
THE NON-COMUNICABLE DISEASE STRATEGIES IN TONGA

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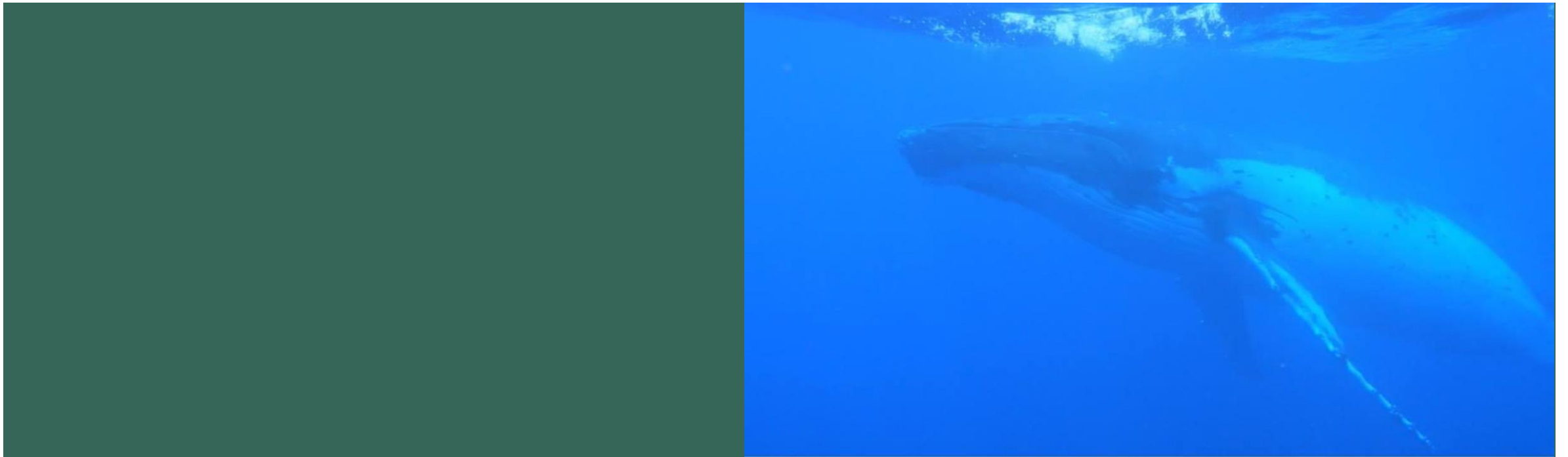


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NCDS AND OBESITY IN TONGA

Key adult mortality and risk factors*: diet-related chronic diseases constitute the greatest cause of death in Tonga

Probability of premature mortality from NCDs: **23%** (2016)



8% of adult men and **26%** of adult women are insufficiently physically active (2016)



19% of adult men and **25%** of adult women have raised fasting blood glucose (2014)



23% of adult men and **21%** of adult women have raised blood pressure (2015)



44% of men and **12%** of women (aged >=15 years) smoke tobacco (2016)



71% of adult men and **80%** of adult women are overweight (2016)



Pure alcohol per capita consumption: **1.5 litres** per year (population 15+, 2016)



73% of adult men and **74%** of adult women eat insufficient amounts of fruit and vegetables (2012)

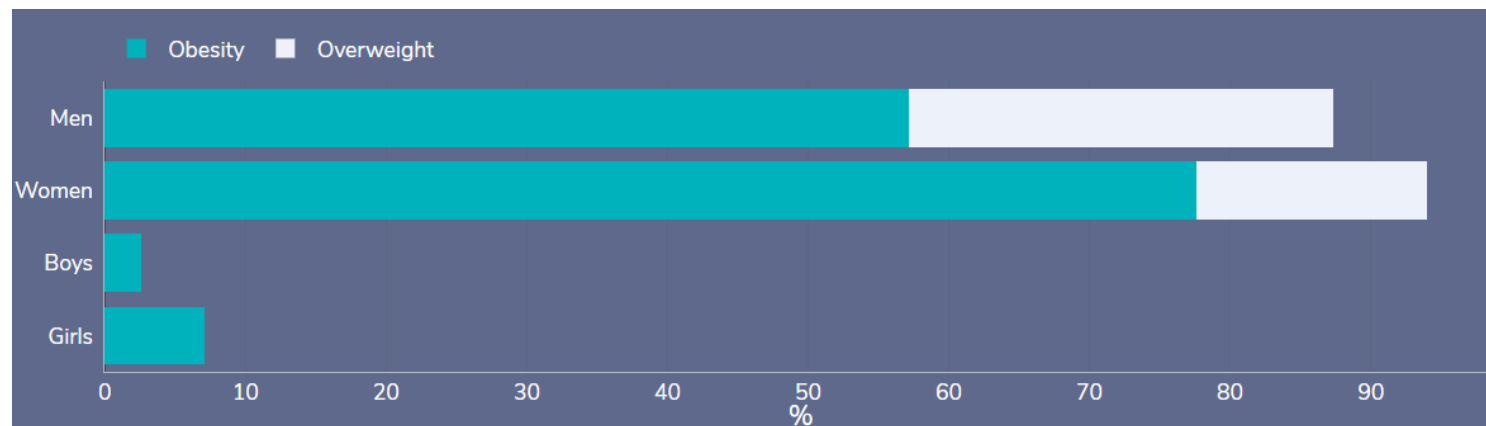


NCDs account for 74% of all adult deaths

- Cardiovascular disease (38%),
- cancers (9%),
- respiratory diseases (7%),
- diabetes (5%),
- and other NCDs (15%)

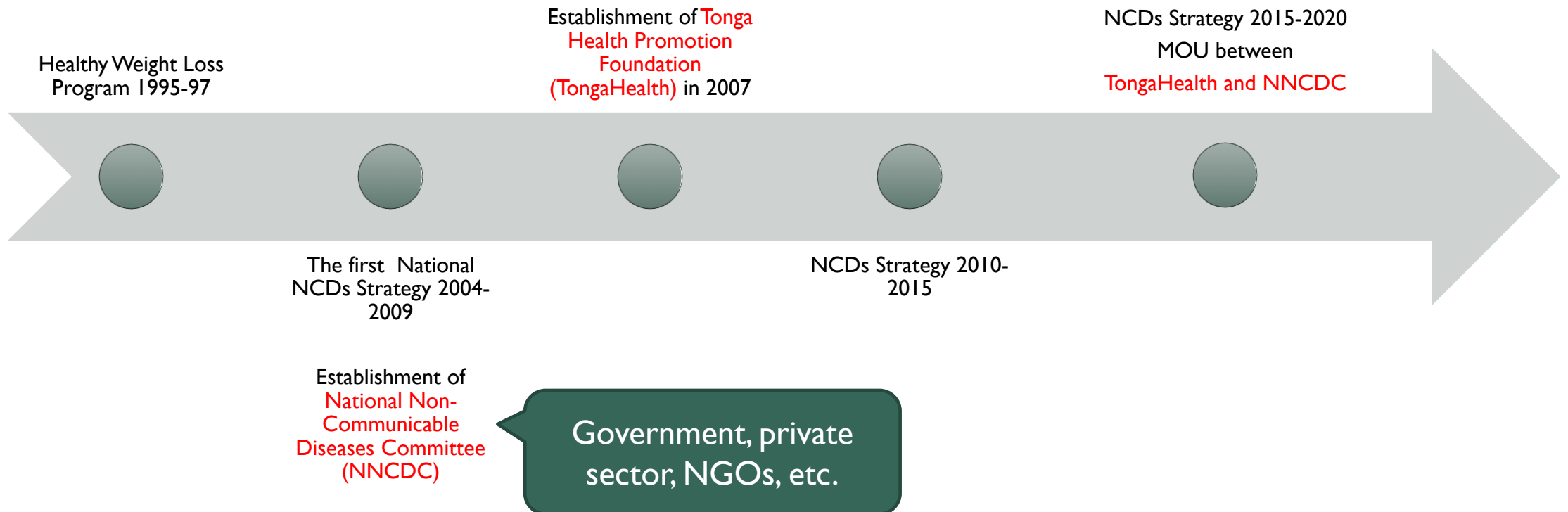
(STEPS, 2014)

<https://apps.who.int/iris/bitstream/handle/I0665/275778/WHO-NMH-NMA-I8.75-eng.pdf>



Source: World Obesity

TONGA HAS A HISTORY OF TAKING PROGRESSIVE ACTION TO TACKLE NCDs

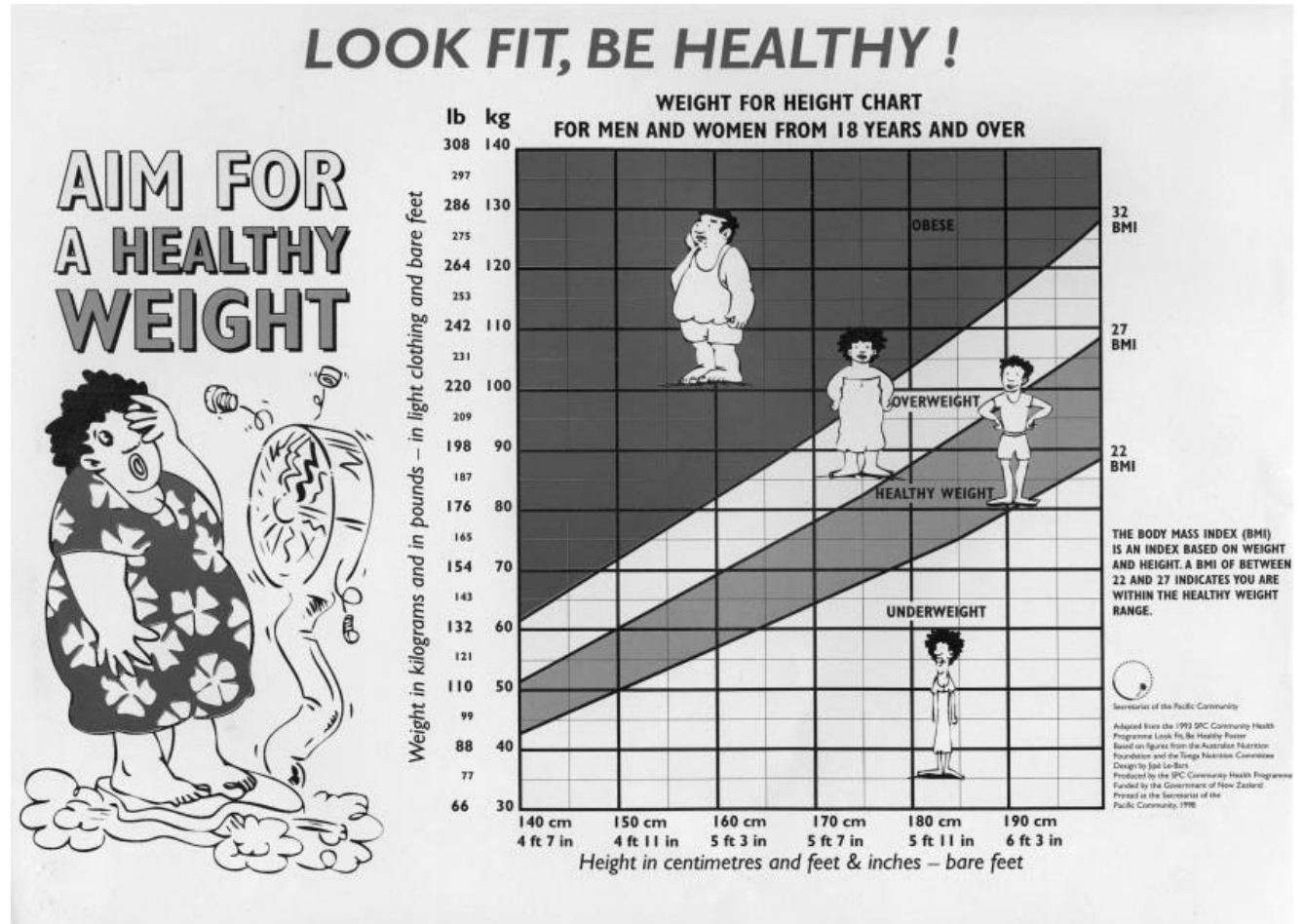


TĀUFA'ĀHAU TUPOU IV AND WEIGHT LOSS COMPETITION (1995-1997)



wikipedia

The world's heaviest monarch: Tupou IV
The king himself dropped the weight from 209 kg to 130kg



“Look Fit, Be Healthy! Weight for Height Chart “ of the 1993 South Pacific Commission

NCDS STRATEGIES 2004 -2015 GOALS AND OUTCOMES

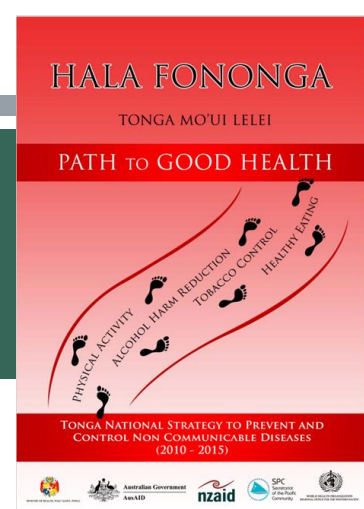
By 2015 to have:

- Reduced the prevalence of Diabetes by 10%
- ✗ Reduced the prevalence of adult/children obesity by 2%
- ✓ Improved the rate of moderate intensity (600 METS) Physical activity per day on most days of the week by 10%
- ✓ Improved the rate of consumption of 5 servings of fruits and vegetables per day on most days of the week by 10%
- ✗ Reduced the prevalence of current tobacco smokers by 2% ;
- Reduced the prevalence of binge alcohol drinking amongst the youth by 10%

Outcomes

NCD Indicators for 25-64 years	Tonga STEPS Survey in 2004	Tonga STEPS Survey in 2012	2004-2012 Trend
Low physical activity (<600 METminutes per week)	43.9% ±5.9	23.7% ±2.2	Significantly Improved
Fruit and vegetable consumption (Less than 5 serves of fruit/vegetables per day)	92.2% ±2.1	73.1% ±3.0	Significantly Improved
Alcohol consumption (in past 12 months)	8.9% ±5.2	5.7% ±1.3	Improved
Smoke any tobacco product (such as cigarettes, cigars or rolled tobacco)	29.8% ±3.7	29.3% ±2.6	Marginally Improved
Overweight	92.1% ±2.1	90.7 ±1.8	Improved
Obesity	68.7% ±4.2	67.6%±2.9	Marginally Improved
Combined high NCD risk factors (with 3-5 risk factors)	60.7% ±4.4	57.1% ±4.6	Improved

* Both survey data has been weighted



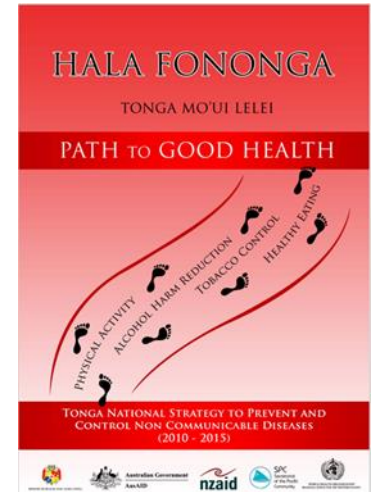
NCDS STRATEGIES 2004 - 2015 OUTCOMES AND CHALLENGES

Other Achievement

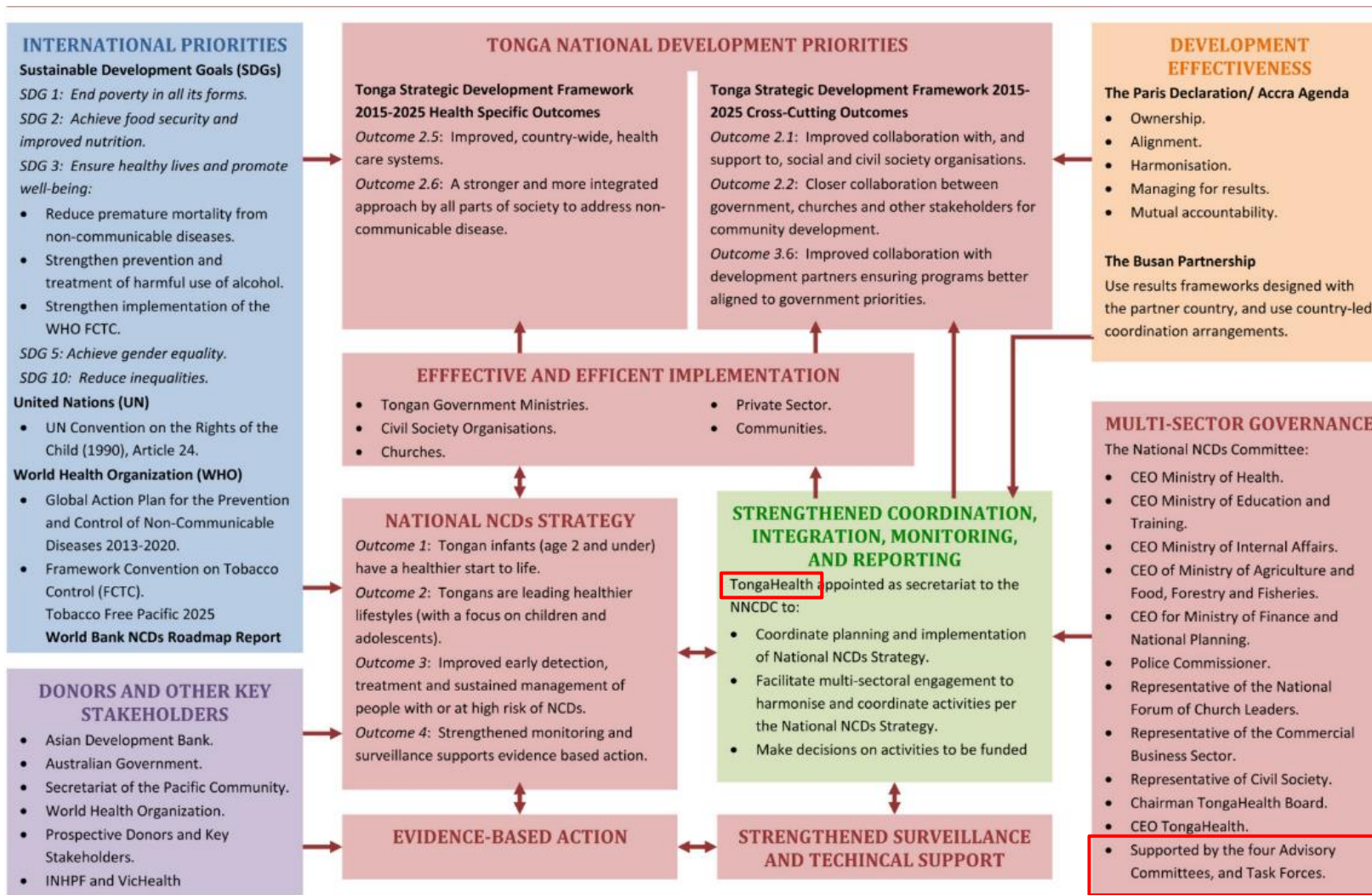
- Strategic prioritization of NCDs by the Government
- Establishment of TongaHealth to strengthen the definition and distribution of NCDs funding sources
- Achieving WHO recognition for work done in relation to tobacco taxation and interventions to increase women and girls physical activity.
- Strengthening of alcohol related legislation

Challenges

- 99.9% of Tongan adults aged 25-64 are at moderate to high risk of developing a NCD.
- In 2012, Tonga was ranked the third most overweight country in the world.
- Obesity and overweight is commonly occurring at younger ages.
- Raised cholesterol affects almost half the adult population.
- Almost one in two men are smoking, and smoking appears to be increasing amongst young women.
- The number of cases of lung and tracheal cancer has rapidly increased over the last 30 years and admissions for chronic obstructive pulmonary disease are growing.



GOVERNANCE REFORM TONGA NATIONAL NCDs STRATEGY – ARCHITECTURE 2015-2020



TongaHealth was appointed as secretariat to the NNCD

With the intention to establish:

- A national over-sighting entity outside of any Ministry that is accountable to Cabinet and which has multi-sectoral engagement and inclusive representation.
- Operational capacity to coordinate the planning and distribution of funds for the implementation of activities.
- Simplified reporting structures with clear roles and responsibilities.

→ The Physical Activity Advisory Committee
The Healthy Eating Advisory Committee
Tobacco Control Advisory Committee
Alcohol Harm Reduction Advisory Committee

NATIONAL NON-COMMUNICABLE DISEASES COMMITTEE (NNCDC)



Dr. Siale 'Akauloa, CEO, Ministry of Health and Chairman



Dr. Raelyn 'Esau, A/CEO, Ministry of Education and Training



Mrs. Ana B. Fonua, CEO, Ministry of Internal Affairs



Mrs. Losaline Ma'asi, CEO, Ministry of Agriculture, Food, Forests and Fisheries



Mr. Tatafu Moeaki, CEO, Ministry of Finance and National Planning



Mr. Stephen Caldwell, Police Commissioner of Tonga



Rev. Fili Lilo, Representative National Forum of Church Leaders



Mrs. Maliana Tohi, Representative Commercial Business Sector



Mr. Drew Havea, Representative Civil Society



Rev. Dr. Ma'afu'otu'itonga Palu, Chairman Tonga Health Promotion Foundation



Mrs. Seini Filiai, CEO, Tonga Health Promotion Foundation (as Executive Officer)

1. To advise government on issues pertaining to the prevention of Non-Communicable Diseases in the Kingdom of Tonga.
2. To inform and make recommendations on policy pertaining to the Kingdom's Non-Communicable Diseases health promotion and prevention strategies, including legislation and regulations as may be required.
3. To oversee the implementation of activities related to the prevention and control of Non-Communicable Diseases in accordance with a National Strategy and Annual Plans.
4. To monitor and review progress against Annual Plans on a quarterly basis and update plans and programs as required.
5. To delegate the responsibility for coordinating policy development processes including decision-making to TongaHealth, who will administer and support the NNCCDC, relevant Advisory Committees and time limited task groups.
6. To review annually the processes and outcomes of the delegation of authority to TongaHealth against desired outcomes detailed in longer term Strategic Plans and Annual Plans.

TONGA HEALTH

Annex 3a: Members of the TongaHealth Board

Name	Representation
1. Rev. Dr. Ma'afu'otu'itonga Palu (Chairman)	The interests of churches or community groups
2. Hon. Fe'aomoeata Vakata	Member of the Legislative Assembly and Minister for Internal Affairs
3. Dr. 'Amelia Tu'ipulotu	Expertise in health and illness prevention
4. Dr. Reynold 'Ofanoa	Expertise in health and illness prevention
5. Mrs. Leta Kami	Expertise in business, management or law

Annex 3b: Members of TongaHealth Staff

Name	Designation
1. Seini Filiai	Chief Executive Officer
2. Monica Tu'ipulotu	Project Coordinator
3. Sione Fifita	Monitoring & Evaluation Manager
4. Losaline Fonua	Finance Manager
5. Matthew Oxenham	Administration & Finance Adviser (AVID)
6. Viliami Tongamana	Senior Health Promotion Project Officer
7. Temaleti Moala	Monitoring & Evaluation Officer
8. Shubhra Shandilya	Corporate Communications Officer
9. Sevaki Fe'ao	Project Officer
10. Graham Tukuafu	Administration Assistant Finance
11. Seini Telefoni	Administration Assistant

Vision&Values

- Partnership and Collaboration
- Respect and Trustworthiness
- Transparency and Accountability
- Commitment
- Innovation
- Health Equity

Operation

- Funding activities
- Acting as a catalyst or advocate for the development of health promotion policies
- Designing and conducting social marketing campaigns

ACTIVITIES OF TONGAHEALTH



National NCD Strategy 2020-2025 Development Ongoing

The National NCD Strategy 2020-2025 development team held workshops in July and August with relevant stakeholders to review and discuss ideas for the ongoing development of the new strategy. Facilitating these workshops is the team to develop the new strategy 2020-2025; Dr Veisia Matoto, Mrs Iemaima Havea, Mr. Tsutomu Nakao and Ms Debra Allan with assistance from the TongaHealth team. These workshops were held at Vava'u, 'Eua, Ha'apai and Tongatapu.



NATIONAL STRATEGY FOR PREVENTION AND CONTROL OF NCDs, 2015- 2020

Vision	Goal	Indicator/s	Data source
Stronger integrated approaches to address non-communicable diseases result in reduced premature death, illness and disability	Positive trends in Tonga's performance against a relevant NCDs environment policy index that measures key influences like funding and resources, health-in-all-policy, leadership and governance	1. NCDs policy environment index developed 2. Trends in Tonga's performance against its policy environment index	TongaHealth
	Positive trends in the effectiveness of NCDs related multi-sectoral partnership in delivering against NCDs strategy goals	1. Positive trends in implementing partners satisfaction with NCDs partnership governance 2. Positive trends in the on-time and on-budget delivery of NCDs Workplan 3. Positive trends in performance against impact and outcome indicators 4. Number of National NCDs governance and Advisory Committee meetings	Annual survey, NNCDC Annual Report
Long term outcome (5+ years)			
The incidence and prevalence of NCDs is reduced	A reduction in the unconditional probability of dying between age 30 and 70 from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases	% of STEPS survey respondents with 1-2 (medium risk) or 3-5 (high risk) risk factors	STEPS 2014
		Prevalence of raised blood glucose/ diabetes among persons aged 18+ years	STEPS 2014
		Prevalence of raised blood pressure amongst persons 18+	STEPS 2014
		Prevalence of raised cholesterol among persons aged 18+	STEPS 2014
		Cancer incidence, by type of cancer, per 100 000 population	Ministry of Health Cancer registry
		Incidence of Chronic obstructive pulmonary disease (COPD) per 100 000 population	Ministry of Health

LOCAL LEADERSHIP - NCD NURSING

Roles of NCDs Nurses

- Screening for NCDs
- Patient Education
- Post natal follow up
- Home visits for people with disabilities / elderlies
- Home care
- Data collection



LEADERSHIP IN THE REGION

- In 2004, Tonga was the first Pacific Island Country to launch a National NCDs strategy.
- In 2007, Tonga was the first Pacific island Country to set up an autonomous body to address NCDs – The Tonga Health Promotion Foundation (TongaHealth)
- In 2016 ,Tonga held Pacific NCD Summit
- In 2018, Tongan prime minister proposed to held a weight loss competition in the pacific region





Malo Aupito!