WHO GCM/NCD Working group on health literacy for NCDs
The World Medical Association

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NCD Approaches

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Key Takeaways
Who we are

- Founded September 18th, 1947 in Paris
- Representing 9 million physicians worldwide
- Over 110 National Medical Association members
What we do

Ethical Guidance  Advocacy & Representation  Service & Outreach
Acting on behalf of patients and physicians worldwide, the WMA endeavors to achieve the highest standards of:

- Ethical medical care
- Education
- Health-related human rights for all
NCD APPROACHES

COMMUNICATION WITH PATIENTS
Important for prevention and health promotion in NCDs

What can physicians do to address SDH?

A physician's role in these initiatives are imperative
WORLD HEALTH PROFESSIONS ALLIANCE WHPA

- Educate individuals on positive behaviour and lifestyle changes
- Empower individuals work with their HP to establish personal health goals and to track their progress
- For health professionals
- And patients
- All health settings and beyond
Health Improvement Card components:

- **Health Improvement Card:**
  - lifestyle + body measures = disease risk
  - Action plan and goals targeting risk factors

- **Two Guides with background information**
  - Patients and the public
  - Health professionals
### Blometrics scorecard

- Helps you track measurable risk indicators which could over time damage your health, potentially leading to cancers, diabetes, respiratory diseases, heart disease, mental health problems, and oral diseases.
- Allows your health professional to help support you with information, advice, treatments (when indicated) and care.
- Enables you to improve your health through your own personalised action plan.

#### BODY MASS INDEX
- **Goal**: 18.5 - 24.9
- **Caution**: 25 - 29.9
- **High Risk**: 30 or greater

#### FASTING BLOOD SUGAR
- Less than 100 mg/dL
- 100 - 125 mg/dL or treat to goal
- 126 mg/dL or more

#### CHOLESTEROL
- Less than 200 mg/dL untreated
- 200 - 239 mg/dL or treat to goal
- 240 or more mg/dL

#### BLOOD PRESSURE
- SBP less than 120 mmHg and DBP less than 80 mmHg
- SBP 120 - 139 mmHg and DBP 80 - 89 mmHg
- SBP more than 140 mmHg and DBP more than 90 mmHg
Speaking books:

- Facilitate communication with patients:
  - High blood pressure
  - Tobacco cessation
  - Cancer in kids
  - Kids in hospital
  - Clinical trials
WMA online training courses:

- Social Determinants of Health
- NCD - tobacco cessation
KEY TAKEAWAYS
1. Communication with patient is crucial
   • It needs to be trained in pre-clinic education
   • HP needs tools for communication
2. Individual patient
   • Patient should be in the focus
   • SDH needs to be taken into account
3. WMA communication & training tools
   • Online training
   • Speaking books
   • Health improvement card
QUESTIONS?