

**PAHO Webinar Series: Tackling
NCDs, Risk Factors And Mental
Health During The Time Of Covid-19**

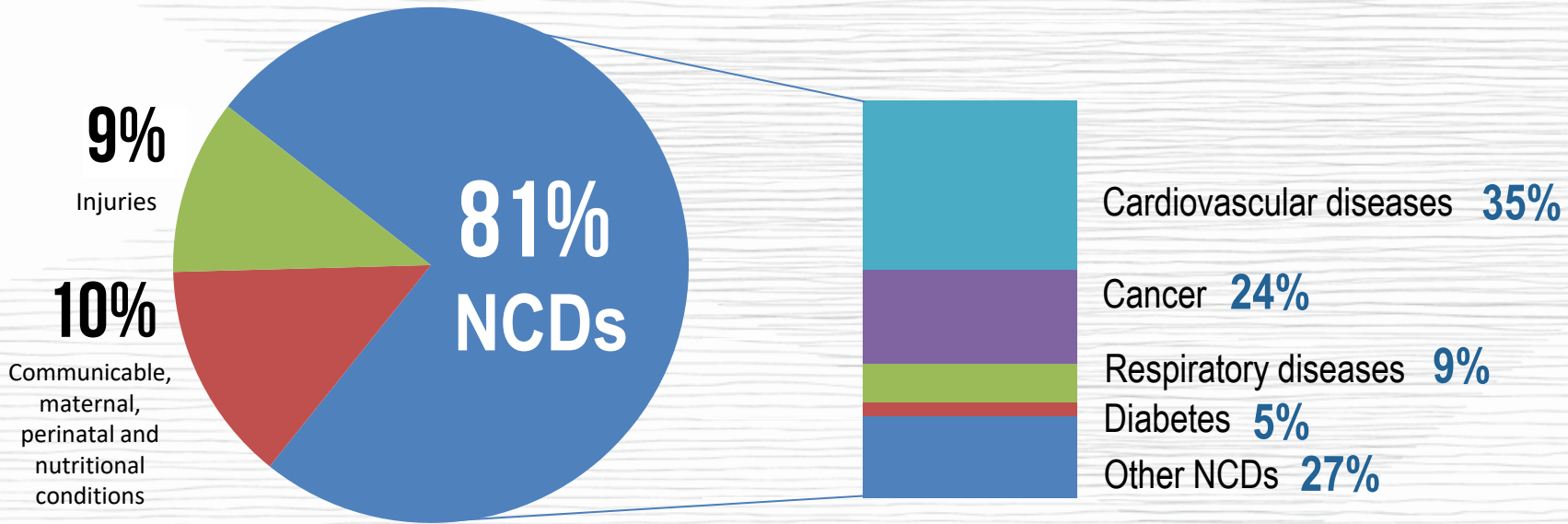
Situation of COVID-19 in the Americas and Impact on Priority Health Programs

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PAHO

Noncommunicable Diseases are the Leading Causes of Death in the Americas



5.8 million
(81%)

All deaths are caused by NCDs

7.1 million

Estimated total deaths

34%

NCD deaths are premature (30-70 years)

Risk Factor Prevalence in the Americas

BEHAVIOURAL RISK FACTORS

Male Female

Alcohol per capita consumption in adults (liters/person/year)



Prevalence of physical inactivity in adults



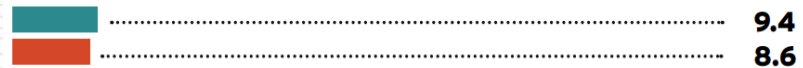
Prevalence of current tobacco smoking in adults



Prevalence of current tobacco use in adolescents (13-15 years of age)



Salt intake in adults (grams/day)



RANKING
AMONG
WHO
REGIONS

2

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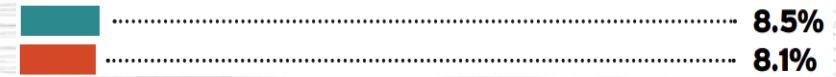
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NO DATA

BIOLOGICAL RISK FACTORS

Prevalence of raised fasting blood glucose



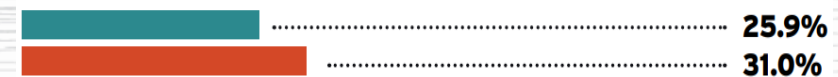
Prevalence of raised blood pressure



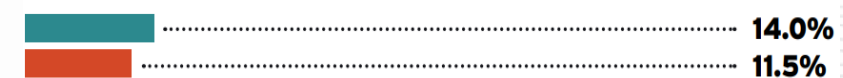
Prevalence of overweight and obesity in adults



Prevalence of obesity in adults



Prevalence of obesity in adolescents (10-19 years of age)



RANKING
AMONG
WHO
REGIONS

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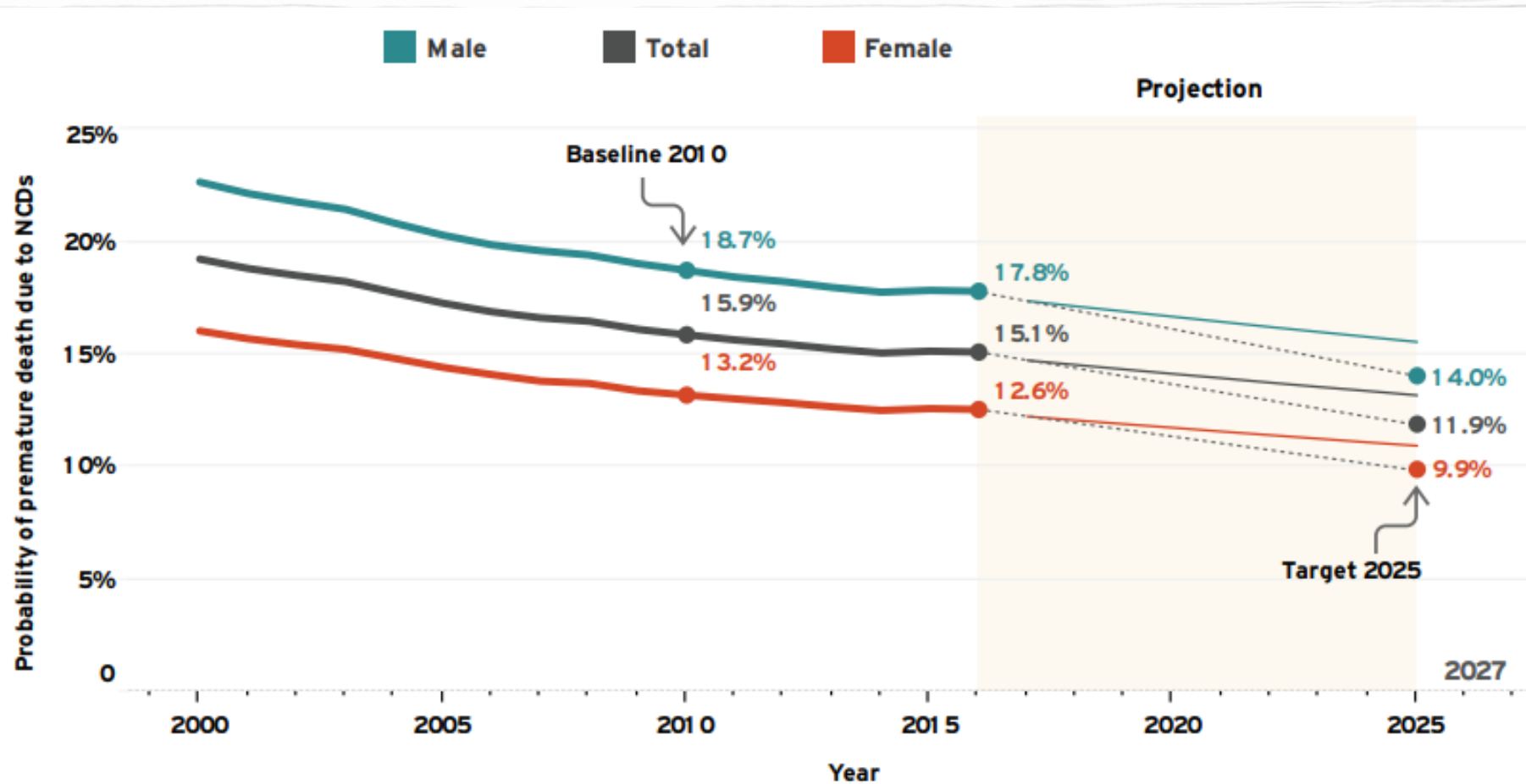
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Risk of Dying Prematurely from NCDs

Unconditional probability of dying between 30-70 years old from one of the four main NCDs, by sex (2000-2016 with projections for 2025)



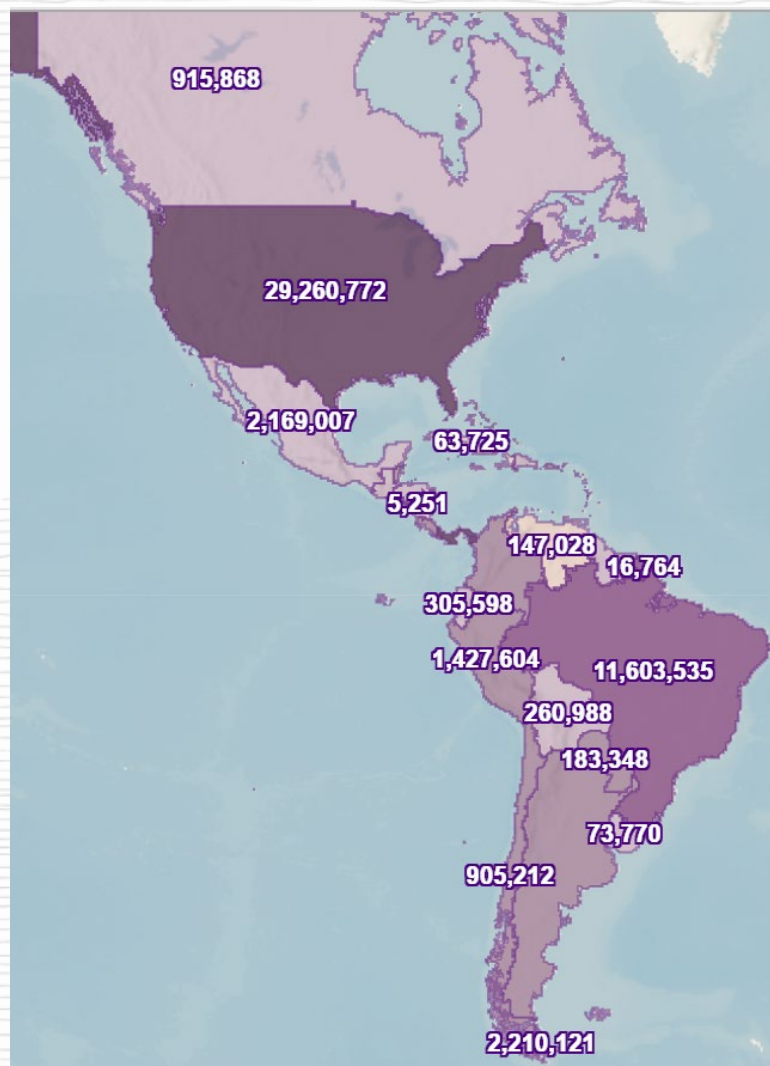
THE REGION IS NOT ON TARGET TO MEET THE GLOBAL GOAL OF 25% REDUCTION IN NCD PREMATURE MORTALITY

Source: NCDs at a Glance: NCD mortality and risk factor prevalence in the Americas. PAHO. Available at: <https://bit.ly/2Rmm6Pg>

Data source: World Health Organization. Global health estimates 2016: deaths by cause, age, sex, by country and by region, 2000-2016.

Geneva: WHO; 2018. <https://bit.ly/37xbZwD>

The Americas is the Region most affected by COVID-19



54 800 639 Total COVID-19 cases

(as of March 25 2021)

44%

Of global cases are in the Americas region

1 319 522 Total COVID-19 deaths

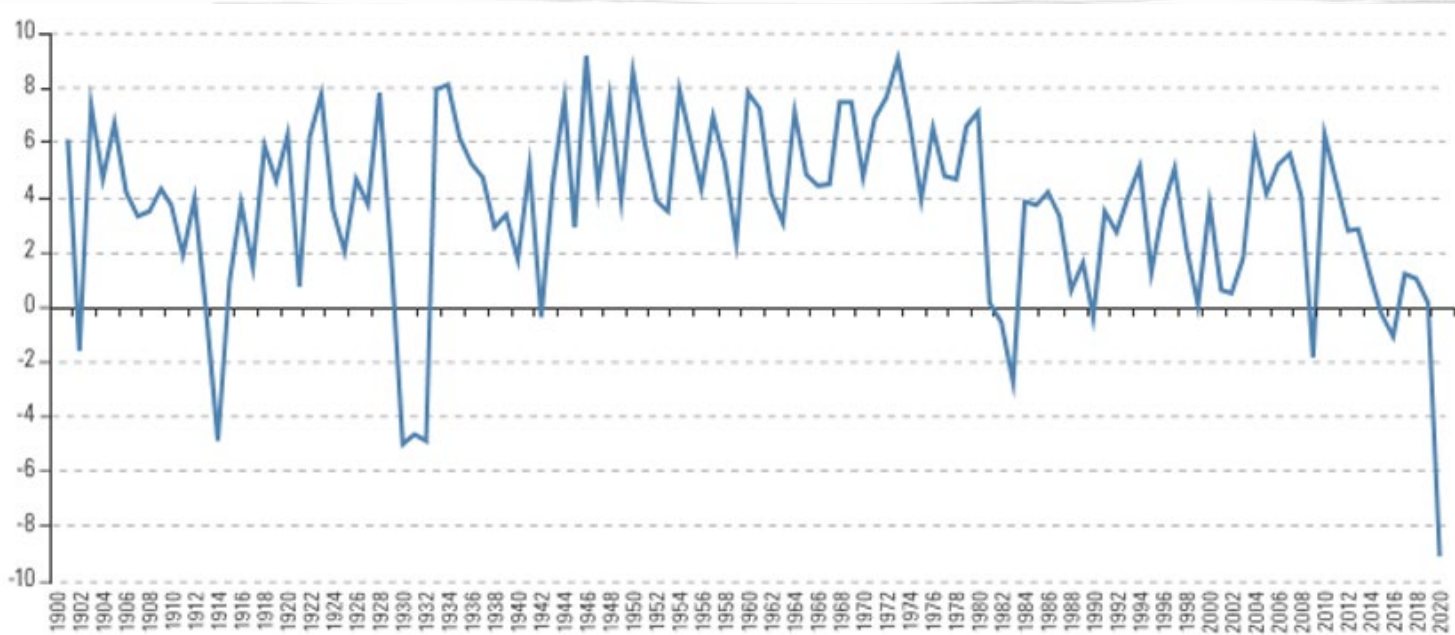
(as of March 25 2021)

48%

Of global cases are in the Americas region

COVID-19: Economic Impact in LAC

GDP Growth Rate (%) in Latin America and the Caribbean, 1901-2020



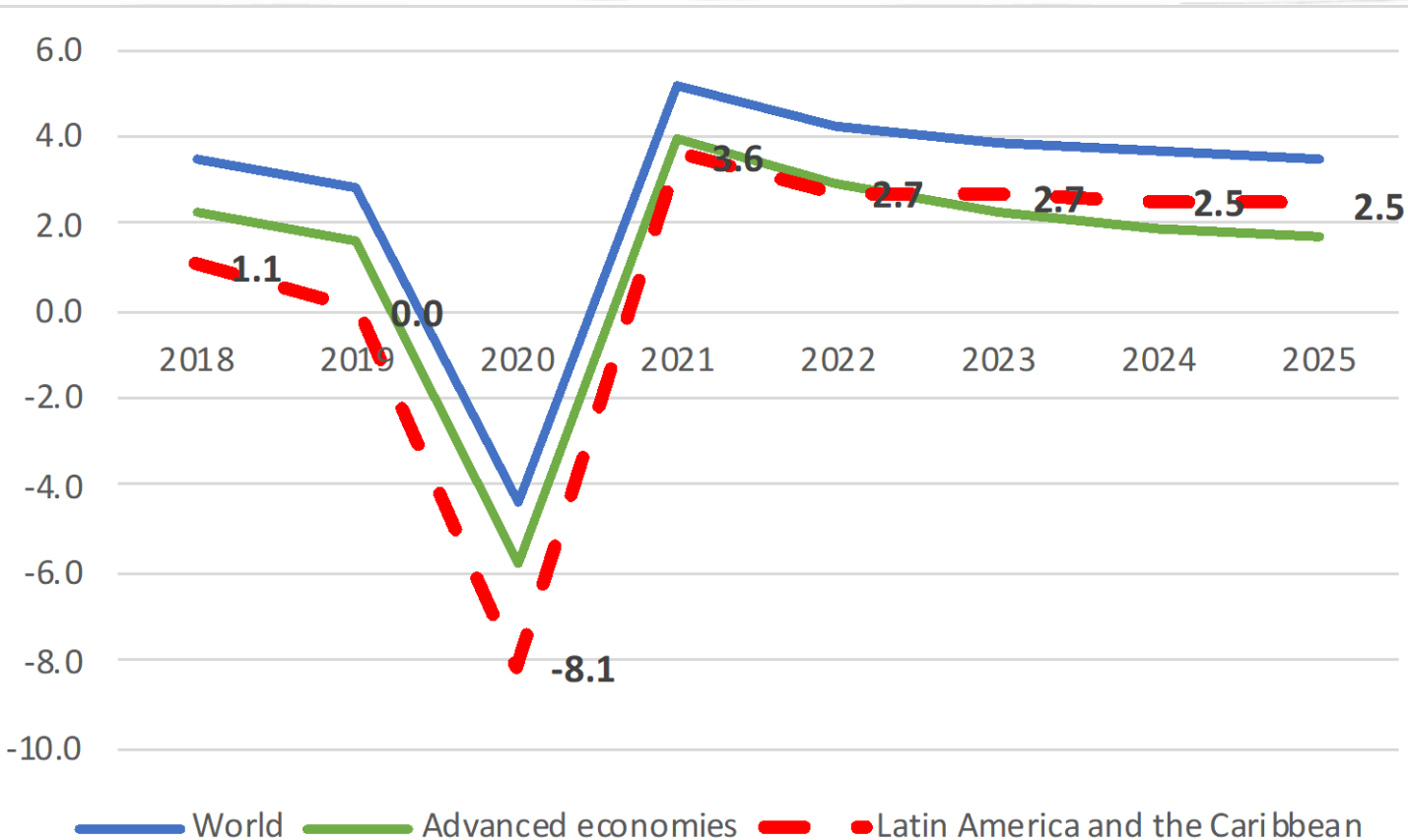
**OVERALL 7.7% FALL IN GDP
IN LAC IN 2020**

**PER CAPITA GDP REDUCTION
OF 8.5% IN LAC, WITH
INCREASE IN POVERTY**

**MAJOR IMPACT ON
CARIBBEAN ECONOMIES,
DUE TO COLLAPSE OF
TOURISM SECTOR**

Source: The Social Panorama of Latin America. ECLAC, 2020.
<https://www.cepal.org/en/publicaciones/ps>

2021 - 2025: A Return to Sustained Slow Growth



AN EXPECTED 5 – 10 YEARS TO MAKE UP FOR LOST ECONOMIC GAINS IN LAC

HIGHLY DEPENDENT ON CONTROL OF COVID-19 AND VACCINE DEPLOYMENT

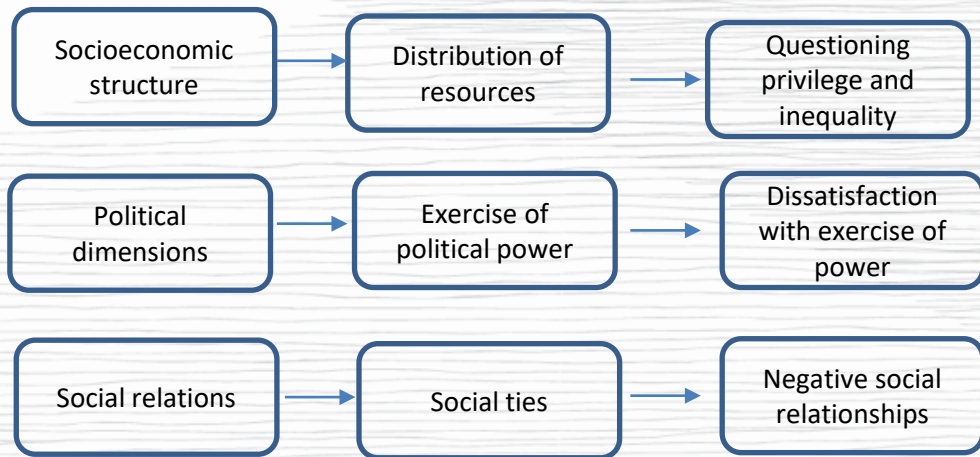
OUTLOOK IS HIGHLY UNPREDICTABLE

SUSTAINED AND INCLUSIVE ECONOMIC GROWTH?

Source: International Monetary Fund. 2020. World Economic Outlook: A Long and Difficult Ascent. Washington, DC, October 2020.

Dire Impact on the Most Vulnerable Populations and Leading to Social Unrest

Dimensions of social unrest

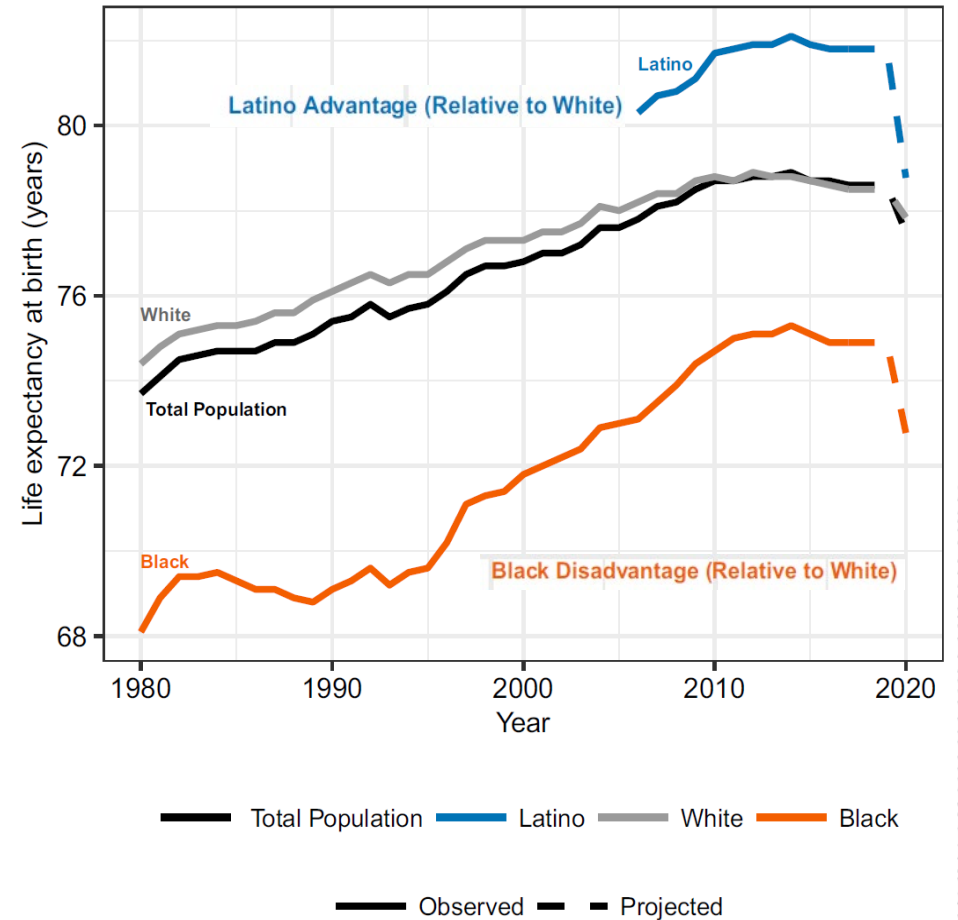
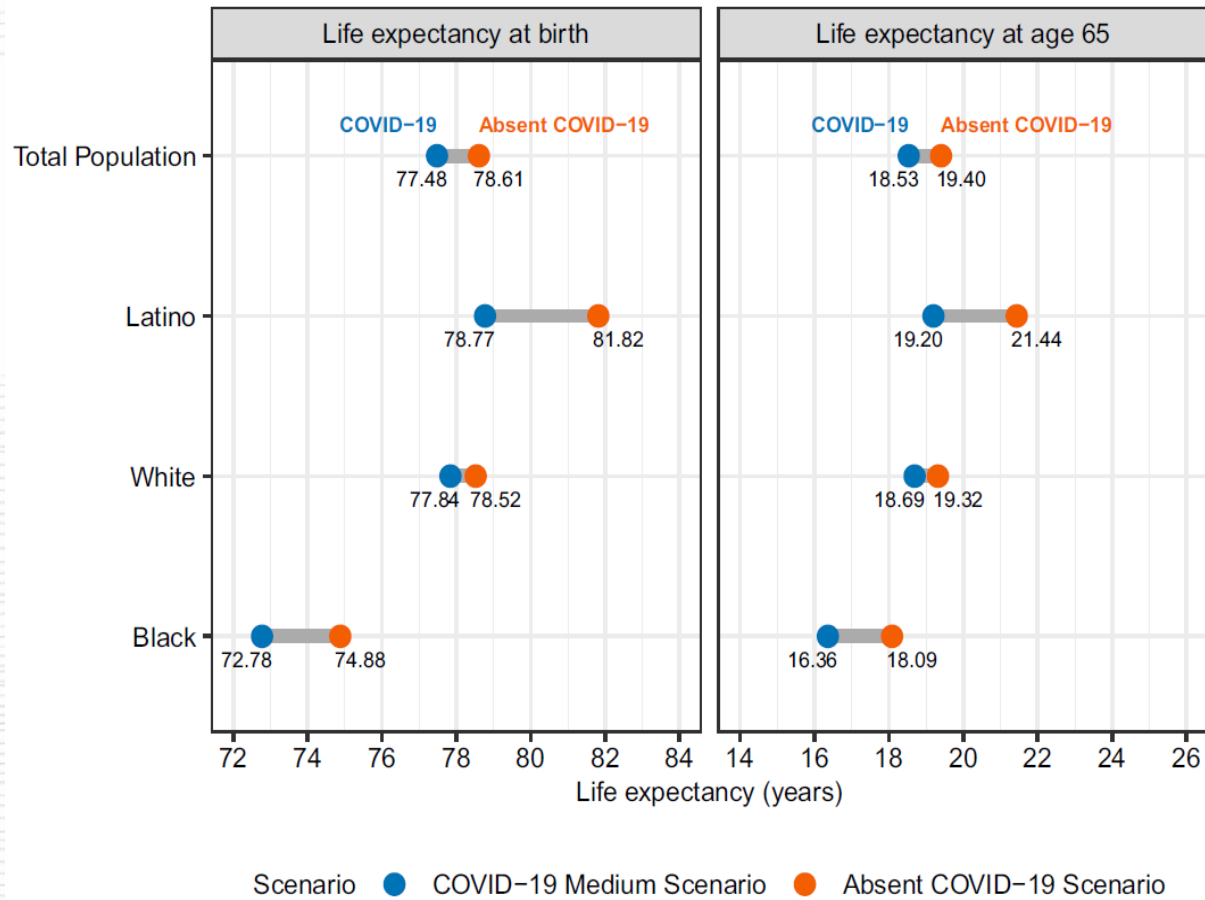


Adapted from: ECLAC-PAHO. Health and the economy: a convergence needed to address COVID-19 and retake the path of sustainable development in Latin America and the Caribbean, 2020. <https://www.cepal.org/en/publications/45841-health-and-economy-convergence-needed-address-covid-19-and-retake-path>

POPULATIONS DISPROPORTIONATELY AFFECTED BY COVID-19:

- Women
- Indigenous and Afro-descendant populations
- Migrants and refugees
- People over 60 years of age (85 million) and people with disabilities (70 million) in LAC

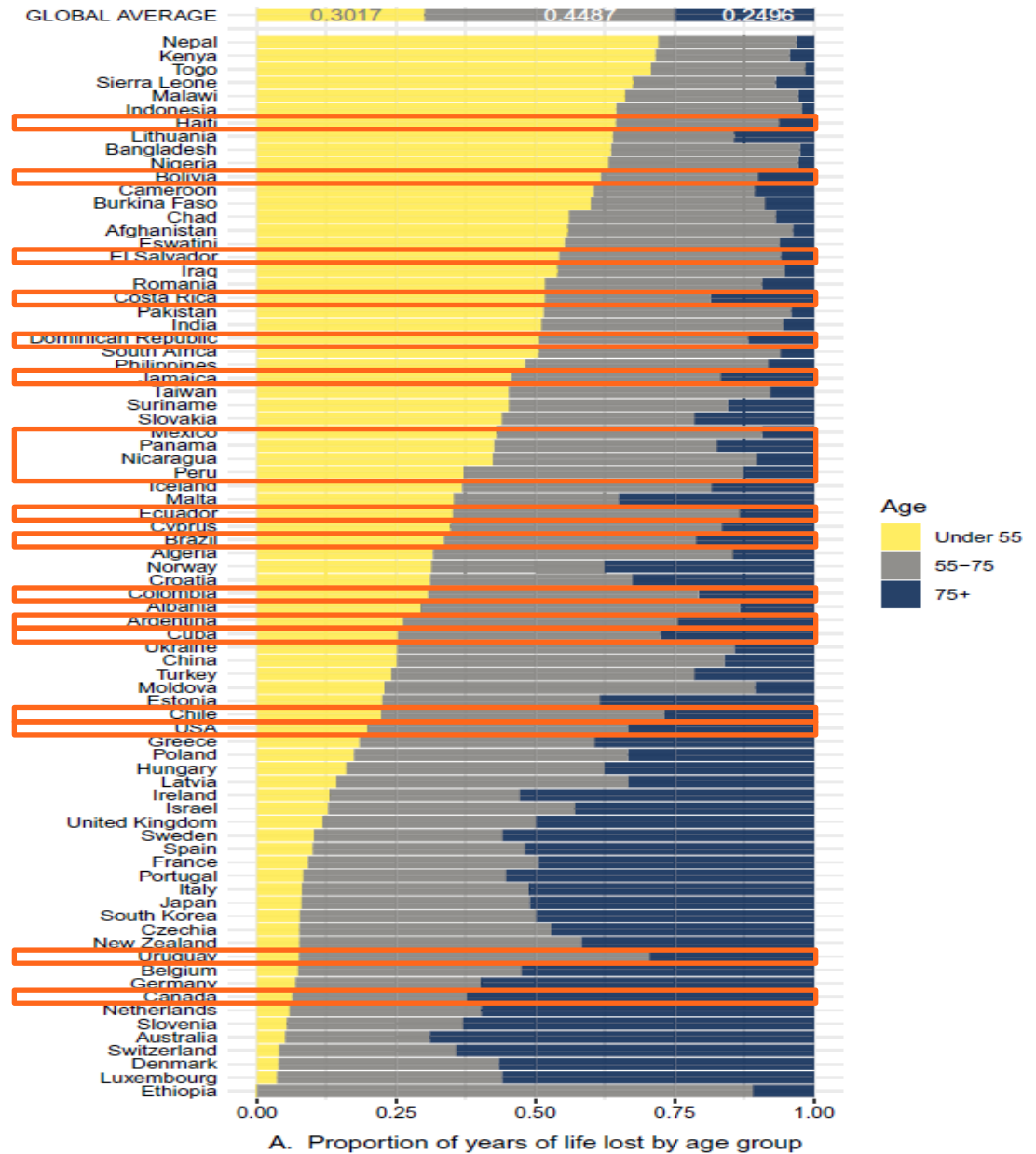
Impact of Disparities: Reductions Life Expectancy due to COVID-19, USA 2020



Source: Andrasfay T, Goldman N. Proc US Nat Acad Sciences 2021 [https://doi.org/10.1073/pnas.2014746118]

Years of Life Lost due to COVID-19 in 81 Countries of the World

COUNTRIES IN THE AMERICAS RANKED AMONG HIGHEST IN THE WORLD



Source: Pifarré I Arolas H et al. Scientific Reports 2021 [www.nature.com/scientificreports/]

Leading Causes of deaths in the Americas

2020

| | Causes | No 7,225,073 | % 100.0 |
|----|---|-----------------|------------|
| 1 | Ischaemic heart disease | 1,101,131 | 15.2 |
| 2 | Stroke | 481,933 | 6.7 |
| 3 | Alzheimer disease and other dementias | 393,987 | 5.5 |
| 4 | Chronic obstructive pulmonary disease | 381,710 | 5.3 |
| 5 | Lower respiratory infections | 319,730 | 4.4 |
| 6 | Diabetes mellitus (excluding CKD due to Diabetes) | 286,605 | 4.0 |
| 7 | Trachea, bronchus, lung cancers | 258,414 | 3.6 |
| 8 | Kidney diseases | 256,314 | 3.5 |
| 9 | Interpersonal violence | 195,485 | 2.7 |
| 10 | Hypertensive heart disease | 158,710 | 2.2 |
| 11 | Road injury | 156,173 | 2.2 |
| 12 | Cirrhosis of the liver | 144,343 | 2.0 |
| 13 | Colon and rectum cancers | 134,939 | 1.9 |
| 14 | Breast cancer | 110,446 | 1.5 |
| 15 | Prostate cancer | 98,415 | 1.4 |
| 16 | Self-harm | 98,215 | 1.4 |
| 17 | Neonatal conditions | 87,112 | 1.2 |
| 18 | Drug use disorders | 86,758 | 1.2 |
| 19 | Pancreas cancer | 82,659 | 1.1 |
| 20 | Falls | 81,271 | 1.1 |

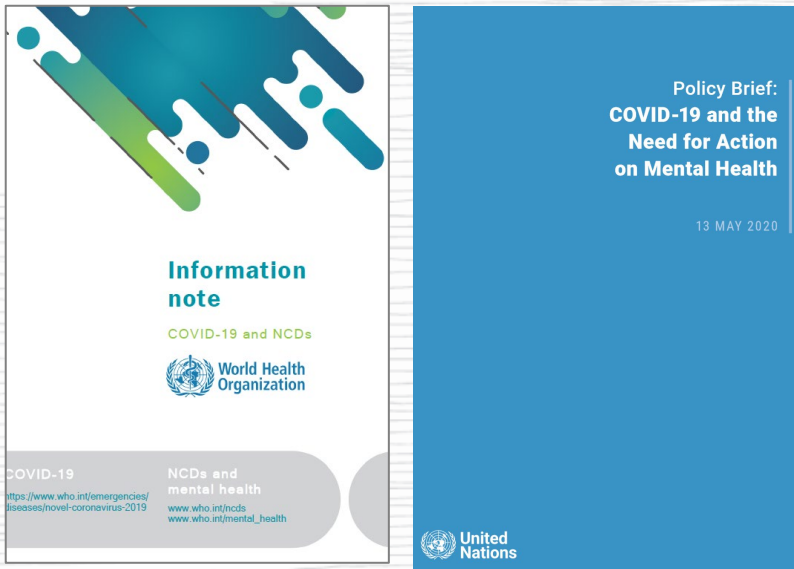
2020 (forecast)*

| | Causes | No 8,115,073 | % 100 |
|----|---|-----------------|----------|
| 1 | Ischaemic heart disease | 1,101,131 | 13.6 |
| 2 | COVID-19 | 890,000 | 11.0 |
| 3 | Stroke | 481,933 | 5.9 |
| 4 | Alzheimer disease and other dementias | 393,987 | 4.9 |
| 5 | Chronic obstructive pulmonary disease | 381,710 | 4.7 |
| 6 | Lower respiratory infections | 319,730 | 3.9 |
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- Communicable, maternal, perinatal and nutritional conditions
- Noncommunicable diseases
- Injuries

Source: WHO Mortality Database. 2020 Forecasting based on 2019 assuming uniform causes throughout the year
 2020* Forecasting based on 2019 including the number of estimated deaths due to COVID-19 and assuming uniform causes of non-COVID-19 causes throughout the year (effect direct of COVID-19 as underlying cause of death)

COVID-19 Presents Greater Challenges For PLWNCs

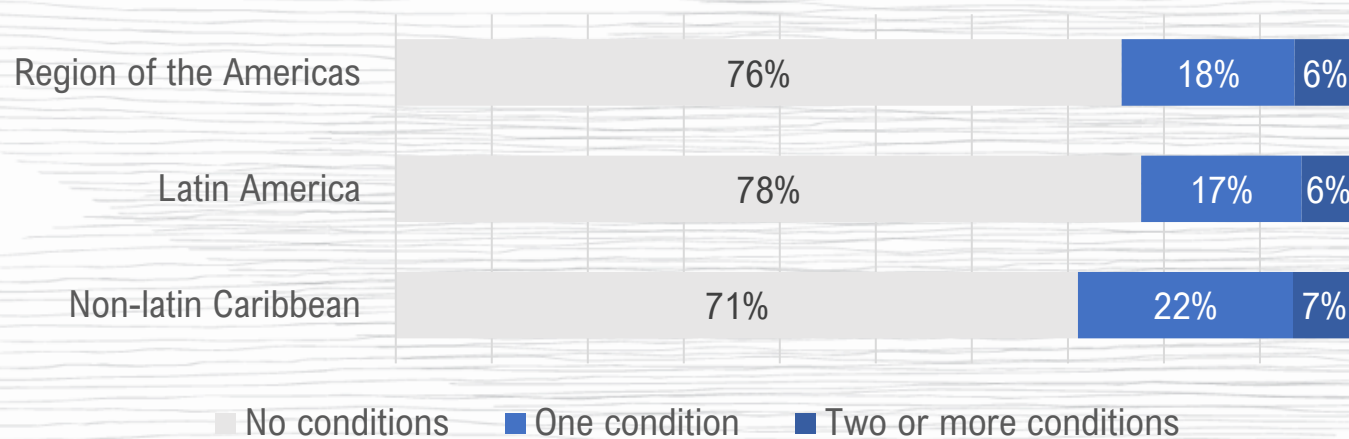


WHO Information Note on COVID-19 and NCDs
WHO Policy Brief on COVID-19 and Mental Health

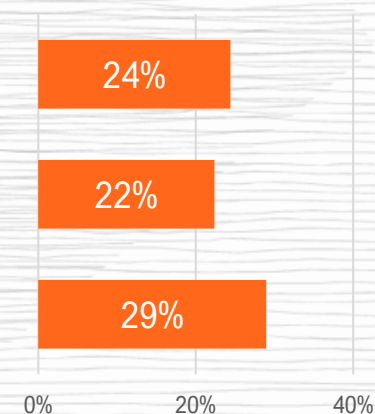
- **250 MILLION PERSONS** IN THE AMERICAS LIVE WITH A CHRONIC CONDITION.
- PEOPLE WITH HYPERTENSION, DIABETES OR OTHER NCDs AT **HIGHER RISK** OF DEVELOPING COVID-19.
- **MORE SEVERE CASES** OF COVID-19 IN THOSE WITH HYPERTENSION, CARDIOVASCULAR DISEASES, DIABETES, SMOKING, CHRONIC OBSTRUCTIVE PULMONARY DISEASE, CANCER, AND CHRONIC KIDNEY DISEASE.
- IN THE USA: **6-FOLD HIGHER HOSPITALIZATIONS AND 12-FOLD HIGHER MORTALITY** IN THOSE WITH COVID AND UNDERLYING CONDITIONS VS. THOSE WITHOUT.
- OLDER AGE, HYPERTENSION, DIABETES, COPD AND CVDS WERE ASSOCIATED WITH **GREATER RISK OF DEATH** FROM COVID-19 INFECTION.
- THE COVID-19 PANDEMIC WILL TRIGGER A **MAJOR MENTAL HEALTH CRISIS**, IF URGENT ACTION IS NOT TAKEN.

NCDs and Increased Risk of Severe COVID-19

Population percentage distribution by number of underlying conditions



Increased risk for severe COVID-19 (at least one condition)



Region of the Americas

| | No conditions | One condition | Two or more conditions | Increased risk (at least one condition) |
|------------|---------------|---------------|------------------------|---|
| Both sexes | 771.8 (76%) | 183.8 (18%) | 65.3 (6%) | 249.1 (24%) |
| Men | 394.0 (78%) | 83.3 (17%) | 26.0 (5%) | 109.3 (22%) |
| Women | 377.8 (73%) | 100.5 (19%) | 39.3 (8%) | 139.8 (27%) |

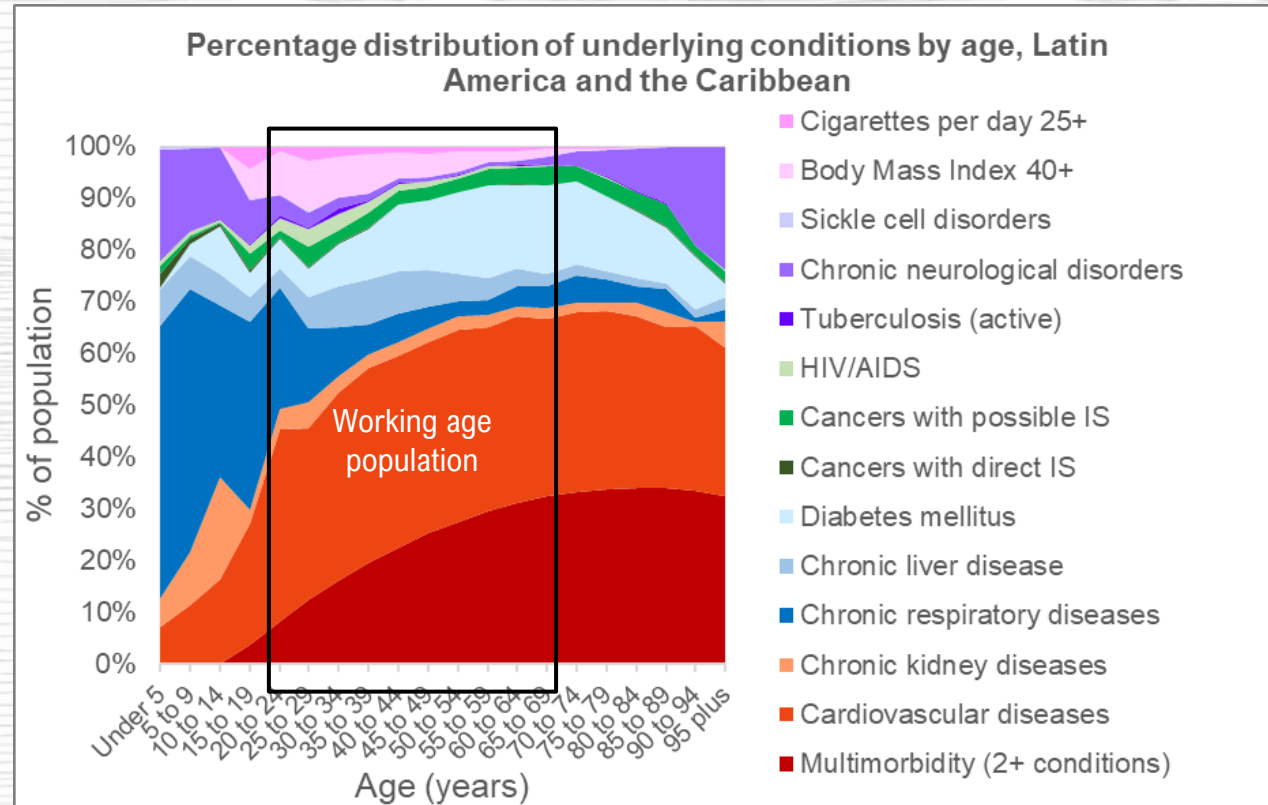
Source: Tool to estimate comorbidities, NMH-PHE, PAHO/LSHTM

Technical note: Estimates generated using mean prevalence, 14 conditions. November 16, 2020.

Distribution of Underlying Health Conditions by Age

LATIN AMERICA
AND THE
CARIBBEAN

22%
145 million



| | <15 years old | 15-64 years old | 65+ years old |
|--------------------|---------------|-----------------|---------------|
| Population at risk | 4,277,708 | 103,635,794 | 37,557,840 |
| % | 3% | 24% | 64% |

Source: Tool to estimate comorbidities, NMH-PHE, PAHO/LSHTM

Technical note: estimates generated using mean prevalence, 14 conditions. November 16, 2020.

COVID-19 and Links to NCDs

STAY AT HOME MEASURES ARE LEADING TO AN INCREASE IN NCD RISKS

- Unhealthy diets
- Insufficient physical activity
- Smoking tobacco
- Drinking alcohol

Disruptions in provision of health care services, closures

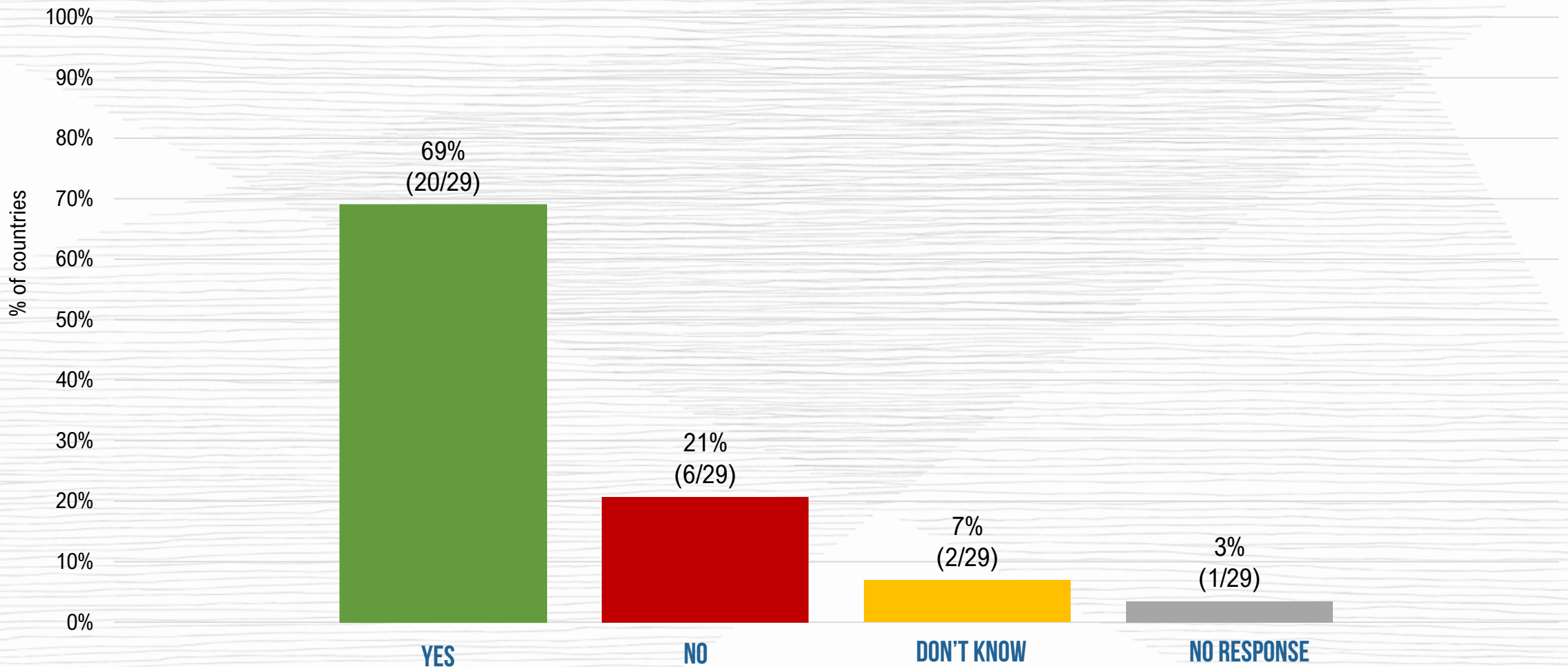
FEAR OF ATTENDING CARE FACILITIES HAVE RESULTED IN:

- Reduced elective clinic visits and lower access to renal dialysis,
- Reduced cancer care
- Delays in high priority treatments for patients with NCDs.

Patients at higher risk of complications and death from NCDs which we know how to treat

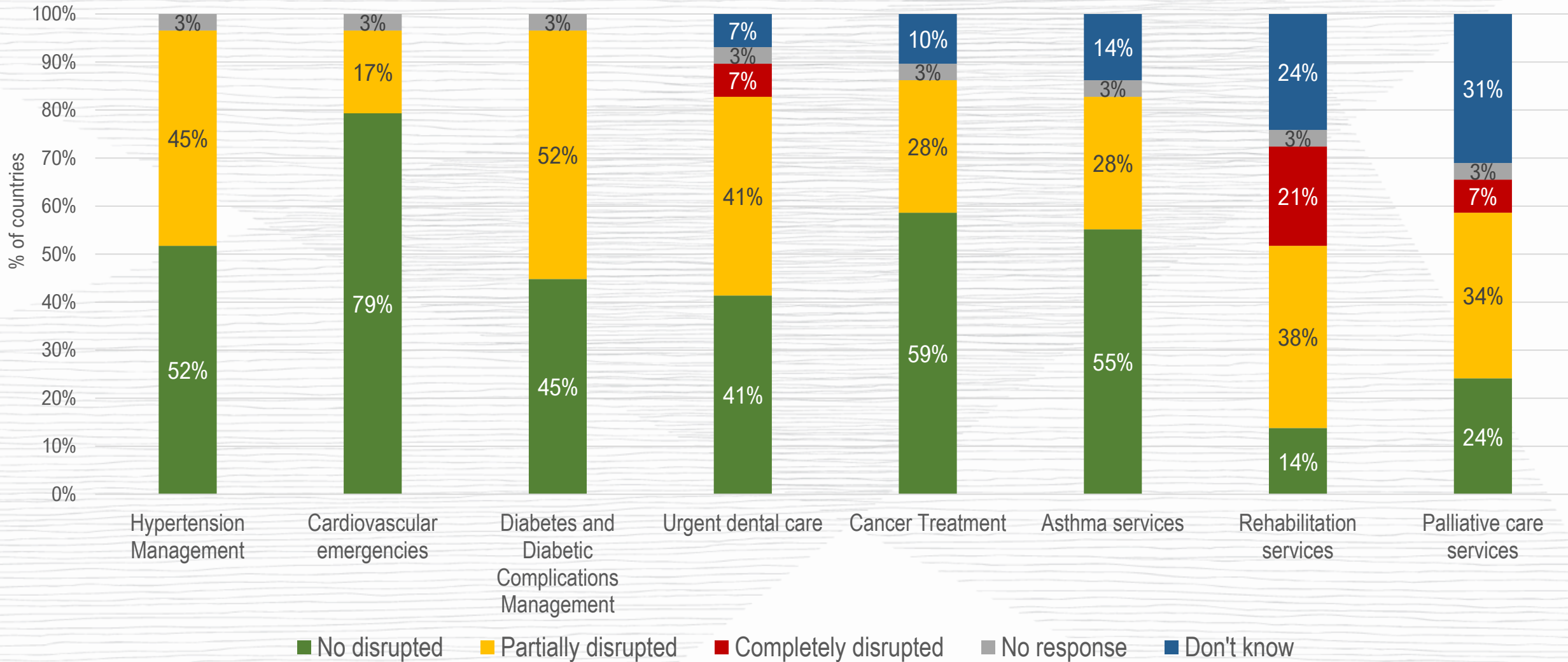
NCD services in COVID-19 plans

Percentage of countries where the continuity of NCD services were included in the list of essential health services in the country's COVID-19 response plan



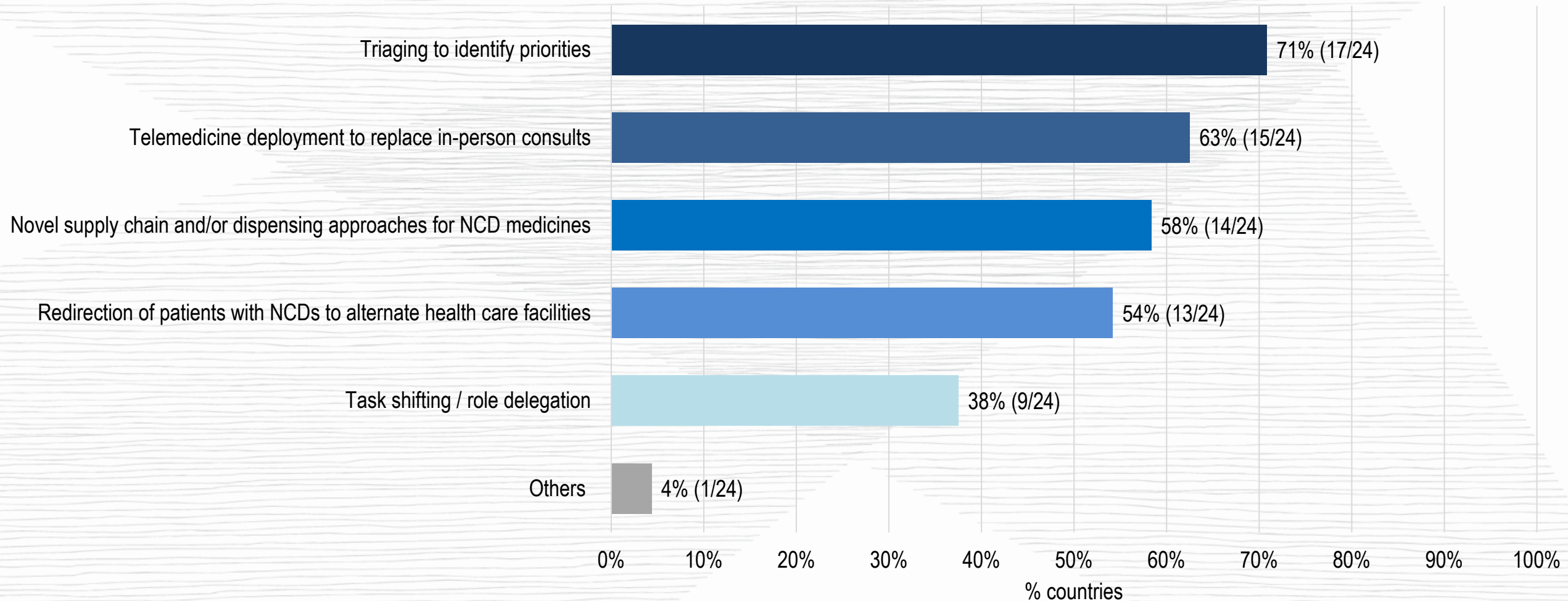
Type of NCD Services Disrupted during COVID-19

Percentage of countries with activities disrupted by COVID-19.

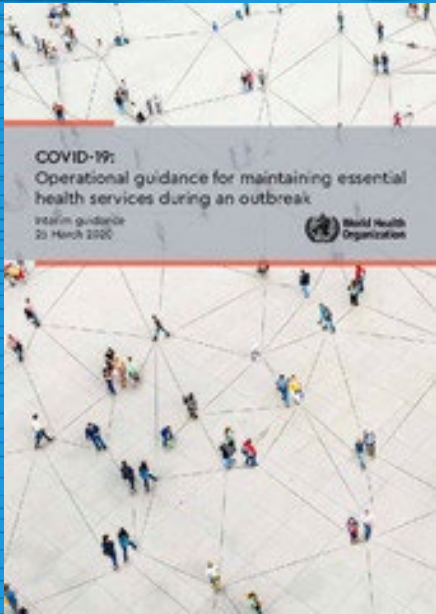


Strategies Used to Overcome NCD Service Disruptions

Percentage of countries with strategies to overcome NCD service disruptions



Maintaining NCD Services During COVID-19

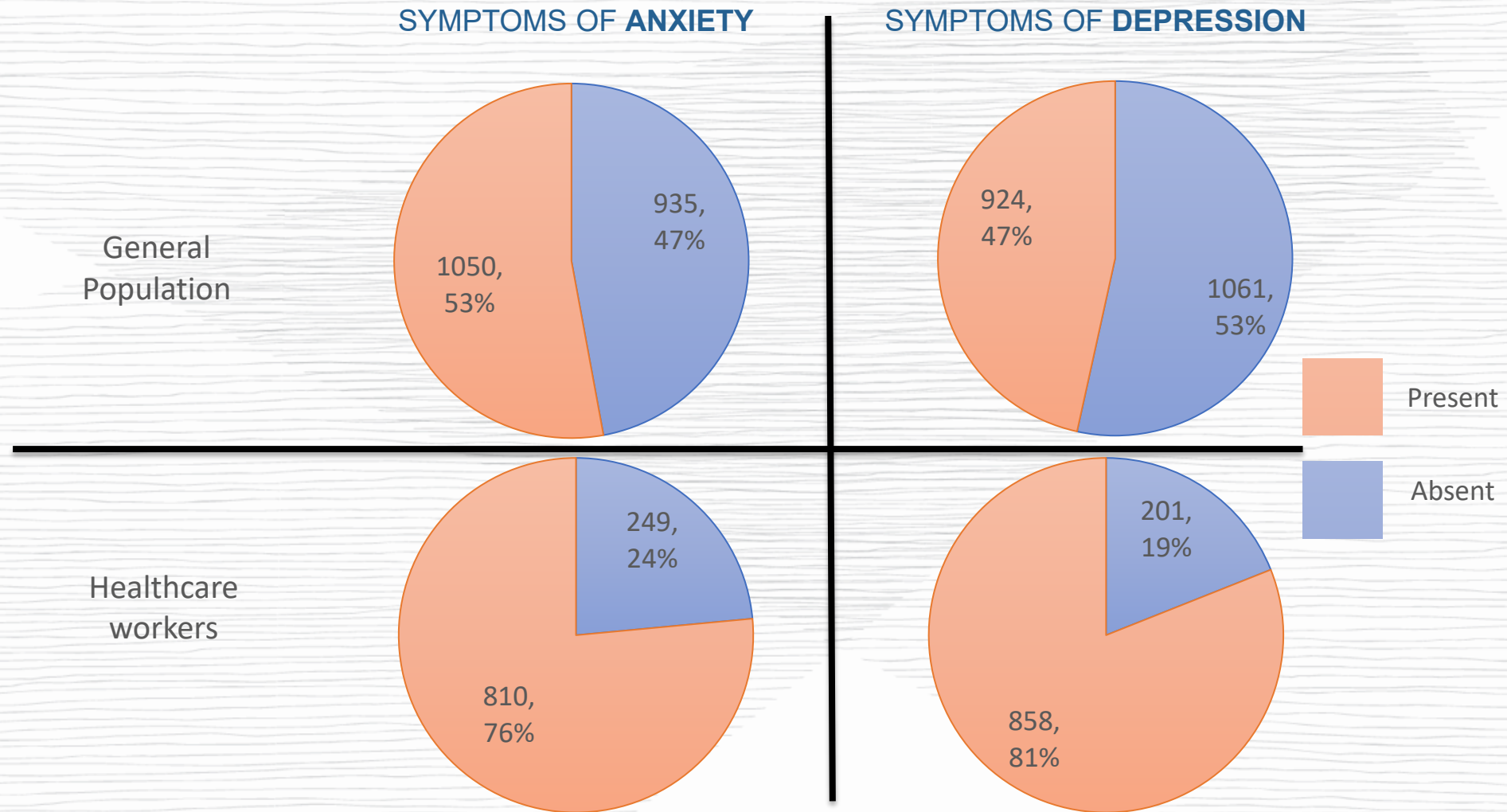


- **Ensure chronic disease management in primary care maintained, if possible, via tele-medicine, or with a reduction in provider encounters**
- **Provide 3-month supply of medication**
- **Counsel on self-management**
- **Concentrate 24-hour acute care services at designated hospital emergency units and ensure public awareness**
- **Promote basic infection-prevention measures**
- **Maintain availability of essential NCD medicines and supplies**
- **Create a platform for reporting inventory/stockouts, and for coordination of re-distribution of supplies**

COVID-19 and Mental health

- **Globally, in situations of emergency, 1 in 5 persons presents with a mental health condition**
- **Mental health and substance use disorders already account for 34% of total disability in the Americas**
- **Increased symptoms of depression, anxiety, and substance use related to COVID-19**
- **Canada: 20-25% of those aged 18-54 years have increased their alcohol consumption during COVID-19**
- **USA: 45% of adults indicated negative mental health impact due to worry and stress over the virus**

Mental Health among General Population and Healthcare Workers, Argentina 2020



Source:

Badellino H, Gobbo ME, Torres E, Aschieri ME. Early indicators and risk factors associated with mental health problems during COVID-19 quarantine: Is there a relationship with the number of confirmed cases and deaths? International Journal of Social Psychiatry. October 2020. doi:10.1177/0020764020966020 (General Population)

Daniela L. Giardino, Cristian Huck-Iriart, Maximiliano Riddick, Arturo Garay The endless quarantine: the impact of the COVID-19 outbreak on healthcare workers after three months of mandatory social isolation in Argentina <https://pubmed.ncbi.nlm.nih.gov/33059247> (Healthcare workers)

CONCLUSIONS

- **The pandemic led to unprecedented loss of life; disruptions of health systems and services; and societies**
- **Those living in vulnerable situations were most impacted**
- **The pandemic demonstrated an unexpected interplay between NCDs, mental health and an infectious disease - for which health systems were unprepared**
- **Key to ensure that NCDs and mental health are integrated into national COVID-19 response plans**

CONCLUSIONS

- Critical to preserve the public health gains - Improve policies and fiscal measures for **NCD risk factors**: scale up the Best Buys
- Integrate **NCDs and mental health in strengthened primary health care – maintaining the innovations such as Digital health**;
- **Strategic investments** will be required for a **transformed health system** able to respond to **future catastrophic emergencies**
- Strengthen **surveillance and research for NCDs**, with resilient and comprehensive information systems for health including data on NCDs and related COVID-19 outcomes