



**World Health  
Organization**

**IUMSP**

University Institute of Social and Preventive Medicine  
University Hospital Center & Faculty of Biology and Medicine

The **SEMINAR FACULTY**: A core of approximately 20 international faculty and experts from several universities, leading public health institutions, and the WHO.

The **SEMINAR PARTICIPANTS**: A group of approximately 25 participants from countries around the world. Priority for participation will be given to professionals who are national managers or likely to be so, working in Ministries of Health or in national public health institutions. Good knowledge of epidemiology and statistics is an advantage but not a requirement.

**LANGUAGE**: The seminar is held in English. Fluency in English is a prerequisite.

**FREQUENCY OF SEMINAR**: The seminar is organized every year once or twice depending on the demand for strengthening public health expertise related to NCD prevention, particularly in LMIC.

**APPLICATION TO ATTEND THE SEMINAR**: Applications, including a CV, should be sent to WHO, possibly through regional offices, or to IUMSP (see email addresses below). Selection of participants will be made jointly by IUMSP and WHO and will depend on various factors, including participants' background, geographical criteria, needs at country level, etc.

**LOCATION OF THE SEMINAR**: The seminar takes place in Lausanne at the 3-star hotel Aulac, which is situated on the shore of Lake Lemman (Lake Geneva), 10 minutes from the city center. During one day, the training will take place at the head quarters of WHO in Geneva.

**TRAVELING FROM GENEVA AIRPORT TO THE SEMINAR SITE IN LAUSANNE**: In Geneva airport, take a train to Lausanne. Trains travel to Lausanne every 20-30 minutes from 5 am to 12 pm and the duration of the journey is ~35-40 min. The railway station in Geneva airport is located 500 meters from the point where you collect your checked luggage. Train tickets can be purchased at booths or using automatic machines (~\$25 one way) or in the train (with a ~\$10 surtax); no reservation is needed. Get off the train in Lausanne. A metro station is situated in front of the railway station in Lausanne. Take a metro (every 3-7 min; 5 am to 12 pm) heading in the direction of "Ouchy" (=last station in the direction of the lake). The hotel Aulac is located ~100 meters left from the "Ouchy" metro station exit.

**TRAVEL, ACCOMODATION, TUITION FEES, AND PER DIEM**: Travel to the seminar site (Hotel Aulac in Lausanne) shall be organized and funded by the participants or participants' sponsors. There is no tuition fee for participants selected by IUMSP/WHO. Accommodation (except dinner) and a \$40 daily per diem will be provided to all participants. A welcome dinner and a farewell dinner will be organized.

**MISCELLANEOUS**: In March, the temperature ranges from 0 to 15° Celsius. While there is no gym/fitness facility in the hotel, it is convenient and safe to jog or walk along the lakeside and in several nearby magnificent public parks. All participants will receive a pass to use bus/metro in town.

#### **INFORMATION:**

Dr Pascal Bovet (IUMSP, Lausanne): [bovet.pascal@gmail.com](mailto:bovet.pascal@gmail.com)

Dr Nick Banatvala (WHO, Geneva): [banatvalan@who.int](mailto:banatvalan@who.int)

Mrs. Filomena Jacquier (IUMSP, Lausanne): [filomena.jacquier@chuv.ch](mailto:filomena.jacquier@chuv.ch)

IUMSP: [www.iumsp.ch](http://www.iumsp.ch); WHO: [www.who.int](http://www.who.int); Hotel Aulac: [www.aulac.ch](http://www.aulac.ch); also search for "Lausanne" in Google, etc.



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## **5<sup>th</sup> WHO – IUMSP International Seminar on the Public Health Aspects of Noncommunicable Diseases**

**Hotel Aulac, Lausanne  
Switzerland**

**5 – 10 September 2011**

### **Mission and objectives**

**organized by:**

**The World Health Organization  
and  
the University Institute of Social and  
Preventive Medicine, Lausanne  
(a WHO collaborating center)**

**with the support of:**

**the Swiss Tropical and Public Health  
Institute, Basel (Switzerland)**

To provide an overview of the epidemiology of noncommunicable diseases (NCDs) and the public health approaches for the prevention and control of these diseases, with a focus on the low and middle income countries.

Emphasis is given to the WHO Global Strategy for the Prevention and Control of NCDs and the implications for development of national programmes.

The seminar is designed to strengthen global interdisciplinary capacity by training personnel in Ministry of Health and allied organizations in designing evidence-based, locally-appropriate national NCD policies and programmes for the prevention and control of NCDs.

## BACKGROUND

Noncommunicable diseases (NCD), principally cardiovascular diseases, diabetes, cancers, and chronic respiratory diseases currently account for 35 million deaths worldwide. This figure represents 60% of all deaths globally, 80% of which occur in low- and middle-income countries (LMIC). Approximately 16 million deaths involve people under 70 years of age. Total deaths from NCD are projected to increase by a further 17% over the next 10 years.

Throughout the life course, inequities in access to protection, exposure to risk, and access to care are the cause of major inequalities in the occurrence and outcome of NCD. By affecting poor and disadvantaged populations disproportionately, the NCD burden contributes to widening health and social gaps between and within countries.

A vast body of knowledge and experience shows that NCD are largely preventable using effective interventions that tackle shared risk factors and risk behaviors, particularly tobacco use, unhealthy diet, and physical inactivity. National policies in sectors other than health have a major bearing on the risk factors for NCD. Health gains can be achieved more readily by influencing public policies in sectors like trade, taxation, education, agriculture, urban development, food and pharmaceutical production than by making changes in health policy alone. National authorities should, therefore, adopt an approach to the prevention and control of NCD that involves all government departments. In addition, improved disease management can reduce morbidity, disability, and death and contribute to better health outcomes.

Hence, countries should consider establishing or strengthening policies and programmes for NCD prevention and control as an integral part of their national health policy and broader development frameworks. Advocacy, technical support, and capacity building are top priorities to advance such programs and policy at the country level, particularly in LMIC. Such programmes should include:

- the development of a national multisectoral framework for the prevention and control of NCD;
- the integration of the prevention and control of NCD into the national health development plan;
- the reorientation and strengthening of health systems, enabling them to respond more effectively and equitably to the health-care needs of people with NCD.

One key gap in the area of NCD prevention, particularly in LMIC, is the scarcity of health professionals with adequate experience in the epidemiology and public health aspects required to manage national and sub-national programmes. Many managers or focal persons of NCD programs at the Ministry of Health or in other public health agencies often lack adequate expertise in policy development and programme management. **This seminar aims at addressing this gap.**

## THE SEMINAR

**Training and knowledge update:** The seminar is intended to focus on the major NCDs, their key risk factors and determinants, and the key public health and high risk interventions. It will provide an opportunity for participants to become leaders in public health through delivery of a cutting edge curriculum given by internationally recognized faculty from universities and public health institutions plus experts from WHO to link evidence and international expertise in NCD prevention and control to the WHO Global Strategy and Action Plan for the Prevention and Control of NCD.

**Networking:** The seminar will provide an environment that fosters the development of a global collaborative network as the seminar participants forge bonds with each other and with an international faculty of experts.

**Taking action:** The programme includes meetings with senior experts in NCD and public health to discuss the management of participants' national or sub-national prevention programmes and their further development. In addition, participants will develop project concepts which they will present to the group at the end of the seminar and which are intended to serve as a resource for further development of NCD program and policy in their own country.

One key aspect of the Seminar is "**training the trainers**". Participants will receive training in how to teach the technical material they will be learning at the Seminar. All presentations and course materials will be given to the participants on electronic media. Participants will be awarded a certificate upon completion of the Seminar.

## KEY COMPONENTS OF THE SEMINAR

- **Overview of major NCDs and their risk factors and determinants:** Formal presentations (typically 20 min) followed by 10-20 min discussion will focus on various aspects of cardiovascular disease, cancer, and diabetes to address the epidemiology, burden and trends of these diseases; their common risk factors; and the main public health and primary health care approaches to reduce risk.
- **Public health approaches to NCDs:** Lectures and structured discussions will address the strategies for the prevention and control of NCDs, with a focus on primary prevention approaches at a national or sub-national level, with emphasis on the WHO Global Strategy and Plan of Action.
- **The evidence base for NCD prevention and control:** Participants will be given an overview of the current evidence base on what works in NCD prevention and control, with a focus in LMIC, inclusive cost-effectiveness analysis for policies, programmes, and interventions.
- **Surveillance:** Surveillance is a key mechanism for guiding programmes and policy. Lectures and discussion will address principles and broad methods for surveillance of NCD and their risk factors and determinants, including cancer registry.
- **Research:** Participants will discuss priorities for research on NCD in LMIC, including the needs for generation of new evidence, operational research, and evaluation of intervention programmes.
- **Monitoring and evaluation:** Principles of monitoring and evaluation will be discussed, including providing specific indicators and targets, so that participants learn to build monitoring and evaluation into NCD prevention and control plans and programs. Surveillance, research, monitoring and evaluation will be key areas to be addressed in projects requested from the work groups.
- **New technologies:** Presentations will be made and hands-on instruction offered on the use of technologies and software for NCD prevention and control, including resources available for training and sharing information.
- Lectures and discussions will address several important processes related to advancing NCD prevention and control at country/sub country level, including **leadership, advocacy, and partnership.**
- **Project development:** Groups of 4-6 participants will be assigned a project related to NCD prevention and control to be developed over the two-week period. A faculty will follow the progress of each group's work and other faculties will be available as additional resource persons. These projects will be presented to the participants and faculty at the end of the Seminar. The projects will be designed to address interdisciplinary efforts in the areas of NCD prevention and control at national/sub-national level.
- **Each participant will make a 10-15 minute presentation** on the available epidemiological situation related to NCDs at a participant's own country /sub-country; the main strategies, plan of action and programs for prevention and control; and the main opportunities and barriers encountered. Each presentation will be followed by a 10 minute plenary discussion. These presentations will enable the participants to become acquainted with each other's work, other countries' NCD plans, and lessons learned. These experiences will also provide valuable concrete information on which groups will be able to develop their own projects.
- **Fostering the development of a collaborative network** will result from contact with each other and with an international faculty of experts. Several social events will also be organized to foster exposure to and contact with colleagues from different background and cultures