

**Capacity Strengthening of Policy Makers and Programme Managers
for Prevention and Control of
Non-communicable Diseases in East & Central Africa**

**Zanzibar Beach Resort
Zanzibar**

April 29th – 1st May, 09

PROGRAMME

MEETING OBJECTIVES AND INTENDED OUTCOMES

Objectives	Outcomes
Review the existing data available on the NCDs in Africa (prevalence, risk factor profile, socio-economic burden) comparing it with rest of the world.	Better understanding of the NCDs, its impact on the resource poor countries and an urgent need to address its health promotion, prevention, cure, care and rehabilitation.
Review the existing National NCD strategies and its implementation in East & Central Africa.	Understanding the processes, challenges, limitations and successes of the development and implementation of national NCD strategies.
Disseminate different community interventions to reduce the burden of NCDs.	Learning from “best practises” and from unsuccessful initiatives so as to define the way forward.
Develop strategies to mainstream NCDs at different levels of health care systems and other key stakeholders.	Identify cost-effective strategies for the spectrum of NCDs so as to integrate it within the existing health care systems.

The participants

There will be representatives from eight African countries representing East & Central Africa: Tanzania, Zanzibar, Kenya, Uganda, Rwanda, Zambia, Zimbabwe, Mozambique, Cameroon & South Africa. The participants include NCD desk officers in respective Ministry of Health, country level WHO NCD desk officer, program managers, clinicians and representatives of NCD related foundations, societies and associations.

All the participants invited have been actively involved with non communicable diseases – policy, implementation, patient organisations and clinical practise.

Programme outline

The programme is designed to include plenary lectures, practical experiences in implementation of various programmes at individual country level, policy implementation and challenges of integrating non communicable diseases within national strategies and planning the way forward.

PROGRAMME

Time	Session type	Topic/Panellists	Speakers/Facilitators	Session Objectives
Day 1: April 29, 2009 – Evening Opening Session				
1400 - 1830	Opening	Registration 1500 - 1730	Secretariat	Official welcome and opening of the meeting
		Introductions Workshop objectives & outcomes 1600 - 1730	Dr Kaushik Ramaiya Dr D Prabhakaran Dr. Mary Amuyunzu-Nyamongo	
		Welcome & Official opening 1800 - 1845	Hon Minister of Health & Social Welfare, Zanzibar	
1900 – 2100	Cocktail & networking reception			
Day 2: April 30, 2009 – Day 2				
0830 – 1000	Plenary	The current status of NCDs globally and in Africa	Dr Kaushik Ramaiya (25 minutes)	This session will set the framework for the two days workshop.
		Risk determinants and risk factors for NCD	Dr D Prabhakaran (25 minutes)	
		The role of Health Promotion in NCD Control in Africa	Dr. Mary Amuyunzu-Nyamongo (25 minutes)	
		Panel Discussion	(15 minutes)	
1000 - 1030	Nutrition Break			
1030-1230	Panel	National NCD Program/Strategy (MoH representatives) – current status. Chair: Dr. D.Prabhakaran Dr. G.Saguti	Kenya – Dr. W. Maina Mozambique – Dr. Carla Matos Tanzania – Dr. J. Mbatia Uganda – Dr. J. Sekajugo Zanzibar - Dr. Malik Juma Zambia – Dr. Nshakashalo Zimbabwe -Dr. Greter Mahere (15 minutes each)	Obtain the status of NCD program/strategy in different countries in Africa
1230 - 1400	Nutrition Break			
1400 – 1530	Roundtable discussions	National NCD Programmes - Implementing policy into action. Chair: Dr. W. Maina Dr. J.Mbatia	All participants	Discuss the gaps, barriers, needs and successes in different countries.
1530 - 1600	Nutrition break			

1600 – 1800	Panel	Risk determinants and risk factors for NCD Chair: Dr. P.Mmbuji Dr. J. Sekajugo	<p>The role of Nutrition Hellen Semu (TFNC)</p> <p>The role of physical activity Dr. Vincent Ochien'g Onyweta</p> <p>The role of smoking Dr. S. Bahendeka</p> <p>The role of alcohol and substance abuse Dr. J. Mbatia</p> <p>The role of obesity Prof. N. S. Levit</p> <p>The role of proteinuria Dr. L.Ezekiel (15 minutes each)</p> <p>Discussion (30 minutes)</p>	Discuss the role of different risk factors in the evolution of NCDs, what is being done and what else can be done.
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Day 3: May 01, 2009

0830 – 1030	Panel	Community actions Chair: Dr. Mary Amuyunzu-Nyamongo Dr. Greter Mahere	<p>Breast cancer screening – MEWATA experience Dr. M. Njelekela</p> <p>Community participation in cancer control: an area needed to reduce stigma, late presentation to treatment & other obstacles. Dr. A. Kangolle</p> <p>“Baba na mama kuja pamoja” strategy for the elderly. Dr. A. Mzige</p> <p>Translating research into practise – experience from Temeke - Dr. S. Mashombo</p> <p>Tobacco control in the community - L. K. Kagaruki</p> <p>School health program – an effective strategy to reduce NCDs - Dr. S. Ogillo</p> <p>Role of NGO in community</p>	This session will highlight the experience gained by various institutions, NGOs and private sector in delivering community based interventions related to reducing the burden of NCDs – successes, failures and challenges.
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			<p>screening programmes – experience from Kenya. Ms. E. Muchumi</p> <p>Mobilisation of resources for effective community interventions – experience from Rwanda. Mr. G. Francois</p> <p>(15 minutes each)</p>	
1030 – 1100	Nutrition Break			
1100 – 1120	Plenary	Diabetes Strategy for Africa: An Integrated Strategic Plan for Diabetes and Related Health Risks	Dr Kaushik Ramaiya (20 minutes)	This session will highlight the success of the regional strategy initiated by an NGO – IDF Africa Region in coordination with WHO-AFRO. The obstacles, successes, challenges and the status to-date.
1120 - 1140	Plenary	Role of research & surveillance to enable policy makers to assess the consequences of NCDs and NCD policies and plans.	Dr. Mary Mayige (20 minutes)	This session will highlight the importance of research & surveillance in the formulation and implementation of NCD policies.
1140 – 1200	Plenary	Cardiovascular and metabolic complications in HIV infected patients	Dr. Kaushik Ramaiya (20 minutes)	This session will discuss the emerging risks of NCDs in HIV infected patients. This session will sensitise the participants on the importance of integrated care approach.
1200 - 1300	Roundtable discussions	<p>Policy, community actions, research and regional strategies.</p> <p>Facilitators:- Prof. N.S.Levitt Dr. S.Bahendeka</p>	All participants	This session will allow all the participants to actively participate in discussions with regard to policy, community actions, research and regional strategies
1300 - 1400	Nutrition break			

1400 1530	- Group work	<p>Risk determinants – nutrition, smoking, alcohol excess & substance abuse, physical activity.</p> <p>Disease specific – diabetes, hypertension, cancer, mental health</p> <p>Community actions/interventions</p> <p>Research & Surveillance.</p>	All participants	This session will allow the participants to critically analyse the proceedings of the previous sessions and identify at least one key action for each of the sub-category with a clear objective, outcome and possible timeframe.
1530 1600	- Nutrition break			
1600 1700	- Plenary	Group presentations: setting an agenda for NCDs for the participating countries	<p>Dr. Kaushik Ramaiya</p> <p>Dr. D. Prabhakaran</p> <p>Dr. Mary Amuyunzu-Nyamongo</p>	Facilitate the reporting back from the groups, with very action-oriented summaries provided by each of the facilitators of the 4 groups for 10 minutes each, and time for discussion, comments and closing remarks on the follow up processes.
1700	Plenary	Closing remarks		