

MINISTRY OF HEALTH

# **National Action Plan for control and prevention of Non communicable diseases (2019-2030)**

---

Incorporating SDG objectives 2015-2030

**Disease Control Section- NCD unit-National NCD committee for prevention and control of NCDs**

1/31/2019

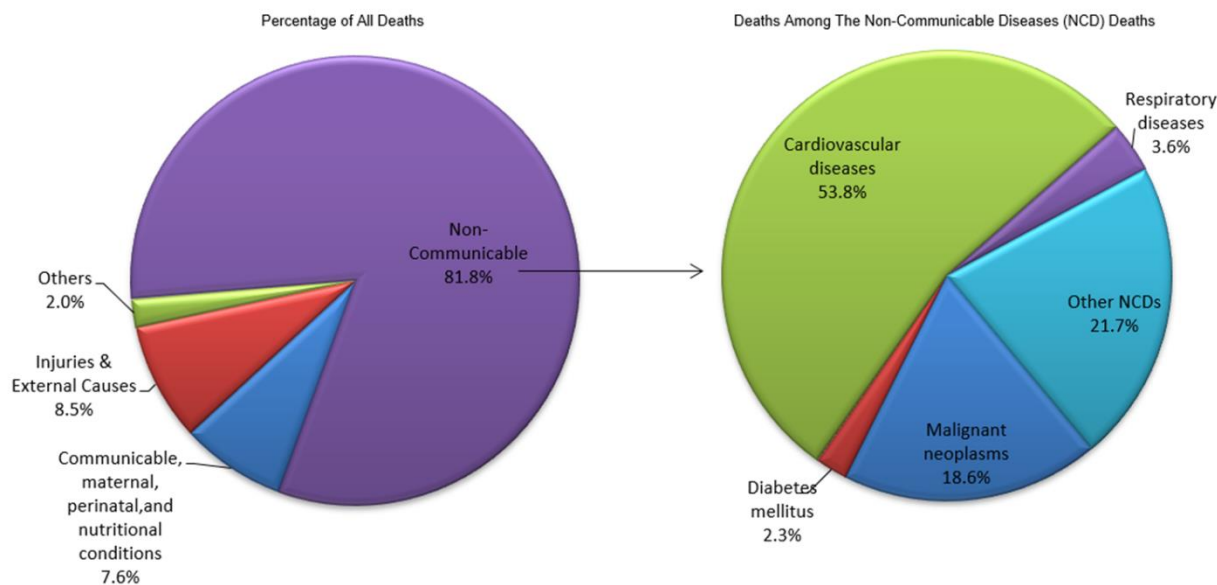
## **Contents:**

- 1- Background**
- 2- Development of the NCD plan**
- 3- Vision , mission, and long term objectives**
- 4- National NCD target indicators**
- 5- Main objectives**
- 6- Implementations of the National Plan for Prevention and Control of Non-communicable Diseases**
- 7- Roles and duties of different partners to achieve the goals**

## Background

The Non-communicable diseases (NCDs), represented in cardiovascular diseases, diabetes, cancer and chronic respiratory diseases, in addition to the preventable risk factors associated with these diseases, such as smoking, unhealthy diet, physical inactivity and excessive alcohol intake, are the most important causes of ill health and death in the Kingdom of Bahrain. According to 2018 WHO statistics, these diseases are responsible for about 71% of all deaths worldwide. These diseases and risk factors associated represent burden on the public health and economic and social development of the state, if there is no plan to prevent and control these diseases, the burden will increase and cause more disability and death, which lead to drain down health resources. NCDs are the leading cause of death in the Kingdom of Bahrain, where the 2017 statistics \*\* indicate that the proportion of deaths from NCDs have reached 81.8% of total deaths registered in Bahrain, of which (53.8%) deaths due to cardiovascular diseases, (18.6%) deaths from cancer, (2.3%) deaths due to diabetes, and (3.6%) deaths from respiratory diseases, and for other chronic non-communicable diseases has reached (21.7%) (Graph1).

**Graph (1): Distribution of deaths by Disease (All Ages) 2017**



\*WHO statistics June 2018

\*\* Bahrain health statistics 2017

### National Survey of Risk Factors for Non Communicable Diseases:

According to the last National NCD Risk Factors (Step Wise) Survey done in 2018 which was done for participants aged 18 years and above, the prevalence of Diabetes Mellitus is 18%; Hypertension 49.6% and high cholesterol level 32.2%. Also, the study revealed that the overall prevalence of obesity was 46.8%; while the overall prevalence of overweight was 34.4%. Furthermore, 85.2% reported less than five daily intake of fruits and vegetables. In addition, 52.5% of the target group did not sufficient physical activity. The overall prevalence of smoking was found to be 19.9%. Table 1 shows Prevalence of NCD in Bahrain (National NCD Survey 2018).

**Table (1): The Prevalence of non-communicable Diseases and Risk Factors**

Risk Factors	Results
Overweight	34.4%
Obesity	46.8%
Hypertension	49.6%
Diabetes	18%
hypercholesterolemia	32.2%
Smoking	19.9 %
Insufficient Physical activity	52.5%
Less than 5 serving of fruits and vegetables	85.2%

**Table (2): The Prevalence of non-communicable Diseases and Risk Factors / sex**

Risk Factors	Female	Male
Overweight	30%	38.3%
Obesity	52.2%	42.2%
Hypertension	40.8%	57.3%
Diabetes	12.8%	21.9%
Hypercholesterolemia	31.3%	32.8%

Smoking	6.9%	31.4%
Insufficient Physical activity	63.3%	42.9%
Less than 5 serving of fruits and vegetables	82.3%	87.7%

## Development of the National Plan for Prevention and Control of Non-communicable Diseases

The Kingdom of Bahrain government has endorsed a new updated comprehensive national NCD plan in 2018, which is consistent with the global action plan. It meets the Political Declaration adopted by the United Nations in September 2011 and confirms governments' commitment to develop national plans to deal with these diseases, and to achieve the target set by the World Health Organization of reduction in the proportion of deaths of adults (age 30-70 years) due to non-communicable diseases (cardiovascular, cancer, diabetes and chronic respiratory diseases) in the world by 25% from the 2010 rate.

The national plan was initiated and developed based on resolution no. (8 ) for the year 2012 issued by the Prime Minister on the formation of the supreme national Committee to control NCD, which includes all sectors concerned with NCDs prevention and control in governmental and non-governmental institutions.

A comprehensive national plan for the Kingdom of Bahrain has been initiated in 2012, and reviewed and updated annually to adopt the global action plan for prevention and control of NCDs and ensures the followings:

- Contains operational plans to address NCDs in order to ensure the provision of necessary treatment and finding evidence-based programs for the prevention of risks and educate the community in order to reduce related incidence rates.
- Provide budgets needed to support the plan.
- Integrate NCDs related curative and preventive programs.
- Report the progress of achievements to the Supreme Council of Health through measured standardized indicators.
- In line with the national health plan 2016-2025.

### Incorporating SDGs goals within the NCD plan:

Work toward and in line with the 2030 Sustainable Development Agenda to achieve 17 Sustainable Development Goals (SDGs) and 169 targets by the year 2030, which include the economic, social and environmental dimensions of sustainable development. And aims to

achieve universal health coverage (UHC), including financial risk protection as well as access to quality essential health care services and access to effective, quality and affordable essential medicines and vaccines for all is also a key objective.

Goal 3 of the SDGs is to ensure healthy lives and promote well-being for all at all ages. One of the target indicator of this goal is to reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and wellbeing by 2030.

## **Vision**

A community with the least possible burden of avoidable non communicable Diseases

## **Mission**

To reduce the burden of morbidity, mortality and disability due to Non-communicable diseases through an effective multi sectorial collaboration at the national level, to reach the highest attainable standards of health and productivity in all age group category, in order to achieve wellbeing, social and economic development and quality of life.

## **The main long-term objective**

- A 25% relative reduction in risk of premature mortality from cardiovascular diseases, cancer, diabetes, or chronic respiratory diseases among adults (age 30-70 years) by 2025.  
SDG target: 30% relative reduction in risk of premature mortality from cardiovascular diseases, cancer, diabetes, or chronic respiratory diseases among adults (age 30-70 years) by 2030.

## **Indicators :**

- Unconditional probability of dying between ages of 30 and 70 from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases.
- Cancer incidence, by type of cancer, per 100 000 population.

## **Main objectives:**

### **Objective 1**

To raise the priority accorded to the prevention and control of non -communicable diseases (NCDs) and associated risk factors in global, regional and national agendas and internationally agreed development goals, through strengthened international cooperation and advocacy

### **Objective 2**

To strengthen national capacity, leadership, governance, multi-sectoral action and partnerships to accelerate country response for the prevention and control of NCDs and associated risk factors .

### **Objective 3**

To reduce modifiable risk factors for NCDs and underlying social determinants through creation of health-promoting environments.

### **Objective 4**

To strengthen and orient health systems to address the prevention and control of NCDs and the underlying social determinants through people-centered primary health care and universal health coverage.

### **Objective 5**

To promote and support national capacity for high-quality research and development for the prevention and control of NCDs.

### **Objective 6**

To monitor the trends and determinants of NCDs and evaluate progress in their prevention and control.

## Target National Indicators for prevention and control of NCDs and associated risk factors

No	Framework element	Target	2010	2020	2025	SDG 2030
1	Premature mortality from NCDs	<ul style="list-style-type: none"> <li>A 25% relative reduction in the overall mortality from cardiovascular diseases, cancer diabetes, or chronic respiratory diseases</li> <li>SDG target: 30% relative reduction in risk of premature mortality from cardiovascular diseases, cancer, diabetes, or chronic respiratory diseases among adults (age 30-70 years) by 2030.</li> </ul>	75%	63.75%	58.1%	52.5 %
2	Harmful use of alcohol	At least 10% relative reduction in the harmful use of alcohol as appropriate, within the national context	-	-	-	-
3	Physical inactivity	A 10% relative reduction in prevalence of insufficient physical activity	57%	53.2%	51.3%	-
4	Salt/sodium intake	A 30% relative reduction in mean population intake of salt/sodium	-	-	-	-
5	Tobacco use	A 30% relative reduction in prevalence of current tobacco use	20%	16%	14%	-
6	Raised blood pressure	A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances	38.2%	31.8%	28.7%	-
7A	Diabetes & obesity	Halt the rise in diabetes	14%	14%	14%	-
7B	Obesity	Halt the rise in obesity	36.3%	36.3%	36.3%	-
8	Drug therapy to prevent heart attacks and strokes	At least 50% of eligible people receive drug therapy and counselling (including glycemic control) to prevent heart attacks and strokes	100%	100%	100%	-
9	Essential NCD medicines and basic technologies to treat major NCDs	An 80% availability of the affordable basic technologies and essential medicines, including generics required to treat major non communicable diseases in both public and private facilities	100%	100%	100%	-

**Implementations of the National Plan for Prevention and Control of  
Non-communicable Diseases and associated risk factors**

**Roles and duties of different partners to achieve the goals**

## 1. Strategic Objective

To raise the priority accorded to the prevention and control of non -communicable diseases (NCDs) in global, regional and national agendas and internationally agreed development goals, through strengthened international cooperation and advocacy

<b>Goals</b>	<b>Indicators/outcomes</b>
1.1 Integrate non-communicable diseases into national policies and development plans.	Non-communicable diseases prevention plan is included in all national health and economical plans
1.2 Increase budgetary allocations for non- communicable diseases prevention and control including through innovative financing mechanisms such as taxation of tobacco, alcohol and other unhealthy products.	<ol style="list-style-type: none"> <li>The government has imposed a 50% tax increase on carbonated high- calorie drinks and 100% on energy drinks.</li> <li>The government has imposed 100% selective tax on retail price on all tobacco products.</li> </ol>

### Implementation strategies:

#### 1.1 Coordinate with concerned sectors and partners through National NCD committee

**1.1 KPI:** Multi-sectoral coordination is in place with clear role for each sector

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Identify a representative from each partner within the committee.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>NCD unit team</li> </ul>	<ul style="list-style-type: none"> <li>Action Plan is available with each partner in the committee</li> </ul>	Done						
2. Agreed on specific role to each member.		<ul style="list-style-type: none"> <li>Role of partners are specified and agreed on.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

3. Meet with the partners to share the approved action plan.		<ul style="list-style-type: none"> <li>The approved action plan is shared with the partners</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
4. Monitor the implementation of the assigned role.		<ul style="list-style-type: none"> <li>Regular feedback is received.</li> </ul>	Twice yearly	Twice yearly	Twice yearly	Twice yearly	Twice yearly	Twice yearly	Twice yearly

### 1.2 Develop and approve a multi-sectoral NCD action plan for prevention and control of NCDs and associated risk factors

**1.2 KPI:** Approved multi-sectoral NCD action plan for prevention and control of NCDs and associated risk factors that is aligned with economic and national strategic plans including matching KPIs is in place

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
Update the national NCD action plan with matching KPIs.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>NCD unit team</li> </ul>	The national NCD action plan is updated and approved.	Done and ongoing every 4 years				Planned		

### 1.3 Incorporate NCD multi-sectoral action plan in concerned sectors plans

**1.3 KPI:** NCD multi-sectoral action plan is incorporated in concerned sectors plans

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Ensure NCD multi-sectoral action plan is incorporated within the concerned sectors plans	<ul style="list-style-type: none"> <li>NCD unit team / Public Health team Directorate To Follow-Up With NCD Committee Members.</li> </ul>	Feedback reports are received from the representatives	Annually	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

### 1.4 Propose a costing breakdown for the NCD plan

**1.4 KPI:** Costing breakdown is proposed and integrated in the NCD action plan

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. List the NCD ongoing programs and projects according to the budgeting priority needed.	<ul style="list-style-type: none"> <li>NCD national committee</li> <li>NCD Unit team</li> <li>Ministry Of Finance</li> </ul>	List of priority proposed projects are available.	Review and update every 2 years		Review and update every 2 years		Review and update every 2 years		Review and update every 2 years

### 1.5 Develop an NCD investment case

**1.5 KPI:** NCD investment case is developed

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Participate and lead the process of development and implementation of NCD investment case.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>NCD Unit team</li> <li>In collaboration with WHO</li> </ul>	NCD investment case is developed	Planned	-	-	-	-	-	-

### 1.6 Ensure NCD prevention and control and universal health coverage are embedded into the health service reform

**1.6 KPI:** NCD prevention and control and universal health coverage are embedded into the health service reform

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Monitor and ensure that the UHC is embedded in the NCD prevention and control programs in the health service reform.	<ul style="list-style-type: none"> <li>Supreme Council of Health</li> <li>National NCD committee</li> <li>NCD unit team</li> </ul>	Universal health coverage is considered in all NCD prevention programs. (Refer to UHC indicators from SDG)	Annually	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

## 2. Strategic Objective

**To strengthen national capacity, leadership, governance, multi-sectoral action and partnerships to accelerate country response for the prevention and control of NCDs.**

<b>Goals</b>	<b>Indicators</b>
2.1 Establish a multisector strategy/ plan and set of national targets and indicators for 2025 based on national situation and WHO guidance and incorporate SDGs targets in the plan	<ol style="list-style-type: none"> <li>1. A multisectoral<sup>1</sup> NCD action plan is developed and operational with which sets out a number of time-bound objectives based on the UN Declaration and in line with the sustainable developmental agenda and targets.</li> <li>2. The formation of the National NCD multisector committee.</li> </ol>
2.2 Periodically assess national capacity for prevention and control of non-communicable diseases using the WHO tools.	The work of the assessment of national capacities is conducted according to schedule timetable.
2.3 Accelerate implementation of WHO Framework Convention on Tobacco Control including MPOWER package.	<ol style="list-style-type: none"> <li>1. The WHO Framework Convention on Tobacco Control (WHO FCTC) has been ratified.</li> <li>2. The following MPOWER measures are being implemented  M: Monitor tobacco use and prevention policies  P: Protect people from tobacco smoke  O: Offer help to quit tobacco use  W: Warn about the dangers of tobacco  E: Enforce ban on tobacco advertisement, promotion and sponsorship.  R: Raise taxes on tobacco</li> </ol>
2.4 Implement the WHO recommendations on marketing of foods and non-alcoholic beverages to children.	The WHO recommendations on marketing of foods and non-alcoholic beverages to children are implemented.
2.5 Raise tax/levy on alcohol and impose a total ban on advertising (for countries where alcohol is marketed).	NA
2.6 Implement interventions to reduce salt intake and media campaigns on diet and physical activity.	<ol style="list-style-type: none"> <li>1. An operational policy, strategy or action plan to reduce salt intake is being implemented.</li> <li>2. A population-based national initiative or project on salt reduction is being implemented.</li> <li>3. A plan to develop/generate baseline data measurements on salt intake is in place.</li> <li>4. Policies to reduce the impact on children of marketing of foods and nonalcoholic</li> </ol>

	beverages high in saturated fats, trans fatty acids, free sugars or salt are being implemented. 5. An operational policy, strategy or action plan to promote physical activity is in place 6. Mass health promotion campaigns on physical activity are being implemented
2.7 Replace trans-fat with polyunsaturated fat.	National policies that limit saturated fatty acids and industrially produced trans fats in the food supply are being implemented.
2.8 Promote breast feeding and implement the international code of Marketing of Breast Mild Substitutes.	Breast feeding is promoted and the international code of Marketing of Breast Mild Substitutes is implemented.
2.9 Promote access to vaccination to prevent cancers based on national priorities.	Vaccination to prevent cancer is promoted

**Key definitions:**

Operational" refers to a policy, strategy or action plan which is in place and being implemented in the country, and has resources and funding available to support it.

<sup>1</sup> An NCD unit/branch/department is defined as having at least one full-time staff and funding for the following major NCD activities: primary prevention and health promotion; early detection/screening; health care and treatment; and surveillance, monitoring and evaluation.

<sup>1</sup> A multisector NCD action plan refers to a national action plan that addresses the 4 main NCDs (cardiovascular disease, diabetes, cancer, and chronic respiratory disease) and their main risk factors (tobacco use, unhealthy diet, physical inactivity, harmful use of alcohol) through the engagement of one or more government sectors outside of health.

## Implementation strategies

### 2.1 Integrating NCDs prevention and control into health developmental plans (Special focus to social determinants of health, gender equity and the health needs of vulnerable populations who are economically or psychosocially disadvantaged)

**2.1 KPI:** The NCD prevention plans is integrated in health developmental plans and focused on social determinants of health

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. To identify social determinants of health (such as gender equity) and the health needs of vulnerable populations who are economically or psychosocially disadvantaged.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>NCD unit team</li> </ul>	Social determinants of health, gender equity and the health needs of vulnerable populations who are economically or psychosocially	Planned						

		disadvantaged are identified.							
2. To do situational analysis for social determinants of health, and the health needs of vulnerable populations who are economically or psychosocially disadvantaged.		Situational analysis is done.			✓				
3. To focus on social determinants of health, gender equity and the health needs of vulnerable populations who are economically or psychosocially disadvantaged in the action plan for prevention and control in the health developmental plans.		Social determinants of health, gender equity and the health needs of vulnerable populations who are economically or psychosocially disadvantaged are included in the action plan for prevention and control of NCD.	Included						

## 2.2 Encourage and activate feasible resources for NCDs prevention and control and for universal health coverage (UHC)

### 2.2 KPI: Resources are provided for UHC

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. To identify feasible resources that can support the UHC for NCD prevention and control.	<ul style="list-style-type: none"> <li>• National NCD committee</li> <li>• NCD unit team</li> </ul>	The UHC resources for NCD prevention are identified.	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. To activate feasible resources of NCD prevention and control.		The UHC resources for NCD prevention are activated.	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

## 2.3 Attract an expertise and resources to strengthen national NCD prevention and control and associated risk factors programs

**2.3 KPI:** Experts and human resources are available and involved in NCD prevention and control and associated risk factors programs

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. To identify national and international expertise in the prevention and control of NCD.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>NCD unit team</li> </ul>	Expertise's are identified.	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. To communicate with national and international expertise		Expertise's are approached.	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. To involve the expertise from different countries in the field of NCD programs.		Expertise's are involved.	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

**2.4 Provide adequate training and appropriately deploy health, social services and community workforces toward NCD prevention and control**

**2.4 KPI:** Adequate training programs are available

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. To identify available training programs in the field of NCD prevention and control.	<ul style="list-style-type: none"> <li>NCD Unit team</li> </ul>	<ul style="list-style-type: none"> <li>No of available training programs</li> <li>No of newly planned programs</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. To facilitate the conduction of training programs in the prevention and control of NCD.		Training programs are facilitated.	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

**2.5 Empower communities by social commitment, engaging and involving people specially women**

**2.5 KPI:** NCD prevention programs in collaboration with the Supreme Council of Woman (SCW) and community

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Identify the stakeholders involved in NCD prevention with the SCW.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>NCD Unit team</li> <li>SCW</li> <li>Community leaders</li> <li>NGOs</li> </ul>	<ul style="list-style-type: none"> <li>No. of programs done in collaboration with SCW.</li> <li>No. of newly planned programs in collaboration with SCW.</li> <li>No. of programs done in collaboration with community leaders and NGOs.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Enhance cooperation with SCW in the field of NCD prevention programs.			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. Enhance cooperation with community leaders & NGOs in the field of NCD prevention programs.			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

## 2.6 Develop technical tools and information products that help implementation of cost-effective interventions needed for monitoring multi-sectoral action for the prevention and control of NCDs.

**2.6 KPI:** The technical tools and information for implementation of cost-effective interventions are developed or adopted

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Identify available technical tools and information for implementation of cost-effective interventions.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>NCD unit team</li> </ul>	<ul style="list-style-type: none"> <li>Best buys are adopted.</li> <li>The available technical tools are identified.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Initiate new technical tools and information that can help in implementation of cost-effective interventions.		<ul style="list-style-type: none"> <li>No of newly initiated technical tools.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

### 3. Strategic Objective

To reduce modifiable risk factors for NCDs and underlying social determinants through creation of health-promoting environments.

Goals	Indicators
3.1 Accelerate implementation of WHO Framework Convention on Tobacco Control including MPOWER package.	1. The WHO Framework Convention on Tobacco Control (WHO FCTC) has been ratified. 2. The following MPOWER measures are being implemented M: Monitor tobacco use and prevention policies P: Protect people from tobacco smoke O: Offer help to quit tobacco use W: Warn about the dangers of tobacco E: Enforce ban on tobacco advertisement, promotion and sponsorship. R: Raise taxes on tobacco
3.2 Implement the WHO recommendations on marketing of foods and non-alcoholic beverages to children.	1. reduction of the percentage of marketing for un healthy food in all areas attended by kids ( cinema , festivals, playing area ) . 2. reduction of un healthy food consumption. 3. Increase awareness of consumption healthy food.
3.3 Raise tax/levy on alcohol and impose a total ban on advertising (for countries where alcohol is marketed).	NA
3.4 Implement interventions to reduce salt intake and media campaigns on diet and physical activity.	1. Release of multi-legislation controlling the consumption of the salt. 2. Released of ministerial decree ( reduction salt content in all bread product in local and automatic bakeries. 3. Reduction in salt content in local and automatic bread bakeries. 4. Implementing of in front labeling traffic system for all imported and local food items. 5. Implementing nutrition fact menu labelling in all restaurants. 6. Implementation of policies to reduce the effect of marketing of non-alcoholic surgery drinks, and food rich in saturated and hydrogenated fats , sugar and salt for children. 7. Media Campaign: % of healthy message through differentness media channel. 8. An operational policy, strategy or action plan to promote physical activity is in place 9. Mass health promotion campaigns on physical activity are being implemented
3.5 Replace trans-fat with polyunsaturated fat.	National policies that limit saturated fatty acids and industrially produced trans fats in the food supply are being implemented.
3.6 Promote breast feeding and	Breast feeding is promoted and the international code of Marketing of Breast Mild Substitutes is

implement the international code of Marketing of Breast Milk Substitutes.	implemented.
3.7 Promote access to vaccination to prevent cancers based on national priorities.	Vaccination to prevent cancer is promoted

## Implementation strategies

### 3.1 Fully implement WHO FCTC MPOWER package.

**3.1 KPI:** WHO Framework Convention on Tobacco Control including MPOWER package is fully implemented.

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025	
1. Accelerate implementation of WHO Framework Convention on Tobacco Control including MPOWER package.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>Tobacco control committee</li> <li>Antismoking group</li> </ul>	<ul style="list-style-type: none"> <li>% of places that implemented Smoke-free policies.</li> <li>% of taxes applied on tobacco products.</li> <li>% of places violating the law of Smoke Free policies.</li> <li>Pictorial Health warnings covering at least 50% of front side.</li> <li>% of violation for tobacco advertising bans.</li> <li>Availability of fully equipped quit smoking clinics in the primary care.</li> <li>Availability of tobacco consumption surveillance.</li> <li>% of surveys repeated every 3-5 years.</li> <li>Quit rate among those above 18 years old attending quit smoking clinics.</li> <li>Quit rate among those below 18 years old attending quit</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	
2. Advocate the raise of taxation on tobacco products.			Implemented in 2018	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. Fully ban tobacco products advertising, promotion and sponsorship.			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	
4. Convey tobacco consumption surveys and repeating them every 3-5 years.			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	
5. Completely ban smoking in indoor public places			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	
6. Offer help for quit tobacco within the primary care services			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	
7. Warn people about the dangers of tobacco			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	

		smoking clinics.							
--	--	------------------	--	--	--	--	--	--	--

### 3.2 Consider appropriate responses to emerging challenges of nicotine and non-nicotine delivery systems (e.g. e-cigarettes)

#### 3.2 KPI: Appropriate actions are taken to emerging challenges in tobacco control

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Update current laws and regulations to include emerging and novel products.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>Tobacco control committee</li> <li>Antismoking group</li> </ul>	<ul style="list-style-type: none"> <li>No of legislations in the field emerging challenges.</li> </ul>	To include emerging products in laws and regulations of tobacco products						
2. Monitor implementation of Laws and Regulations in the field of the emerging challenges.		<ul style="list-style-type: none"> <li>% of violation to laws and regulations</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. Initiate and update health education programs in the field of the emerging challenges.		<ul style="list-style-type: none"> <li>No. of health education campaigns in the field of the emerging challenges.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

### 3.3 Consider ratifying the WHO FCTC Protocol on Illicit Trade of Tobacco.

#### 3.3 KPI: The WHO FCTC protocol on Illicit Trade of tobacco is ratified and implemented

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. To advocate for ratifying the WHO FCTC protocol on Illicit Trade of Tobacco.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>Tobacco control committee</li> <li>Antismoking group</li> </ul>	<ul style="list-style-type: none"> <li>Status of ratification of protocols.</li> </ul>	Ongoing		Planned				

### 3.4 Scaling up graphic health warnings and to consider plain packaging

**3.4 KPI:** The graphic health warnings about tobacco is scaled up and plain packaging is implemented

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Advocate for the implementation of plain packaging.	<ul style="list-style-type: none"> <li>Tobacco control committee</li> <li>National NCD committee</li> <li>Antismoking group</li> </ul>	<ul style="list-style-type: none"> <li>Size of graphic health warning covering at least 50% of the front side of the package.</li> </ul>	ongoing	Planned					
2. Implement graphic health warnings on all tobacco products.		<ul style="list-style-type: none"> <li>Availability of graphic health warnings on all tobacco products.</li> </ul>	ongoing	Planned					

### 3.5 Scale up school and adolescent interventions for smoking prevention

**3.5 KPI:** School and adolescent quit smoking and smoking prevention campaigns are available.

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Develop smoking prevention plans in schools.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>Tobacco control committee</li> <li>School health section</li> <li>Antismoking group</li> </ul>	<ul style="list-style-type: none"> <li>No. of school based preventive programs / campaigns for tobacco cessation</li> <li>Availability of tobacco-use prevention education in schools and universities curricula.</li> <li>% of tobacco consumption among adolescents 13-15 years old*</li> </ul>	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing
2. Implement tobacco control plans in schools			ongoing	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing

\*To be repeated every 3-5 years.

### 3.6 Develop Bahrain nutrition strategy

#### 3.6 KPI: Bahrain nutrition strategy is developed and implemented

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Review and update the implementation and monitoring of the evidence based national nutritional strategy and nutritional guidelines.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>NCD unit team</li> <li>Nutrition section</li> </ul>	<ul style="list-style-type: none"> <li>Percentage of goal achievement in each section of the national nutritional strategy.</li> <li>All KPIs as mentioned in the below sections :                             <ul style="list-style-type: none"> <li>*Salt</li> <li>*trans-fat</li> <li>*sugary sweetened beverages.</li> <li>*TV and Radio advertisements.</li> </ul> </li> <li>25% reduction of obesity in Bahraini adults and adolescents:                             <ul style="list-style-type: none"> <li>Adults : 2018 40 %</li> <li>Adolescents : 2018 32%</li> </ul> </li> </ul>	Done ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
									30% Adults 24% Adolescent 24%

### 3.7 Develop gradual salt reduction in food products

#### 3.7 KPI: A plan for gradual salt reduction in food products is in place and implemented

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
-----------------	------------------	-----	------	------	------	------	------	------	------

1. Implement the action plan of salt reduction.	<ul style="list-style-type: none"> <li>• NCD national committee</li> <li>• NCD unit team</li> <li>• Nutrition section</li> </ul>	<ul style="list-style-type: none"> <li>• Percentage of salt reduction in traditional and automatic bakeries local and imported.</li> <li>• Percentage of compliance of the traditional and automatic bakeries to the ministerial decree.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	
2. Conduct workshops to support the implementation.			<ul style="list-style-type: none"> <li>• Numbers of workshops per year to the professions and bakeries worker.</li> <li>• Percentage in reduction of salt imported.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. Develop and monitor the implementation indicators.				Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

### 3.8 Apply taxes on sugary sweetened beverages

#### 3.8 KPI: Taxes on sugary sweetened beverages are imposed

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Monitor the Implementation of the action plan of sugary sweetened beverages reduction.	<ul style="list-style-type: none"> <li>• Nutrition section</li> <li>• NCD national committee</li> <li>• NCD unit team</li> </ul>	<ul style="list-style-type: none"> <li>• Implementing of taxation on the energy drink and carbonated beverages.</li> <li>• Implementing legislation to cover sugary sweetened beverages.</li> <li>• Percentage of Bahrain restaurants implementing (foods labeling menu).</li> <li>• Percentage of implementing beverages and food items (in front food label).</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

### 3.9 Implement national strategy on *trans*-fat reduction/elimination in food industry

**3.9 KPI:** The national strategy on *trans*-fat reduction/elimination in food industry is implemented.

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Monitor the Implementation of the action plan of trans-fat reduction.	<ul style="list-style-type: none"> <li>• Nutrition section</li> <li>• NCD national committee</li> <li>• NCD unit team</li> </ul>	<ul style="list-style-type: none"> <li>• Published the national guidance for reducing trans-fat content in restaurants, processed food).</li> <li>• Released of legislation about control the using of trans and saturated fat.</li> <li>• % of restaurants implements the guideline of fat reduction.</li> <li>• % of food industries implements the guideline of fat reduction.</li> <li>• % in reduction of trans-fat imported calculated from information and e-government authority.</li> </ul>	Implemented in 2017 and ongoing	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing

### 3.10 Ensure legislative actions on all media sectors that advertise for unhealthy food and drink products

**3.10 KPI:** Legislations are in place on TV and Radio advertisement of unhealthy food and drink products

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Develop action plan to control marketing.	<ul style="list-style-type: none"> <li>• Nutrition section</li> <li>• NCD national committee</li> <li>• NCD unit team</li> </ul>	<ul style="list-style-type: none"> <li>• Evidence based action plan on marketing is developed.</li> <li>• % of inappropriate unhealthy food marketing through common media channel.</li> <li>• % of healthy food marketing in media.</li> <li>• % of consumption of healthy and unhealthy food.</li> </ul>							

### 3.11 Integration of physical activities and sport in schools, work places, social centers, etc.

### 3.11 KPI: physical activities and sport in schools, work places, social centers, etc.

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Advocate for physical activities and sport in schools, work places, social centers, etc.	<ul style="list-style-type: none"> <li>NCD national committee</li> <li>NCD unit team</li> <li>School health</li> <li>Health promotion</li> </ul>	<ul style="list-style-type: none"> <li>Number of available Programs on physical activity in schools, work places, social centers, etc.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Develop and implement a plan for physical activities and sport in schools, work places, social centers, etc.			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. Conduct workshops to support the implementation		<ul style="list-style-type: none"> <li>No. of conducted workshops</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
4. Develop and monitor the indicators to assess the implementation		<ul style="list-style-type: none"> <li>Available indicators for implementation of programs.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

### 3.12 Expand and multiply healthy settings projects (healthy cities, healthy malls, etc.);

#### 3.12 KPI: healthy settings projects are available

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Advocate healthy settings projects	<ul style="list-style-type: none"> <li>NCD national committee</li> <li>NCD unit team</li> <li>School health</li> <li>Health promotion</li> </ul>	<ul style="list-style-type: none"> <li>Healthy cities initiatives are adopted.</li> <li>No of Healthy malls</li> <li>Availability of healthy settings projects (e.g. Protect your Heart Campaign, healthy Workplace project)</li> <li>No of schools which adopted the healthy promoting schools program.</li> <li>Availability of indicators for implementation of healthy settings projects.</li> <li>No. of conducted workshops in this topic.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Develop and implement a plan for healthy settings projects			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	
3. Conduct workshops to support the implementation			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	
4. Develop and monitor the indicators to assess the implementation			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	

### 3.13 Accelerate physical activity and sports promotion through media.

### 3.13 KPI: Physical activity and sports promotion is accelerated through media.

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Collaborate to conduct physical activity and sports promotion programs in the media with assigned sectors	<ul style="list-style-type: none"> <li>• NCD national committee</li> <li>• NCD unit team</li> <li>• School health</li> <li>• Health promotion</li> </ul>	<ul style="list-style-type: none"> <li>• Plan is developed for promoting physical activity and sports in media</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Develop and implement a plan of Physical activity and sports promotion in the media.									

### 3.14 Integrate healthy environment into planning

#### 3.14 KPI: Healthy environment is integrated in planning

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Identify the environmental risk factors related to NCD in Bahrain	<ul style="list-style-type: none"> <li>• National NCD committee</li> <li>• NCD unit team</li> <li>• Environmental health</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment studies about environmental health impact for some developmental projects are conducted.</li> <li>• Availability of implemented initiatives of environmental health programs such as: EMW, Recycling, Plastic, Waste management, Air pollution control programs and Water pollution prevention program (implementing the national water strategy plan).</li> </ul>							
2. To develop and Implement environmental health programs in the planning.									

### 3.15 Influencing the consumers' consumption habits towards more sustainable options by involving the community, civil societies, media and other stakeholders

**3.15 KPI:** Involving the community, civil societies, media and other stakeholders in influencing the consumers' consumption habits towards more sustainable options

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. To involve the community, civil societies, media and other stakeholders in influencing the consumers' consumption habits towards more sustainable options.	<ul style="list-style-type: none"> <li>• NCD national committee</li> <li>• NCD unit team</li> <li>• School health</li> <li>• Health promotion</li> </ul>	<ul style="list-style-type: none"> <li>• No. of targeted campaigns and programs to change habits and lifestyle toward sustainable options.</li> </ul>							

## 4. Strategic Objective

To strengthen and orient health systems to address the prevention and control of NCDs and the underlying social determinants through people-centered primary health care and universal health coverage.

Goals	Indicators
4.1 Integrate NCD interventions into the essential PHC package	1. Guidelines/protocols for management of common NCDs in primary health care are available <sup>3</sup> and updated every four years. 2. NCD management guidelines have been incorporated into health professional education and/or continuing medical education.
4.2 Prioritize cost-effective interventions for early detection and treatment; based on WHO recommendations.	Cost effective intervention for early detection and treatment are selected within priority.
4.3 Improve access to safe, affordable and quality essential medicines and technologies for common NCDs.	NCD medicines are included in the national essential medicine list, based on WHO's essential medicine list
4.4 Improve access to essential palliative care services.	1. NCD medicines are provided regularly in primary health care 2. Guidelines for use of opiate-based analgesics for palliative care are available
4.5 Explore viable health financing mechanisms, and innovative financing approaches like tobacco and alcohol taxation to generate resources to expand health coverage.	Fees on tobacco and alcohol are imposed to provide the necessary resources to expand health coverage.

**Key definitions:**

<sup>3</sup> Guidelines/protocols for the management of common NCDs: presence of government approved evidence-based national guidelines/ protocols/standards for the management of the 4 main NCDs.

## Implementation strategies

### 4.1 Support national efforts on cancer prevention and control and empower early detection/diagnosis of cancer

#### 4.1 KPI: National cancer prevention and control plan is developed

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. To update a comprehensive national cancer prevention and control plan.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>National cancer prevention and control committee</li> <li>NCD unit team</li> <li>King Hamad University Hospital</li> </ul>	<ul style="list-style-type: none"> <li>A comprehensive national cancer prevention and control plan is developed, updated and approved.</li> <li>A comprehensive national cancer registry has been developed.</li> </ul>	<ul style="list-style-type: none"> <li>guideline is developed 2016</li> <li>Cancer registry is established</li> </ul>			guideline is updated every 4 years.			
2. To monitor the implementation of cancer early detection guidelines within primary and secondary health care.		<ul style="list-style-type: none"> <li>A national cancer guideline has been updated and approved.</li> <li>The cancer early detection guidelines are implemented and outcome indicators are measured</li> </ul>	Ongoing	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing
3. To assign focal point in primary and secondary health care for early detection and cancer program.		<ul style="list-style-type: none"> <li>Focal point is assigned for early detection and cancer in primary and secondary health care.</li> </ul>	Ongoing	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing
4. Collaborate with concerned partners for prevention and early detection of most common		<ul style="list-style-type: none"> <li>Collaboration is established with concerned partners for prevention and early detection of most common cancers .</li> </ul>	Ongoing	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing

cancers										
---------	--	--	--	--	--	--	--	--	--	--

#### 4.2 The Breast Screening program is in line with WHO recommendations

**4.2 KPI:** Early breast cancer detection and diagnosis is established and in line with WHO recommendation in terms of screening test and population age range.

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Update Breast cancer early detection guideline	<ul style="list-style-type: none"> <li>National NCD committee.</li> <li>National cancer prevention and control committee</li> <li>NCD unit team</li> <li>King's Hamad University Hospital</li> </ul>	<ul style="list-style-type: none"> <li>A national comprehensive Breast screening program is in place</li> <li>Detection rate of breast cancer is calculated.</li> </ul>	guideline is developed 2016			guideline is updated every 4 years			
2. Monitor the implementation of Breast cancer early detection program in Primary and Secondary Health care									
3. Monitor breast cancer early detection, diagnosis and management indicators in Health care.									

#### 4.3 Early CVD diagnosis approaches

**4.3 KPI:** Early CVD diagnosis programs are developed and implemented

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Identify CVD risk factors in the community from the health campaigns (work place) and healthcare systems.	<ul style="list-style-type: none"> <li>NCD unit team</li> <li>Primary health care</li> <li>Secondary health care</li> </ul>	<ul style="list-style-type: none"> <li>Number of Community Health campaigns</li> <li>Number of Workplace health campaign</li> <li>Screening 10% of governmental employee every 4 years</li> <li>Percentage of participants who completed the</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

	<ul style="list-style-type: none"> <li>• Health promotion</li> <li>• National health surveys</li> <li>• Cardiac Center</li> </ul>	<ul style="list-style-type: none"> <li>• sessions in the campaign</li> <li>• Detection rate among the participants in the campaign</li> <li>• Percentage of participants who completed the sessions in the campaign and been referred for further follow up</li> </ul>								
2. Track CVD risk factors and management indicators from the health systems and surveys.		<ul style="list-style-type: none"> <li>• Management indicators of NCDs in the health services.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

#### 4.4 Scaling up cardiovascular risk stratification and management

##### 4.4 KPI: CVD morbidity and mortality rates are reduced

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Ensure CVD preventive services are in place in primary, secondary and tertiary levels of health services.	<ul style="list-style-type: none"> <li>• National NCD committee.</li> <li>• NCD unit team.</li> <li>• Primary health care.</li> <li>• Secondary health care.</li> <li>• Health promotion.</li> <li>• National health surveys.</li> <li>• Cardiac Center</li> </ul>	<ul style="list-style-type: none"> <li>• CVD preventive services are in place.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Ensure the CVD risk estimation.		<ul style="list-style-type: none"> <li>• CVD risk is estimated and assessed.</li> <li>• CVD prevention outcome indicators are measured</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. Monitor CVD morbidity and mortality.		<ul style="list-style-type: none"> <li>• CVD morbidity and mortality rates are calculated.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

#### 4.5 Develop interventions and referral for pre-diabetic patients

##### 4.5 KPI: Comprehensive referral system for pre-diabetic is in place

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
-----------------	------------------	-----	------	------	------	------	------	------	------

1. Monitor a specific management protocol for patients with pre-diabetes.	<ul style="list-style-type: none"> <li>National NCD committee.</li> <li>NCD unit team.</li> <li>Primary health care.</li> <li>Secondary health care.</li> <li>Health promotion.</li> </ul>	<ul style="list-style-type: none"> <li>percentage of pre- diabetic patients referred for follow up and managed as per guidelines.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
---	--	--	---------	---------	---------	---------	---------	---------	---------

#### 4.6 Incorporating mental health for NCD patients

##### 4.6 KPI: Availability of mental health services for NCD patients in PHC and Secondary health care

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Update/develop mental health guideline in PHC for patients with NCD	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>Primary Health Care</li> <li>NCD unit team</li> <li>Psychiatrists within primary healthcare</li> </ul>	<ul style="list-style-type: none"> <li>Mental health guideline is in place and recently updated for primary healthcare.</li> <li>Mental health services are integrated within PHC for all patients in general.</li> <li>NCD clinics mental health mini questionnaire is incorporate in mental health.</li> <li>Mental health management indicators for primary healthcare patients in general are in place.</li> <li>Monitoring for primary health care patients through ISEHA and patient questionnaire (HADS scale) is applied.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Integrate the mental health services in NCD clinics in PHC			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. Develop mental health management indicators for patients with NCDs			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
4. Monitor mental health service indicators in primary and secondary health care			Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

#### 4.7 Incorporating smoking cessation services in primary care

##### 4.7 KPI: Number of primary healthcare regions covered by smoking cessation services

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
-----------------	------------------	-----	------	------	------	------	------	------	------

1. Ensure that Smoking cessation guidelines are in place and implemented in PHC.	<ul style="list-style-type: none"> <li>• The national Antismoking committee</li> <li>• Antismoking Group</li> </ul>	<ul style="list-style-type: none"> <li>• Availability of one smoking cessation clinic in each governorate.</li> <li>• Percentage of Smoking cessation guidelines in place and implemented</li> </ul>	<ul style="list-style-type: none"> <li>• Smoking cessation statistics ae established and ongoing</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Developing training program on brief interventions of smoking cessation for PHC doctors		<ul style="list-style-type: none"> <li>• Availability of Free nicotine replacement therapy</li> <li>• Percentage of trained doctors in primary health care doctors on brief interventions of smoking cessation</li> </ul>	<ul style="list-style-type: none"> <li>• To establish training for PHC Doctors (training already established and ongoing)</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing



## 5. Strategic Objective

**To promote and support national capacity for high-quality research and development for the prevention and control of NCDs.**

Goals	Indicators
5.1 Scale up NCD related research by academia through provision of grant funding and international recognition of academic achievements.	
5.2 Make more effective use of academic institutions and multidisciplinary agencies to promote research, retain research workforce, incentivize innovation and encourage the establishment of national reference centers.	
5.3 Develop, implement and monitor national research policy and plans in collaboration with academic and research institutions.	The availability of research policy with an implementation plan and indicators
5.4 Increase investment in research, innovation and development and its governance as an integral part of the national response to NCDs; allocate budgets to promote relevant research to fill gaps around the interventions.	The availability of NCD research budget plan
5.5 Strengthen national institutional capacity for research, and the competence of researchers to conduct quality research.	The availability of NCD research training plan
5.6 Strengthen the evidence-based decision making through NCD-related research.	
5.7 Track the domestic and international resource flows for research and national research output for the prevention and control of NCDs.	

## Implementation strategies

### 5.1 Increase investment in NCDs and risk factors research, innovation and development.

**5.1 KPI:** A proper budgeting system is proposed in order to cover research expenses and help implement useful projects and research.

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Prepare a list of the available stakeholders and funding companies that are willing to support research projects financially.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>MOH Research committee</li> <li>NCD unit team</li> </ul>	<ul style="list-style-type: none"> <li>A list of the available stakeholders and funding companies is prepared.</li> </ul>	In process						
2. Facilitate proper usage of the budget assigned for research expenses and help implement useful projects and research.		<ul style="list-style-type: none"> <li>Proper usage of the budget assigned for research expenses.</li> <li>useful projects and research are implemented.</li> </ul>							

### 5.2 Develop, implement and monitor national NCD research policy and plans

**5.2 KPI:** NCD related topics that lack research or need further exploration and update are identified.

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Develop national NCD research policy and plan.	<ul style="list-style-type: none"> <li>MOH research committee</li> <li>National NCD committee</li> <li>NCD unit team</li> </ul>	<ul style="list-style-type: none"> <li>Approved NCD research policy plan.</li> <li>National NCD researches are in progress.</li> </ul>	Ongoing						

**5.3 Strengthen national institutional capacity and competence for research (Make more effective use of academic institutions and multidisciplinary agencies to promote research, retain research workforce, incentivize innovation and encourage the establishment of national reference centers).**

**5.3 KPI:** NCD data, trained personnel and training are in place

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Encourage establishing a national reference center.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>MOH Research committee</li> <li>NCD unit team</li> </ul>	<ul style="list-style-type: none"> <li>NCD-related research areas are identified.</li> <li>List of all NCD related research is conducted previously is developed.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Utilize the available evidence based access for researches.		<ul style="list-style-type: none"> <li>Availability of access to evidence-based data.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. Identify the available resources and utilize them for research.		<ul style="list-style-type: none"> <li>Availability of training program to help conducting a quality research.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

**5.4 Track the national and international resource flows for research and national research output for prevention and control of NCDs**

**5.4 KPI:** Contact domestic and international health care institutes, universities and research institutions to explore their progress in research.

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Identify national and international health care institutes, universities and research institutions.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>MOH Research committee</li> <li>NCD unit team</li> </ul>	<ul style="list-style-type: none"> <li>Percentage of domestic and international health care institutes identified.</li> </ul>				planned			
2. Collaborate with domestic and international health care institutes, universities and research institutions to explore research flow and output in controlling and preventing NCDs.		<ul style="list-style-type: none"> <li>Percentage of domestic and international healthcare institutes that have been contacted.</li> <li>Percentage of response from the previously contacted institutes.</li> </ul>							

## 6. Strategic Objective

To monitor the trends and determinants of NCDs and evaluate progress in their prevention and control.

Goals	Indicators
6.1 Implement/strengthen the WHO NCD surveillance framework that monitors exposures (risk factors), outcomes (morbidity and mortality), and health system capacity and response (interventions).	1. A system for generating mortality by cause of death is in place and being used on a regular basis. 2. Cause-specific NCD mortality among the age group of 30–70 years is reported <sup>4</sup> . 3. A functioning population-based cancer registry is in place, with a published report within the past 5 years
6.2 Develop national targets and indicators based on WHO guidance.	A set of national targets and indicators abased on WHO guidance are place
6.3 Integrate surveillance and monitoring schemes for NCD into national health information systems.	The below surveys have been conducted within the past 5 years: <ol style="list-style-type: none"> <li>1. STEPS survey for NCDs and risk factors</li> <li>2. Global Youth Tobacco Survey</li> </ol>
6.4 Develop clear indicators to measure the engagement of non-health sectors.	A set of national indicators to measure the engagements of non-health sectors are in place.

**Key definitions:**

<sup>4</sup> Cause-specific NCD mortality among age group 30–70: Country reporting mortality of the 4 main NCDs by age group.

## Implementation strategies

### 6.1 Align national NCD–related targets and indicators with the emerging global and regional commitments in the area of sustainable development

#### 6.1 KPI: National NCD–related targets and indicators are in place and are aligned with the SDGs

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Develop a set of national indicators for prevention and control of individual NCDs and associated risk factors.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>NCD Unit team</li> <li>World health Organization</li> <li>Planning and Information Directorate</li> </ul>	<ul style="list-style-type: none"> <li>National NCD – related targets and indicators are in place</li> <li>National NCD – related targets and indicators are calculated</li> </ul>	Started 2013 and ongoing update as per the SDGs	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Align the indicators with the regional, global and SDG set of indicators.	<ul style="list-style-type: none"> <li>Salmaniya Medical Complex</li> <li>Primary Health Care</li> <li>Nutrition section</li> </ul>	<ul style="list-style-type: none"> <li>Calculated national NCD –related targets and indicators are reported</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. Ensure that the numerators and denominators for the set of indicators are being included in the electronic file and surveys and are measured on regular basis at least annually.	<ul style="list-style-type: none"> <li>School health</li> <li>Health Promotion Directorate</li> <li>Antismoking and Tobacco Group or Tobacco control group</li> </ul>		Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
4. Ensure that the annual indicators undergo proper calculation, improvement and are reported.	<ul style="list-style-type: none"> <li>Cancer registry team</li> </ul>		Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

## 6.2 Expand achievements of the integrated healthcare system I-SEHA,

### 6.2 KPI: The electronic health file is fully implemented

Action/ process	Assigned section	KPI	2019	2020	2021	2022	2023	2024	2025
1. Develop an electronic health file.	<ul style="list-style-type: none"> <li>National NCD committee</li> <li>NCD Unit team</li> <li>World health Organization</li> </ul>	<ul style="list-style-type: none"> <li>Fully implemented electronic health file.</li> </ul>	Started 2013 and ongoing annually	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
2. Ensure that the numerators and denominators for the set of NCD prevention and control national indicators are being included in the electronic file and are measurable on regular basis at least annually.	<ul style="list-style-type: none"> <li>Planning and Information Directorate</li> <li>Salmaniya Medical Complex</li> <li>Primary Health Care</li> <li>Nutrition section</li> <li>School health</li> </ul>	<ul style="list-style-type: none"> <li>The numerators and denominators for the set of NCD prevention and control national indicators are being included in the electronic file and are measurable on regular basis.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
3. Work with the partners to improve the national electronic file.	<ul style="list-style-type: none"> <li>Health Promotion Directorate</li> </ul>	<ul style="list-style-type: none"> <li>The national electronic file BI is improved.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing
4. Develop a more comprehensive national NCD registry (electronic file).	<ul style="list-style-type: none"> <li>Antismoking and Tobacco Group or</li> <li>Tobacco control group</li> <li>Cancer registry team</li> </ul>	<ul style="list-style-type: none"> <li>A comprehensive national NCD registry is developed.</li> </ul>	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing