

# **Strengthening Universal Health Coverage to Reduce the Burden of Chronic Diseases**

**Dr. Karen Sealey**

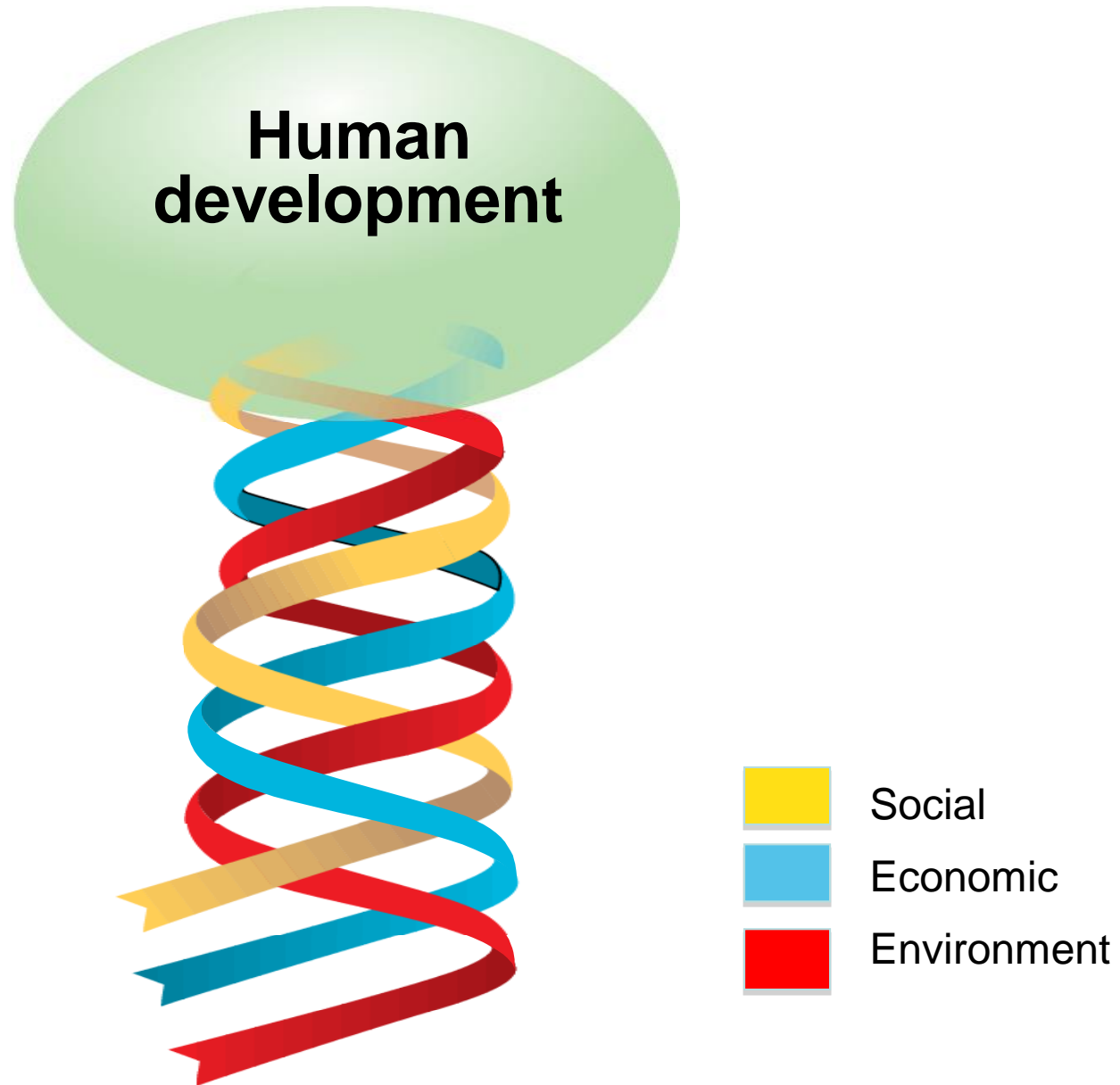
9th Caribbean Health Financing Conference

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# *Outline*

- ❖ NCD as Development Issue – quick reminder
- ❖ Principles of UHC
- ❖ NCD Burden in the Caribbean - a snapshot
- ❖ NCD & UHC Challenges in Caribbean context
- ❖ Proposals for regional action

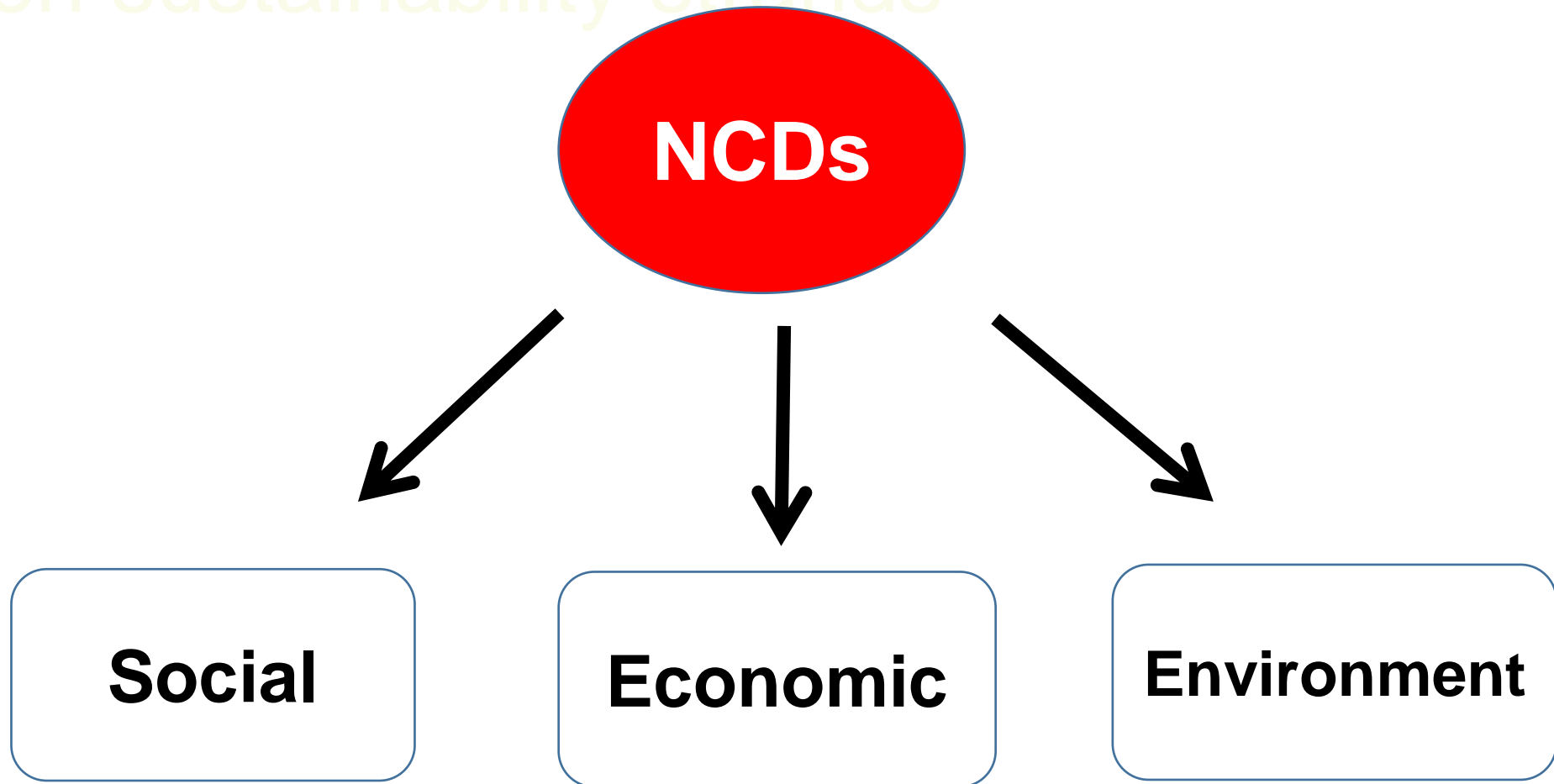
Sustainable  
Development  
is more than  
about the  
environment



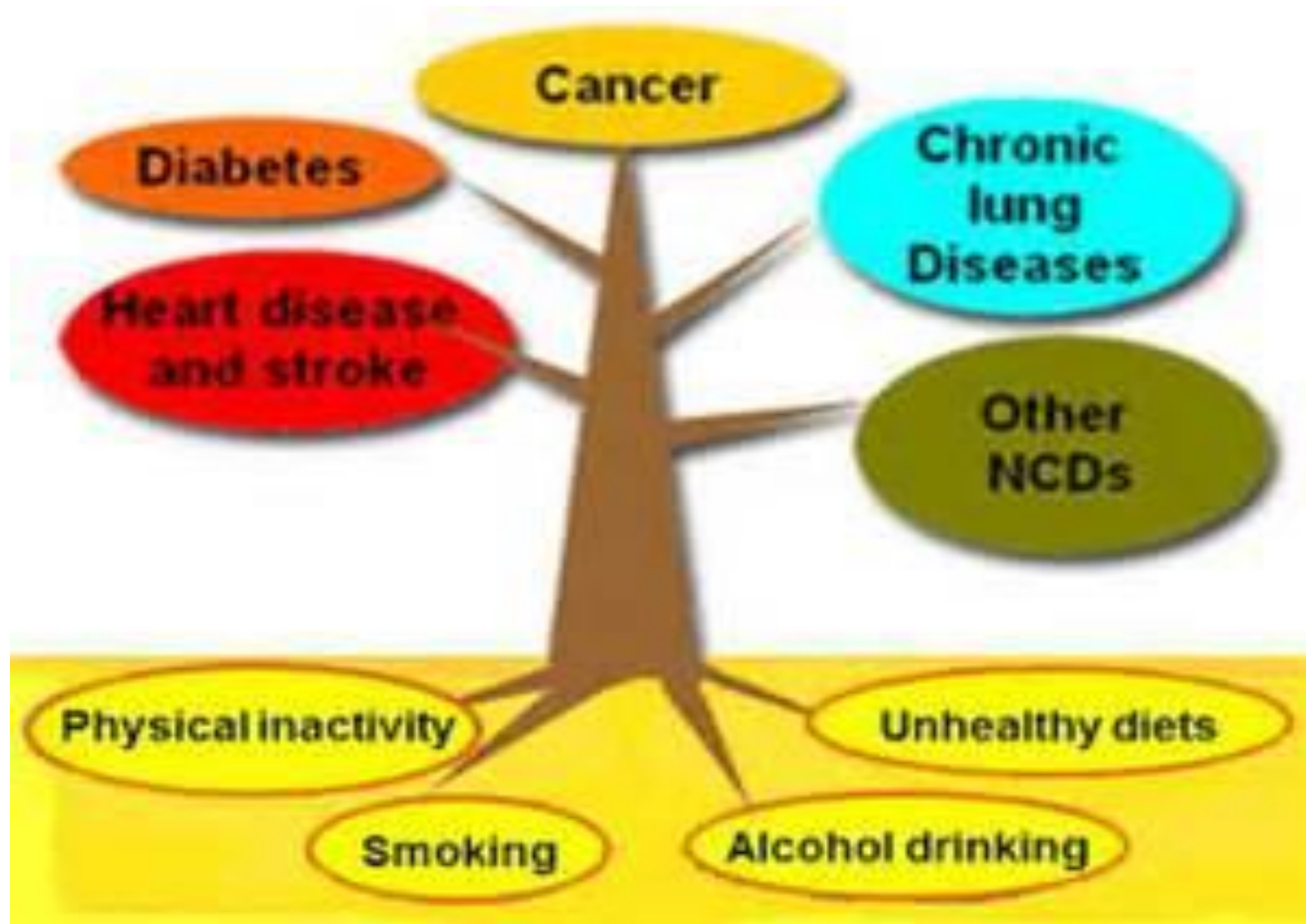
- Health is **an end** of Human Development
- Health is **an instrument** of Human Development
- Health is **one component of the social strand:** (health, education, political freedom etc.)

**NCDs can make human development unsustainable through negative impact on health as well as on the three strands of the helix**

# NCDs on sustainability strands



**Note also the reverse causality**

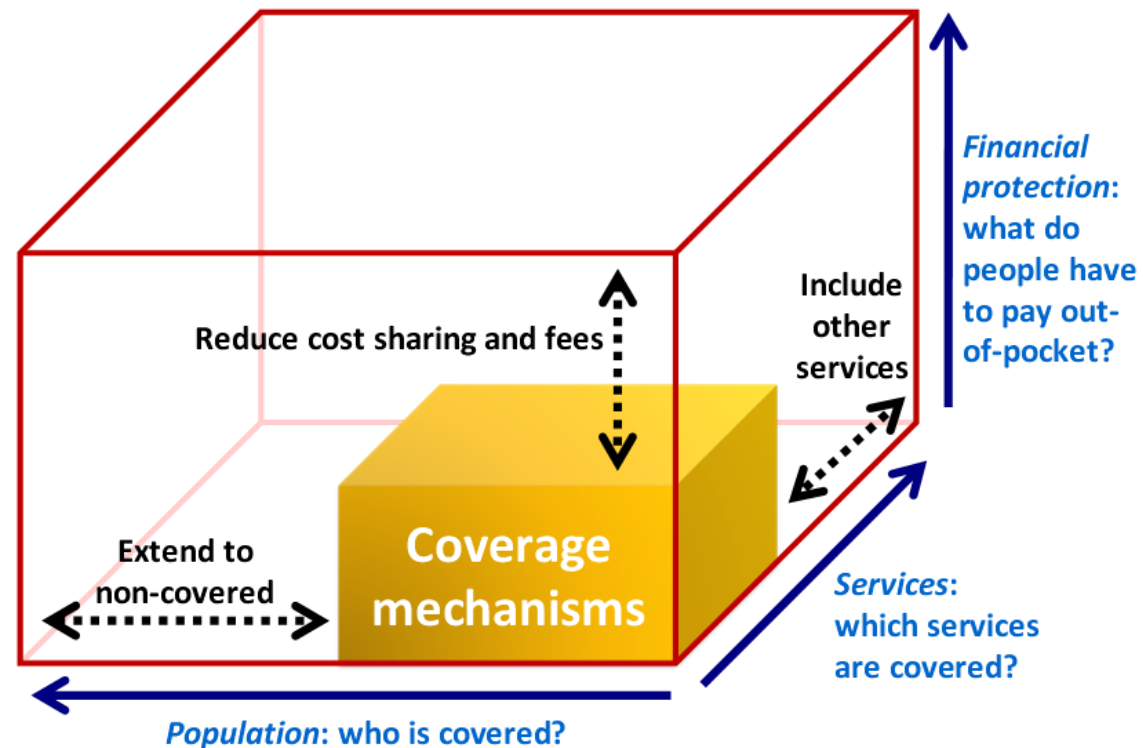


*“UHC is the single most powerful concept that public health has to offer...the umbrella concept that demands solutions to the biggest problems facing health systems...”*

– Dr. Margaret Chan, WHO, May 2012

# Three dimensions of UHC

Towards universal coverage





# UNIVERSAL HEALTH COVERAGE

All people should have access, without discrimination, to,

...nationally determined sets of the needed promotive, preventive, curative and rehabilitative basic health services

...essential, safe, affordable, effective and quality medicines.

At the same time, it must be ensured that the use of these services

does not expose the users to financial hardship, with a special

emphasis on the poor and populations living in vulnerable situations

# Sustainable Development Goals and Targets\*

## ***Goal 3. Ensure healthy lives and promote well-being for all at all ages***

3.4 ...reduce by one third premature mortality from **non-communicable diseases** through prevention and treatment ...

3.5 Strengthen the prevention and treatment of...**harmful use of alcohol**

3.8 Achieve **universal health coverage**, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all

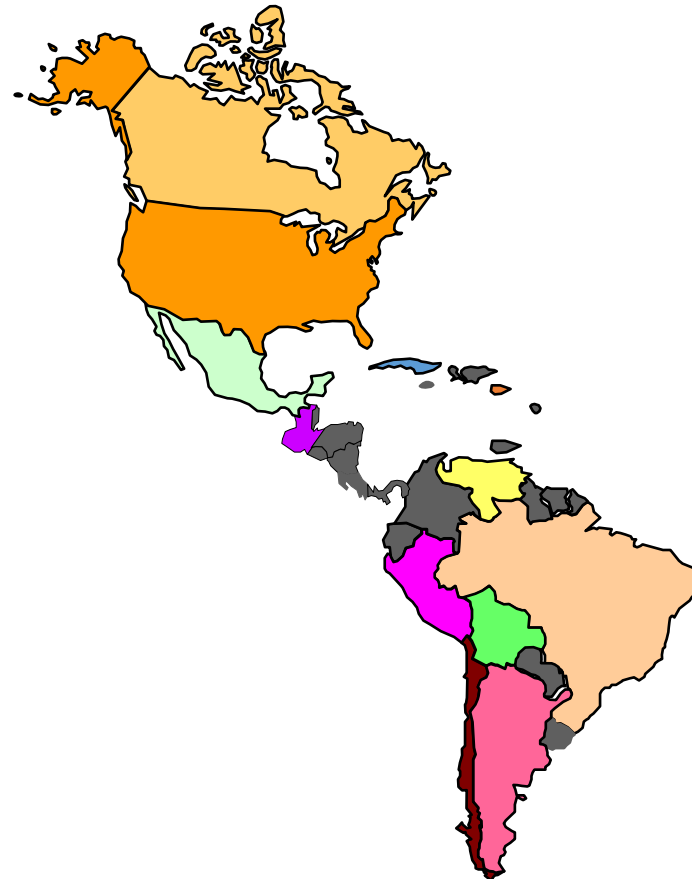
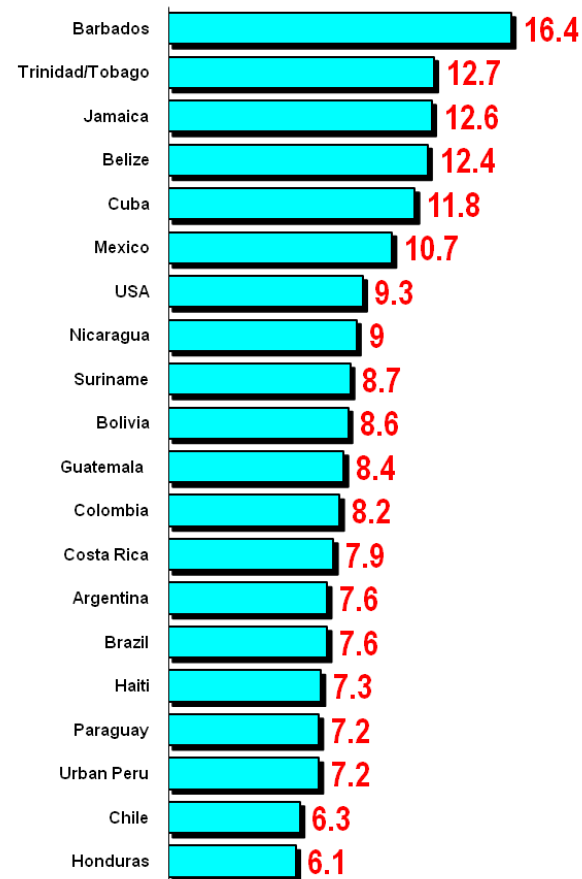
3.a Strengthen the implementation of the **WHO Framework Convention on Tobacco Control** in all countries, as appropriate

3.b ...provide **access to affordable essential medicines and vaccines**, ...and, in particular, provide access to medicines for all

3.c Substantially **increase health financing** and the recruitment, development, training and retention of **the health workforce in developing countries, especially in least developed countries and small island developing States**

\*Report of the Open Working Group of the General Assembly on Sustainable Development Goals A/68/970

# Prevalence (%) of diabetes among adults in the Americas

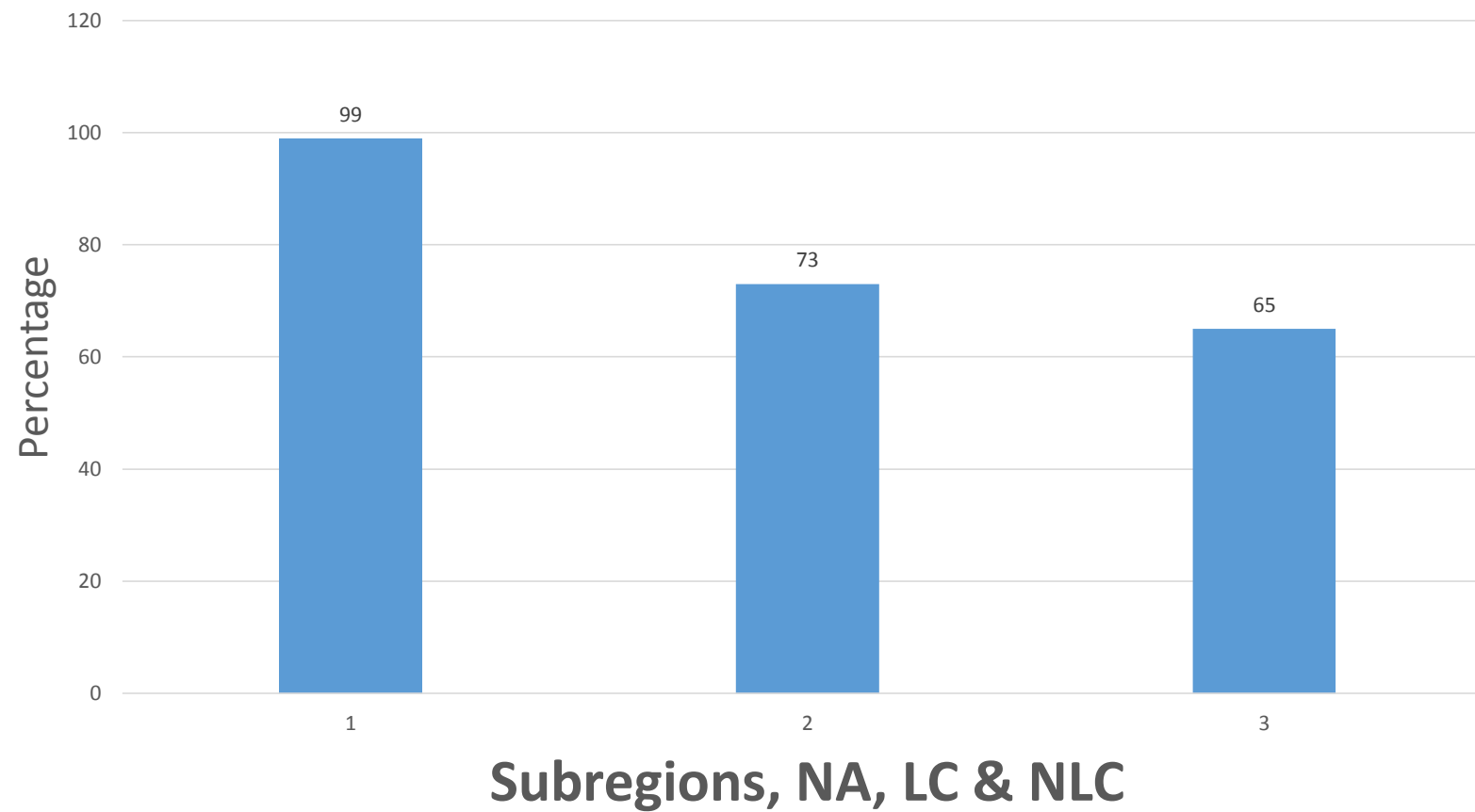


# Approx. 40% Caribbean people live with an NCD

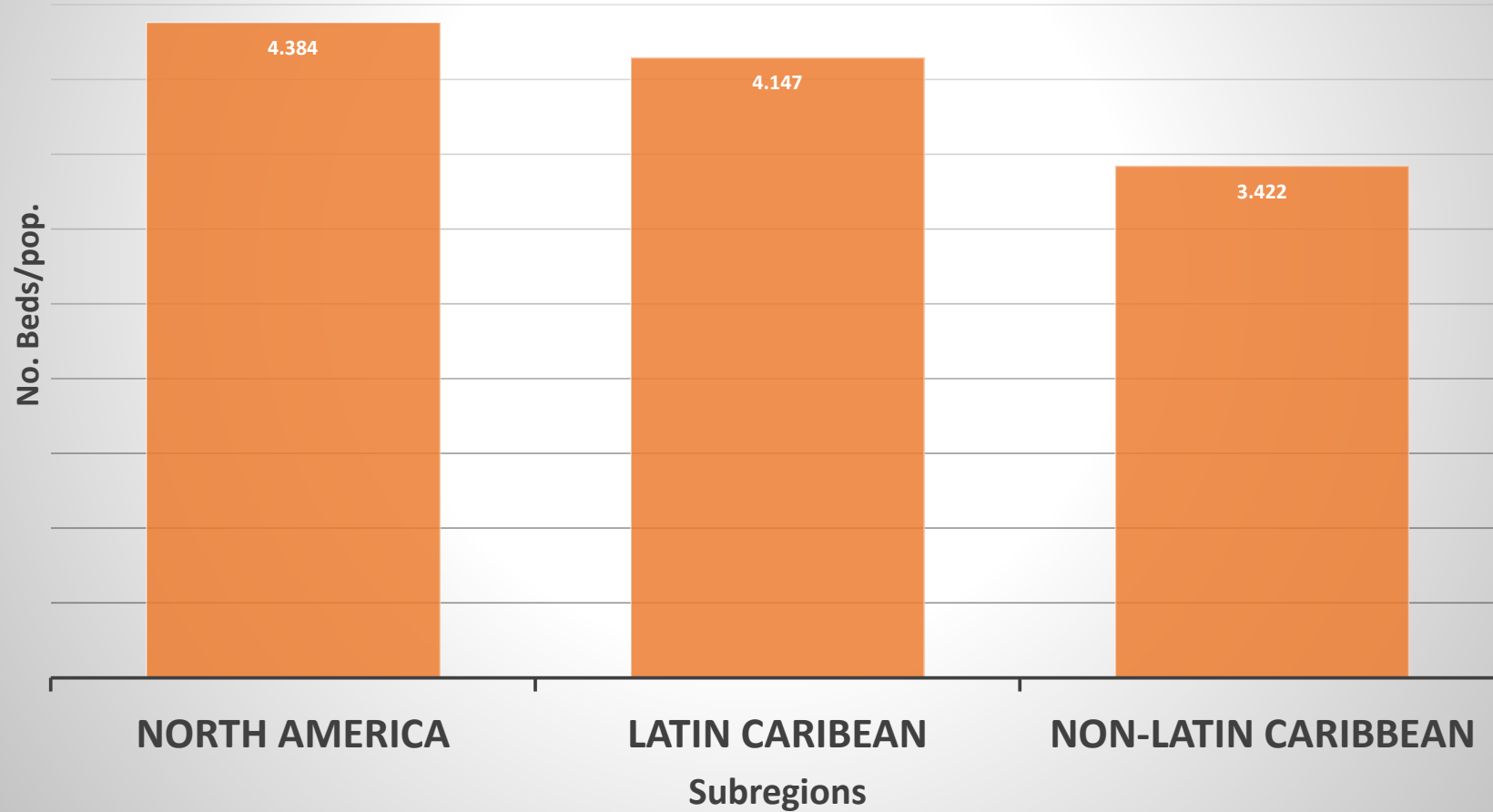
## **...in most countries of Caribbean**

- Almost half of those with diabetes and one third of those with hypertension are undiagnosed
- More than half of those with diagnosed diabetes and one fourth of those with diagnosed hypertension are uncontrolled
- Almost one third of those with diagnosed diabetes and half of those with diagnosed hypertension do not take appropriate medication

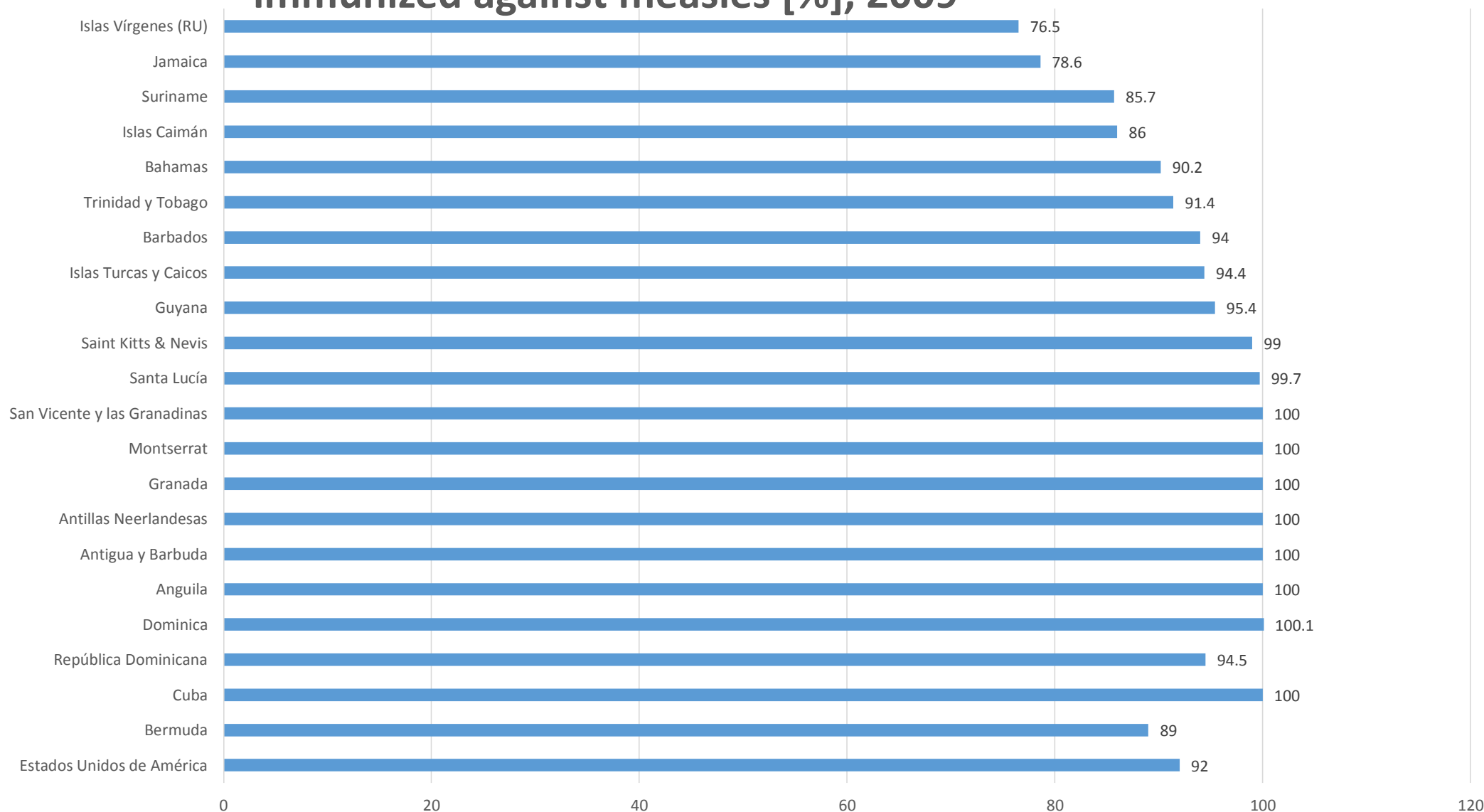
# Coverage ANC from 1st Trimester, 2007



# Hospital beds per 1000 population, 2008



# Proportion of population of 1 year of age immunized against measles [%], 2009



| <b>COUNTRY</b> | <b>Health<br/>Expenditure<br/>%GDP (2011)</b> | <b>Physicians<br/>/nurses per<br/>1000*</b> | <b>Under 5<br/>mortality</b> | <b>IMR</b> | <b>Out of pocket<br/>hlth exp. %<br/>private hlth<br/>exp.</b> |
|----------------|---|---|------------------------------|------------|--|
| Caribbean HIC  |   |   |                              |            |  |
| BAR            | 6.3 (938)                                     | 1.811/4.856                                 | 15                           | 13         | 100  |
| TTO            | 5.1 (972)                                     | 3.562/1.959                                 | 23                           | 14         | 81   |
| Caribbean UMIC |   |   |                              |            |  |
| JAM            | 5.9 (318)                                     | 0.411/1.092                                 | 18                           | 14         | 71   |
| BEL            | 5.8 (259)                                     | 0.828/1.959                                 | 18                           | 14         | 70   |
| Caribbean LMIC |   |   |                              |            |  |
| GUY            | 6.6 (235)                                     | 0.214/0.531                                 | 39                           | 30         | 92   |
| Caribbean LIC  |   |   |                              |            |  |
| HAI            | 6.4 (53)                                      | 0.25/1.107                                  | 77                           | 55         | 34   |
|                |   |   |                              |            |  |
| Chile          | 7.2   | 1.024/0.144                                 | 9                            | 7          | 64   |
| Costa Rica     | 10.16   | 1.113/0.771                                 | 10                           | 8          | 91   |
| Cuba           | 8.6   | 6.723/9.053                                 | 6                            | 5          | 100  |



We know what to do!

# NCD & UHC: No lack of Strategies - UN, WHO and PAHO

- Cardiovascular Disease, especially Hypertension (CD42.R9, 2000);
- Framework Convention for Tobacco Control (WHA56.1, 2003);
- Global Strategy on Diet, Physical Activity, and Health (WHA57.17, 2004);
- Cancer Prevention and Control (WHA58.22, 2005)
- Regional Strategy and POA on Nutrition in Health and Development, 2006-2015 (CD 47/18)
- Regional Strategy on Health Promotion (CD 47/16)
- Regional Strategy and POA for Integrated Approach to Prevention and Control of Chronic Diseases, including Diet, Physical Activity and Health, September 2006
- Political Declaration of the UN HLM on Prevention and Control of NCDs, 2011
- WHO NCD Global Action Plan, 2013 – 2020 & Global Monitoring Framework
- PAHO Strategy for Universal Access to Health and Universal Health Coverage, CD53/5, Rev. 2, 2014

# WHO Package of Essential NCD Interventions (PEN Package)

## Population-based interventions addressing NCD risk factors

### **Tobacco use:**

Tax increases; smoke-free indoor workplaces and public places; health information and warnings about tobacco; bans on advertising and promotion.

### **Harmful alcohol use:**

Tax increases on alcoholic beverages; comprehensive restrictions and bans on alcohol marketing; restrictions on the availability of retailed alcohol.

### **Unhealthy diet and physical inactivity:**

Salt reduction through mass media campaigns and reduced salt content in processed foods; replacement of trans-fats with polyunsaturated fats; public awareness program about diet and physical activity.

## Individual-based interventions addressing NCDs in primary care

### **Cancer:**

Prevention of liver cancer through hepatitis B immunization; prevention of cervical cancer through screening (visual inspection with acetic acid [VIA]) and treatment of pre-cancerous lesions.

### **CVD and diabetes:**

Multi-drug therapy (including glycemic control for diabetes mellitus) to individuals who have had a heart attack or stroke, and to persons with a high risk (>30%) of a CVD event in the next 10 years; providing aspirin to people having an acute heart attack.

# Strategic Plan of Action for the Prevention and Control of Non-Communicable Diseases for countries of the Caribbean Community 2011 - 2015

Pan American Health Organization/World Health Organization  
Caribbean Community Secretariat

January 2011



# PAHO Strategy for universal access to health & universal health coverage

Expanding equitable access to comprehensive, quality, people- and community-centered health services

Strengthening stewardship and governance

Increasing and improving financing, with equity and efficiency, & advancing toward the elimination of direct payment at the point of service

Strengthening intersectoral coordination to address social determinants of health

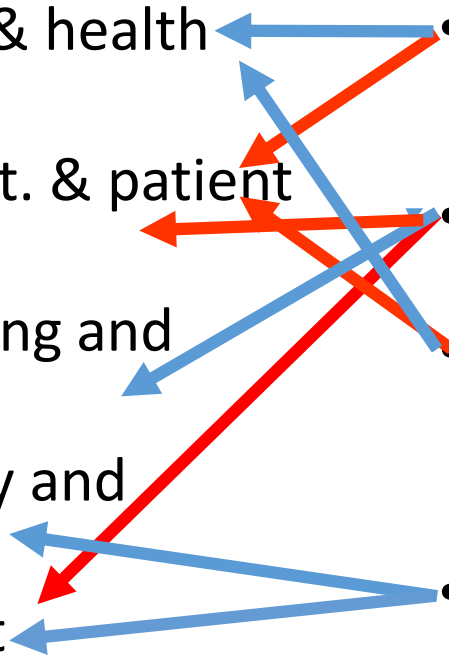
# How can strengthening UHC reduce burden of NCD?

## CARICOM NCD Plan 2011-15

1. Risk Factor reduction & health promotion
2. Integrated disease mgt. & patient self-mgt. education
3. Surveillance, Monitoring and evaluation
4. Public policy, advocacy and communications
5. Program management

## UHC Strategies

- Expanding equitable access to comprehensive, quality, people- and community-centered health services
- Strengthening stewardship and governance
- Increasing and improving financing, with equity and efficiency, & advancing toward the elimination of direct payment at the point of service
- Strengthening intersectoral coordination to address social determinants of health





# UHC for NCDs in Caribbean: Opportunities & Threats

## OPPORTUNITIES

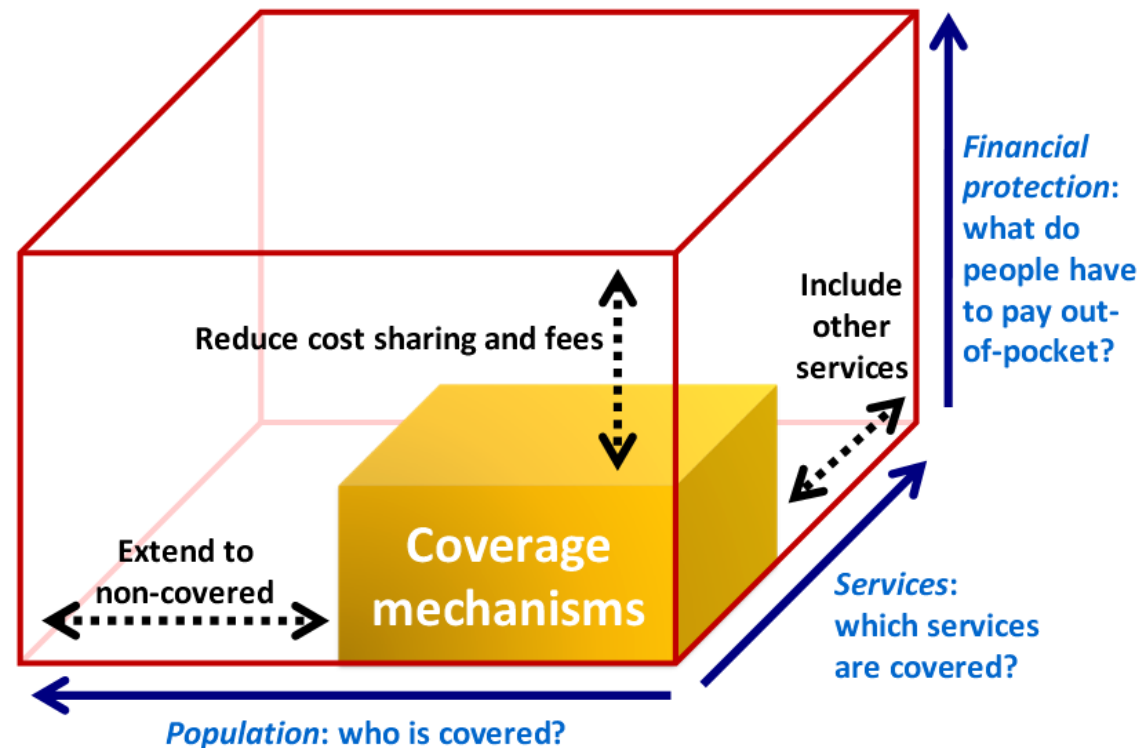
- ✓ Network of PHC facilities
- ✓ Successful immunization programs
- ✓ Existing aspiration of “free” services
- ✓ Sharing of services, training
- ✓ Lessons from HIV experience
- ✓ Healthy ICT infrastructure
- ✓ History of innovative solutions
- ✓ Focus of global attention

## THREATS

- Nature of SIDS
- “Quadruple” burden of disease
- Systemic:
  - Poor performance in key EPHF
  - Public-private sector relationships
  - Curative focus
  - Increasing costs
- Sustainability of drug schemes
- Increased knowledge and expectations of clients

# Three dimensions of UHC

Towards universal coverage





# In the Caribbean: who is covered... everyone?

Availability does not Access make

## Barriers:

- Age, gender/sexual orientation; social status; language; cultural; religious
- Resident status
- Disability: physical or mental
- Type of illness
- Geographic and transport constraints
- Financial constraints beyond cost of services
- Disconnect between availability of facility, functioning technology, drugs, & trained manpower

# In Caribbean:

## Which NCD related services covered universally?

- ✓ Health promotion: mass communication campaigns; school health programs, surveillance??
- ✓ MCH well established – need to optimize for NCD risk management
- ✓ Screening & Prevention – diabetes, hypertension, obesity, cancer Cx & breast – limited not consistent
- ✓ Integrated Management/Treatment: CHRC guidelines, increasingly drugs, incorporating allied health services (nutrition, social worker, optometrist) not standard in PHC teams on national basis
- ✓ Sexual/reproductive health > family planning; opportunity for screening
- ✓ Programs for associated communicable Diseases: HIV and Tb, still vertical in the main

# Leverage HIV experience

“The programs aim to leverage principles borrowed from AMPATH’s HIV experience to geographically decentralize clinical services to literally bring screening and community health education to people’s homes by going door-to-door, task-distribute care from doctors and nurses to community health workers, and strategically use smart phones to help task-distribute.”

*Dr. Rajesh Vedanthan, Cardiologist, Mount Sinai School of Medicine  
Academic Model Providing Access to Healthcare, AMPATH  
Atlantic, October 30, 2014*

# In the Caribbean: How are costs covered?

- General taxation
- Earmarked taxes: little movement in cigarette tax rates
- Private Insurance: what incentives exist
- Out of Pocket
- Sponsorship from private sector, national & international NGOs

**RECOGNIZE PROGRESS IN “PROGRESSIVE UNIVERSALISM”**

# Many regional initiatives have potential for improving quality of services...

- ✓ CARPHA;
- ✓ Evaluation POS Declaration
- ✓ Strategic Framework on HIV and AIDS (CRSF) 2014-18
- ✓ Laboratory Accreditation Policy Framework (CMLF)
- ✓ Regulation of Health Professions and Occupations (RENr, CAMC, CAAM – HP)
- ✓ Pharmaceuticals/Caribbean Regulatory System; OECS Drug Procurement
- ✓ Clinical guidelines (CVD, Diabetes, asthma)

# UHC for NCDs: recommended regional action for “leapfrogging” in C21

1. Core Caribbean Package: define, commit, & inform
2. Maximize joint purchasing high cost NCD medicines & technologies: PAHO Strategic fund; sharing of prices
3. RHIS... time for action!
4. Beyond guidelines – regional approach to auditing of quality & progress in establishing diabetes services (first phase)
5. Resource mobilization: strategic link to global initiatives that target different age & vulnerable groups
6. Empower Caribbean Community: let global monitoring result in more regional, national and community dialogues

# UHC for NCDs:

## Recommendations for regional action

7. Accelerate conduct of National Health Accounts; establish Caribbean health financing and economic database
8. CARICOM Ministers of Health and Finance Meeting on UHC and NCDs issues;
9. Regional biannual forum: all sectors; actors including CBO; implementers; policy makers, academia
10. Advocate for “healthy workforce/healthy community” as integral component of business model in private sector



A tropical beach scene at sunset. The sky is filled with vibrant orange, yellow, and pink clouds. Several tall palm trees are silhouetted against the bright sky. In the foreground, a group of people are gathered on the sandy beach. Some are standing and talking, while others are sitting at small white tables with white chairs. A large white umbrella is visible on the right side of the frame. The overall atmosphere is warm and relaxed.

**THANK  
YOU!**