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## Introduction

- Non-Communicable Diseases account for 70% of all deaths globally, more than all other causes combined.
- Four main types: cardiovascular diseases, cancers, diabetes and chronic lung diseases.
- 86% of deaths from NCDs are in low- and middle-income countries.

## Objective of the Study

Develop official Peace Corps strategy to combat NCDs.

## Questions

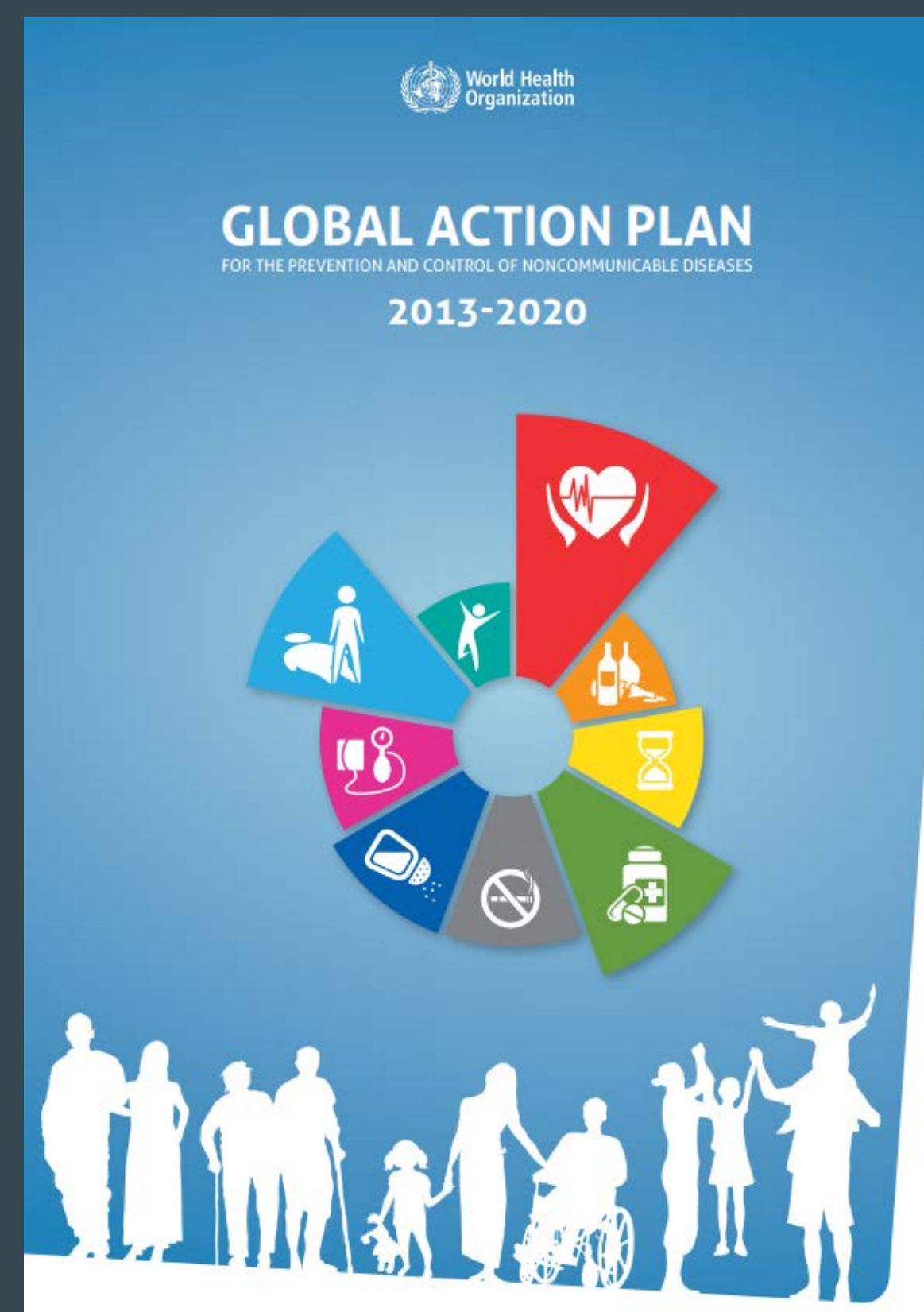
- What is the general understanding of Peace Corps volunteers?
- To what extent can Peace Corps Volunteers work to prevent NCDs?

## Methods

- Data analysis of Peace Corps volunteer activities.
- Literature review of work by other organizations.
- Write Peace Corps strategy for volunteers to follow.










## Results

- There are many policy efforts but few direct actions to combat NCDs.
- World Health Organization Standards
- Role of prevention in NCD work



- According to World Bank data, worldwide, between 82,000 and 99,000 young people start smoking every day.
- Globally, 80% of adolescents do not get enough physical activity and often use drugs, smoke or drink alcohol.



	A <b>25%</b> relative reduction in risk of premature mortality from cardiovascular diseases, cancer, diabetes, or chronic respiratory diseases.
	At least <b>10%</b> relative reduction in the harmful use of alcohol, as appropriate, within the national context.
	A <b>10%</b> relative reduction in prevalence of insufficient physical activity.
	A <b>30%</b> relative reduction in mean population intake of salt/sodium.
	A <b>30%</b> relative reduction in prevalence of current tobacco use in persons aged 15+ years.
	A <b>25%</b> relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances.
	<b>Halt the rise</b> in diabetes and obesity.
	At least <b>50%</b> of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes.
	An <b>80%</b> availability of the affordable basic technologies and essential medicines, including generics, required to treat major noncommunicable diseases in both public and private facilities.

Source: WHO Global NCD Action Plan 2013-2020 Voluntary Targets.

## Discussion

- Death count will continue to grow if NCDs are left unchecked.
- While policy updates and recommendations are important, the physical efforts to address NCDs must take a larger role in NCD prevention.

## Conclusion

- The key to NCD efforts is prevention through efforts addressing youth and adolescent habits and lifestyles.
- Peace Corps volunteers can work on prevention through after-school programs, mothers groups, and community outreach.
- NCD work can be integrated into many pre-existing programs with a simple additional emphasis on the importance of NCD prevention at a young age.

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