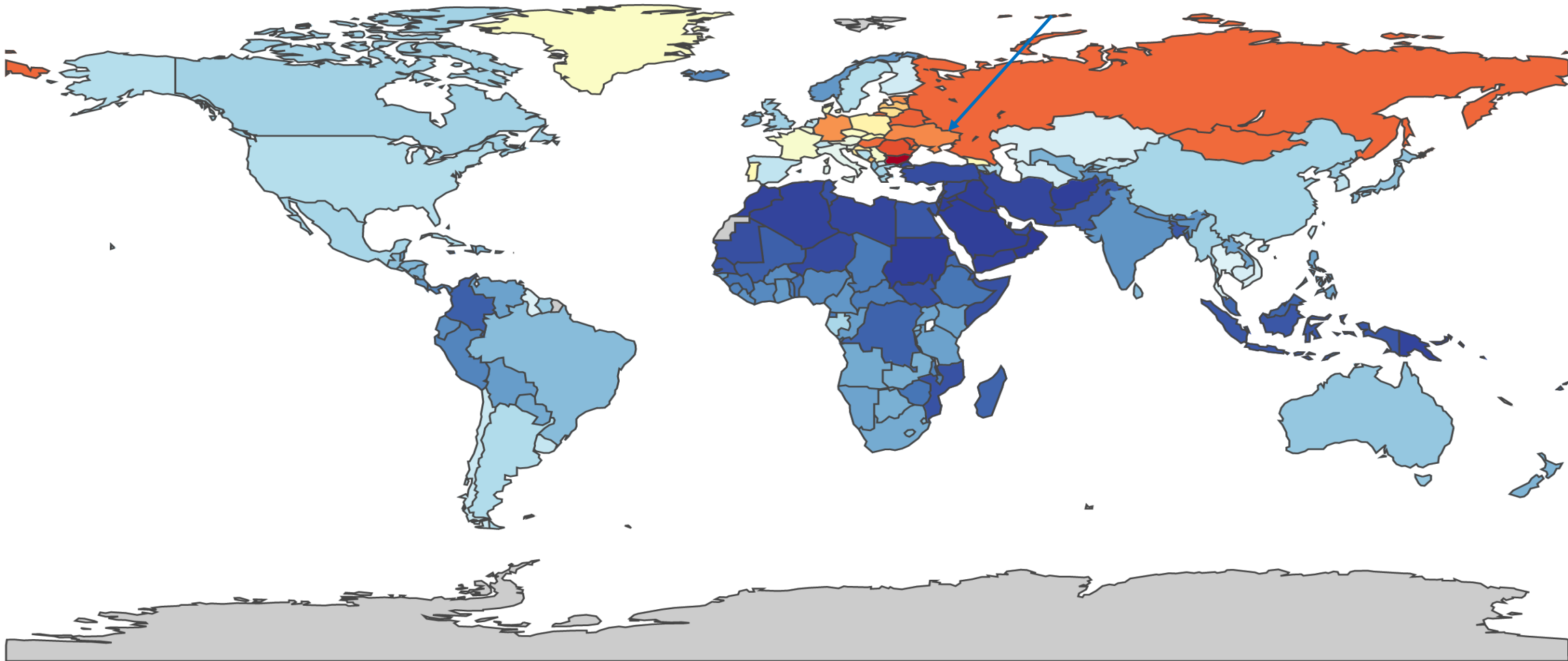
Consumption of alcohol is measured in liters of pure alcohol per person aged 15 or older.

World





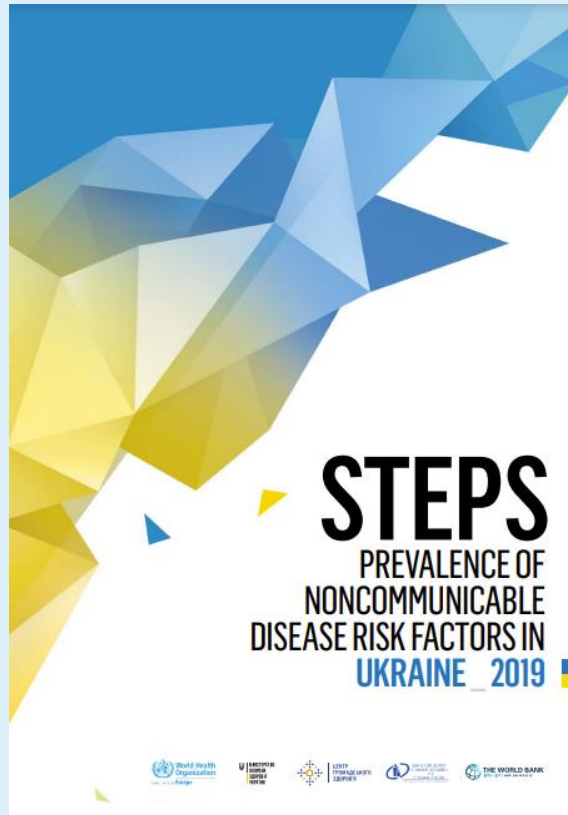
Non-communicable diseases attributable to Alcohol use Both sexes, All ages, 2019, Deaths per 100,000



Set scale
Reset

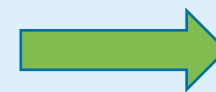
Alcohol consumption: STEPS

2/3 of men and 1/2 of women were drinking alcohol in the previous 30 days



19.7%

of the population had consumed six or more drinks on a drinking occasion (heavy episodic drinking)



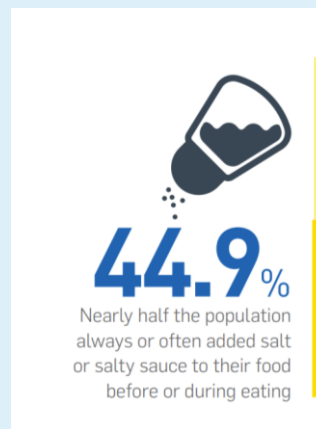
29.5%

9.4%

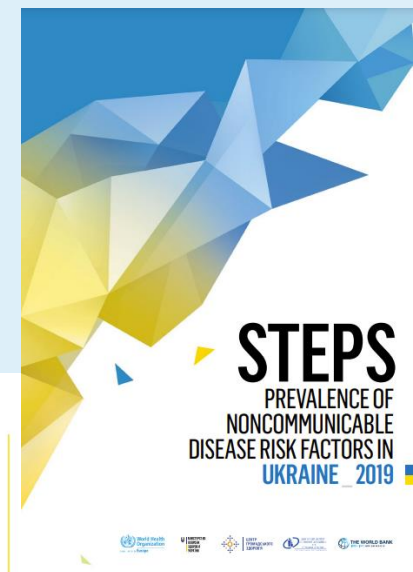
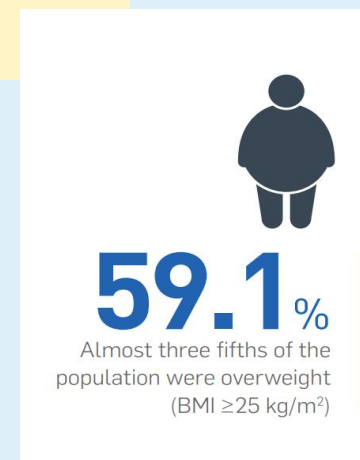
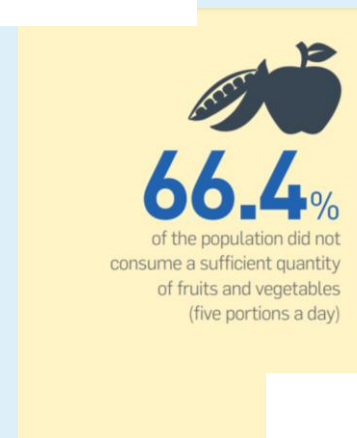
Heavy episodic drinking was three times higher among men than among women

Nutrition

- **Trans-fatty acids** regulation comes to force on 2.10.2023: no more than 2 g per 100 g of total amount of fat in food product
- **Regulation of food in school settings** (incl. sugar & salt)

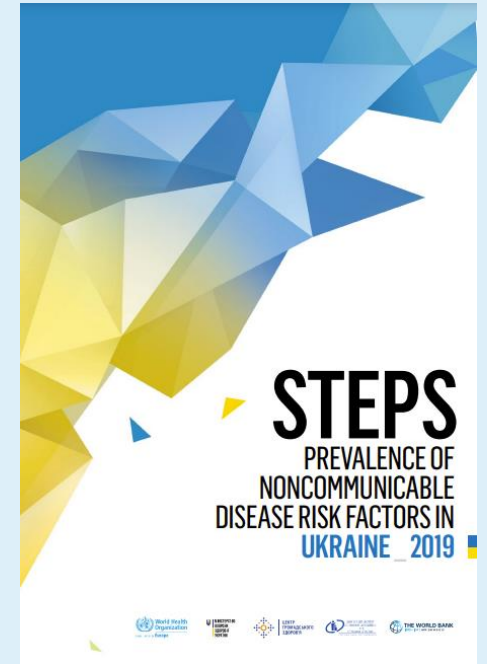


Average salt intake **12.6 g** per day – more than twice the maximum recommended level of 5 g per day.



Physical Activity (STEPS)

- Levels of physical activity was high in Ukraine: among the highest in the WHO European Region.
- Only 10% of the population did not meet the WHO recommendation of at least 150 minutes of moderate-intensity physical activity, or equivalent, per week.
- the share was more than twice as high among people aged 60–69 years than among younger people



Improved access to NCD early diagnosis and treatment

- **The health care reform 2015 towards UHC:**
- National Health Service of Ukraine (NHSU) & guaranteed benefit packages (PMG)

Primary health care:

- NCD is one of the key priorities: free laboratory tests & NCD medicines reimbursement through Affordable Medicines Program to treat CVDs, asthma and diabetes type II, mental health, and others
- Mental health

Specialized ambulatory and inpatient care:

- Priority packages for stroke, heart attack, also emergency, oncology and mental health

Improved access to NCD early diagnosis and treatment

Integrated approach to the management of hypertension and diabetes

Brief interventions/motivational counselling on NCD risk factors

Empowering nurses/redistribution of functions in PHC team

Laatikainen et al. *BMC Health Services Research* (2021) 21:91
<https://doi.org/10.1186/s12913-021-06068-1>

BMC Health Services Research

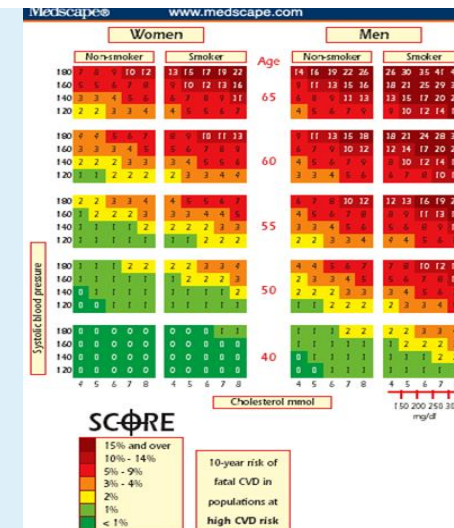
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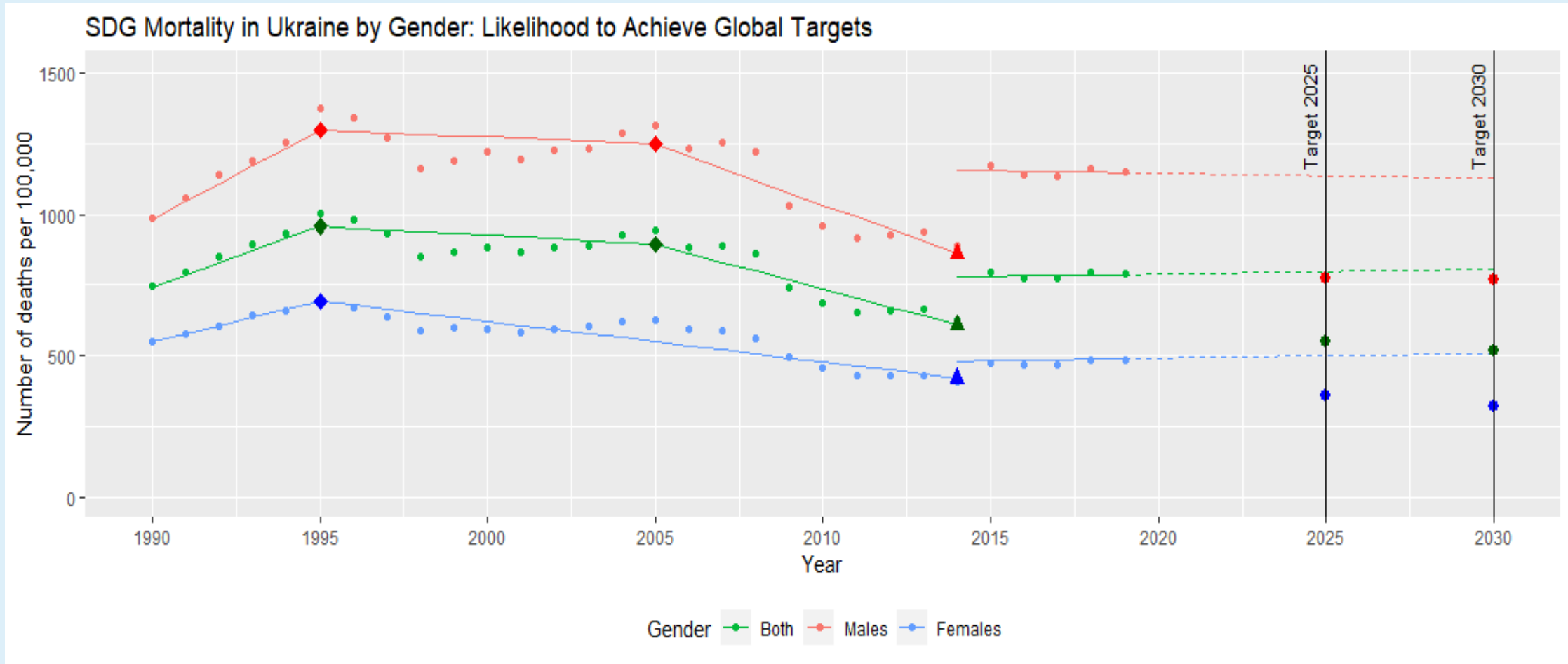


Capacity building of health care professionals to perform interprofessional management of non-communicable diseases in primary care – experiences from Ukraine

Tiina Laatikainen^{1,2,3*}, Anastasiya Dumcheva⁴, Tetiana Kiriazova⁵, Oleksandr Zeziulin⁵, Laura Inglin¹, Dylan Collins⁶ and Jill Farrington⁷



War affected the likelihood of achieving NCD Global Targets

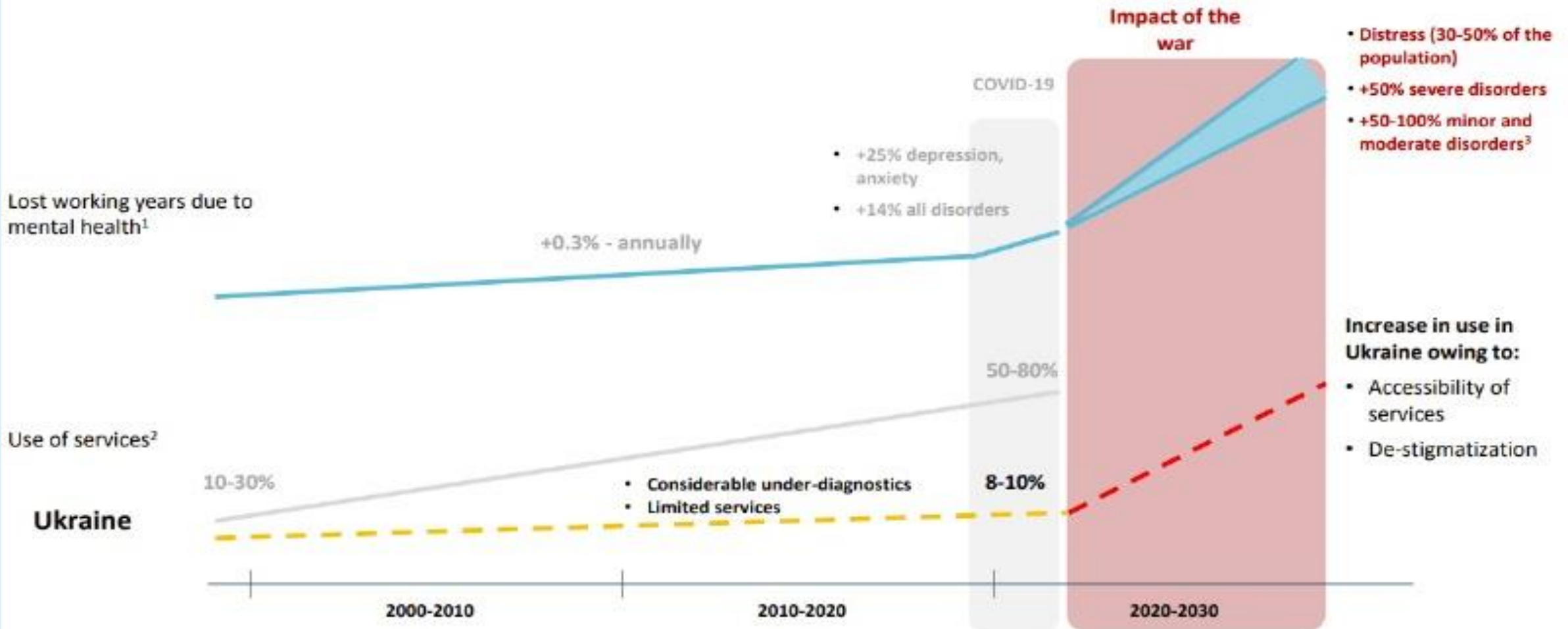


European Region

A.Dumcheva et al. Analysis of NCD trends in Ukraine, 2023.
Source: Global burden of disease database 2019 (unpublished)

Mental Health issues

ACCESSIBILITY OF SERVICES AND FAST INCREASE IN THEIR USE IS OUR GOAL. DEMAND IN UKRAINE CAN GROW BY 50-100%



¹Source: "Is the global prevalence rate of adult mental illness increasing? Systematic review and meta-analysis", 2019, 3. "Assessing mental health and psychosocial needs and resources: toolkit for humanitarian settings", 2012

Thank you



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