

NEPAL NCD ALLIANCE

Organization Profile 2023



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BACKGROUND

- Non Communicable Diseases (NCDs) have emerged as the biggest health challenge accounting almost two third of global morbidity and mortality most of which occur in low- and middle-income countries including Nepal.
- Cardiovascular Diseases, Cancer, Diabetes and Chronic Obstructive Pulmonary Disease (COPD) top the list and accounts for 82% NCDs deaths. The burden of NCDs is rising every day and is responsible for over 60% deaths in Nepal.
- The Government of Nepal, in line with the UN declaration 2011 is committed to reduce the prevalence of NCDs and premature deaths in Nepal.
- Nepal is a developing country with a population of 29.9 million in 2021. Along with demographic and epidemiologic transition, and social and economic growth, Nepal is facing a triple burden of disease i.e., communicable diseases, non-communicable diseases and injuries.
- There has been significant increase in the morbidity and mortality in Nepal due to NCDs and injuries form the past two decades whereas morbidity and mortality due to communicable disease has been declined.
- The most prevalent NCDs in Nepal are cardiovascular diseases (CVDs), chronic pulmonary diseases, diabetes mellitus, cancer, mental health disorders and injuries.



NCDS IN NEPAL

Nepal has experienced a marked epidemiological transition from communicable diseases to NCDs in the past two decades.

1. Cardiovascular Diseases

In 2017, CVDs contributed to 26.9% of total deaths and 12.8% of total DALYs in Nepal. CVDs is the seventh most common ailment, accounting for 40% of NCD cases admitted to non-specialty tertiary hospitals. Ischemic heart disease was the most common CVD, accounting for 16.4% of total deaths and 7.5% of total DALYs. National level data on CVDs, including incidence of myocardial infarction and stroke, are not available. High systolic blood pressure, high low density lipoprotein cholesterol, smoking, air pollution, a diet low in whole grains, and a diet low in fruit were identified as the major risk factors for CVDs.

2. Cancer

The Global Cancer Observatory 2018 estimated the age-standardized cancer incidence and mortality rates to be 103.7/100,000 and 77.8/100,000, respectively, in Nepal. The most common cancers were the breast, lung, cervical, stomach and oral cavity cancers. Mortality is high in low- and middle-income countries (LMICs) like Nepal and associated with poor prognosis, which is due to lack of awareness, delayed diagnosis, inequity on health accessibility, and affordability as compared to high-income countries. In Nepal, major risk factors include tobacco (smoking and smokeless), betel quid, areca nut, indoor and outdoor air pollution, alcohol, viral infections like Hepatitis B, Hepatitis C, HIV and Human Papilloma Virus, Helicobacter pylori, and other dietary habits.

3. Chronic Pulmonary Diseases

COPD is also one of the commonest forms of non-communicable diseases (NCDs) among the Nepalese adult population accounting for 43% of NCDs among out-patient visits. In Nepal, the age-standardized prevalence rate of COPD was 4,810 per 100,000 in 2016. A recent study by the Nepal Health Research Council reported 11.7% prevalence of COPD in Nepal.

4. Diabetes

In Nepal, a recent systematic review reported the prevalence of prediabetes and diabetes was 9.2% and 8.5%, respectively. Among the participants with diabetes, only 52.7% were aware of their diabetes status, and 45.3% were taking anti diabetic medications. In 2017, nearly 10,145 deaths were attributed to diabetes, which was also ranked as the 11th most common cause of DALYs.

5. Mental disorders

According to a recent mental health survey, 10% of the adults in Nepal have experienced some form of mental disorder in their lifetime, and 4.3% currently had mental disorder with 6.5% having current suicidal thoughts. Apart from lack of information, the key concerns in Nepal include a dearth of mental health care, with most services centered in urban areas, and a scarcity of dedicated medical and nursing specialists to mental health.

NEPAL NCD ALLIANCE (NNCDA)

Various organizations and likeminded individuals working in the field of NCDs in Nepal came together as a loose network in 2013, and henceforth, Nepal NCD Alliance was established in March 12, 2013 (29.11.2069 BS). The founding NNCDA committee included representatives from Nepal Heart Foundation, Nepal Diabetic Society, RECPHEC, Nepal Cancer Relief Society and freelancer health journalists. Later on it was joined by Nepal Hypertension Society, BPK Memorial Cancer hospital, Nepal health Journalist Forum, Yoga and Naturopathy centre and others. Although the NNCDA was in the form of a loose network it participated actively in several NCD related national and international forums. NNCDA represented twice in the Global NCD Forum which was organised in Sarjah, UAE. NNCDA actively participated in policy advocacy related to control of alcohol, industrial trans-fat, tobacco products, state financing for treatment of major NCDs, Package for intervention of NCD risk factors, Rheumatic heart disease prevention and others.

After 9 years of operation, NNCDA has been officially registered in the Company Registrar office of the Government of Nepal in 22 February 2022 (10.11.2078 BS) as a not for profit company. It is also affiliated to the Nepal Social Welfare Council. NNCDA is an active member of the SEAR NCD Alliance and a full member of the global NCD Alliance.

NNCDA aims to conduct public health program, training, research activities for NCDs prevention

and control, and to support government policies and programs. Its ultimate aim is to reduce the burden of NCDs in Nepal and support the people living with NCDs. NNCDA is directed by its constitution, annual general meetings and an elected board, in order to create synergies and to plan strategies.

VISION

A healthy society empowered and inspired to work towards prevention and control of NCDs.

MISSION

To unite and strengthen civil society to collaborate in the prevention and control of NCDs

GOAL

To reduce premature deaths due to NCDs and improve the quality of life of people in Nepal

Our goal is aligned with Target 3.4 of SDG 3 which is: By 2030, reduce by one-third premature mortality from non-communicable diseases through prevention and treatment, and promote mental health and well-being.

STRATEGIC OBJECTIVES

To achieve our goal, NNCDA has envisioned the following six strategic objectives for action, all of which are interconnected:

Objective 1: To develop and implement advocacy strategies to drive the government, decision makers and other stakeholders to fulfill their commitment on the prevention and control of NCDs

Objective 2: To ensure accountability for commitments, resources, and results in the prevention and control of NCDs

Objective 3: To strengthen the capacity of members and develop Nepal NCD Alliance as a lead organization

Objective 4: To conduct preventive activities including public awareness and organize trainings for the prevention of NCDs

Objective 5: To generate and promote evidence and best practice in NCD advocacy, policy, and practice, and facilitate knowledge translation and implementation

Objective 6: To provide support to people living with NCDs

Policy landscape and role of Nepal NCDA

Findings from NCD Policy landscape	Role of NNCD
Lack of prioritization of NCDs in service delivery impacts the quality of NCD care	NNCDA can play an important role in policy advocacy for the prioritization of NCDs prevention and control
Lack of awareness about NCDs among the general population	NNCDA can implement nationwide initiatives awareness and campaigns
Stigma is still a barrier to seeking care specially in cancer and mental illness	
Weak implementation of policies against risk factors such as tobacco, alcohol and food safety	NNCDA can play a catalytic role
Lack of involvement of PLWNCDs in the policy planning	NNCDA can be the voices of PLWNCDs for their advocacy agenda
Financing of NCDs in Nepal remains low	NNCDA can advocate for a higher/equitable investment

PLWNCDs- People Living with NCDs

PROJECTS AND PROGRAMS OF NEPAL NCD ALLIANCE

1. NCDA's Advocacy Institute Seed Programme (2021-2023)

The Seed Programme is implemented through an NCD Alliance grant and implemented from 1 July 2021 through 15 March 2023 (20.5 months). This Nepal NCD Alliance advocacy project aims to strengthen the Alliance's capacity for coalition building and set the foundation for advocacy efforts on NCD prevention and control. Specifically, the intention is to formulate a Multi-year Strategic Plan for the Alliance, which shall be coupled with Nepal's policy landscape assessment to develop an advocacy plan which shall be implemented during the project period. Additionally, the Alliance shall also develop its media and communications strategy that shall complement the overall advocacy plan. These efforts shall contribute towards the Alliance's involvement in development and implementation of Nepal's NCDs prevention and control policies and programs, including the Multisectoral Action Plan for the Prevention and Control of NCDs (2021-2025).

The goal of the Seed Program is to strengthen Nepal NCD Alliance's capacity for coalition building and set the foundations for advocacy efforts on NCD prevention and control.

Specific Objectives of the seed Program are:

1. Develop a Five-year Strategic Plan for the alliance based on stakeholder mapping and policy landscape assessment
2. Advocate for development and implementation of Nepal's NCDs prevention and control policies and programs to ensure universal health coverage
3. Develop Alliance's communications strategy and enhance visibility of the Alliance through electronic and printed media
Coordinator: Dr Abhinav Vaidya, Email: dr.abhinavaidya@gmail.com
2. Diabetes Prevention Program
Coordinator: Shiva Shrestha. Email: shiva_sta@hotmail.com
3. Rheumatic Heart Disease Prevention Program
Coordinator: Dr. P. R. Regmi, Email: pregmi68@gmail.com
4. Cancer Prevention Program
Coordinator: Kishore K. Pradhananga, Email: kkpradhananga@hotmail.com

MEMBERSHIP

Nepal NCD Alliance welcomes individuals and organizations working in the field of NCDs and also people living with NCDs to join as member and get actively involved in the programs and activities of the NNCD. The organization offers the following four category of membership:

1. General member: Entry fee - NRs 500. Membership needs renewal yearly.
2. Life member: One time entry fee - NRs 2000
3. Distinguished member: One time entry fee - NRs 10000
4. Organizational member: One time entry fee - NRs 10000

For Donation - Account details: Account No. 0960154494600001

Nepal Non Communicable Diseases Alliance

Kumari Bank Limited, Jhamsikhel Branch

NB: Membership fee is changeable and is subject to the decision of the executive committee.

Membership form can be downloaded from the NNCD website-www.ncdalliance.org.np

ACTIVITIES

- Advocacy
- Awareness Raising
- Capacity Building / Training
- World Diabetes Day Celebration
- World Heart Day Celebration
- World Cancer Day Celebration

ADVOCACY



CAPACITY BUILDING/TRAINING



AWARENESS RAISING



WORLD DIABETES DAY CELEBRATION



WORLD HEART DAY CELEBRATION



FOUNDING COMMITTEE 2013

COORDINATOR

Dr. Prakash Raj Regmi
Nepal Heart Foundation

MEMBERS

- Mr. Shanta Lall Mulmi
Resource Centre for Primary Health Care
- Mr. Kishor K. Pradhananga
BPKMCH
- Mr. Shiva Shrestha
Nepal Diabetic Society
- Mr. Ram Prasad Neupane
Journalist

EXECUTIVE COMMITTEE 2022



Dr. Prakash Raj Regmi
President



Dr. Shanta Lall Mulmi
Co-President



Dr. Abhinav Vaidya
Vice-President



Mr. Kishor K. Pradhananga
Secretary



Ms. Uttama Shrestha
Treasurer



Mr. Shiva Shrestha
Member



Mr. Saroj Dhungel
Member



Mr. Ram Prasad Neupane
Media Coordinator

DISTINGUISHED MEMBERS

- Dr. Gambhir Shrestha
- Ms. Upasana Khanal Regmi

MEMBER ORGANIZATIONS

- Nepal Heart Foundation
- Nepal Diabetic Society
- Pahal Foundation

Nepal NCD Alliance

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