

# From Strategy to Actions: Prioritizing NCD Prevention and Control

Regional workshop to advance NCD prevention and control in the  
WHO South-East Asia Region

Jaipur, India

## Guide for Participants



Name .....

Country .....



# **From Strategy to Actions: Prioritizing NCD prevention and control**

**Regional Workshop to advance NCD prevention and control in the WHO South-  
East Asia Region**

**Jaipur, India  
28-30 October 2025**

## **Guide for Participants**

**Name .....**

**Country .....**





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## Background and objectives of the workshop

### Background

Noncommunicable diseases (NCDs), principally cardiovascular diseases (CVDs), diabetes, cancer, and chronic respiratory diseases, impose a major and growing burden on health and development in the South-East (SE) Asia region. These major NCDs share the key risk factors of tobacco use, physical inactivity, alcohol use, unhealthy diet, and air pollution. In 2021, 55% of all deaths in the SE Asia region were due to NCDs, accounting for 9.5 million persons<sup>1</sup>. Of particular concern is the fact that 50% of deaths from NCDs in the region were premature, in the age category of 30–69 years. CVDs and cancer contribute to the highest proportions of premature deaths among deaths due to NCDs in the SE Asia region with the proportions of premature deaths for the conditions being as high as 49% and 66%, respectively<sup>1</sup>.

At its 76th session in 2023, the Regional Committee adopted the Resolution on ‘*SEAHEARTS: Accelerating prevention and control of cardiovascular diseases in the South-East Asia Region (SEA/RC76/R5)*’<sup>2</sup>. The resolution calls for sustained and accelerated efforts at both policy and programmatic levels to address key CVD risk factors (tobacco use, high salt intake, and industrial trans-fats) while expanding hypertension and diabetes care through primary health care (PHC). The resolution also specifies a set of four milestones agreed upon by the countries to be reached by 2025. As of December 2024, progress toward the SEAHEARTS milestones suggests that the region is on track to achieve three out of four of its 2025 targets.

Considering the substantial progress made in three of the four SEAHEARTS milestones, and the ongoing momentum in implementing the technical packages, the Member States expressed strong commitment and agreed upon a set of five ambitious yet achievable SEAHEARTS Milestones 2030. Progress of the SEAHEARTS 2025 milestones was presented to the 78th session of the WHO SE Asia Regional Committee in October 2025 and with unanimous agreement from the Member States the Committee decided to extend the timeline of the four milestones of the SEAHEARTS Initiative for another 5 years, i.e. till 2030. Considering the significant burden of novel nicotine products, smokeless tobacco and areca nut related products, WHO in consultation with Member States designed and presented the regional strategic framework for combating smokeless tobacco, novel nicotine products, and areca nut use in the WHO South-East Asia Region (2025–2030) at the 78<sup>th</sup> Regional Committee. The Member States approved the framework to be adopted to the country context and implemented.

Cancer control in the Region remains a key priority for WHO. The *WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management (2024–2030)*<sup>3</sup>, endorsed by the 77th Regional Committee, serves as a roadmap for Member States to strengthen and accelerate national cancer control efforts and defines parameters for monitoring the progress.

<sup>1</sup> Global Health Estimates 2021: World Health Organization; 2024 <https://www.who.int/data/gho>

<sup>2</sup> [SEAHEARTS: ACCELERATING PREVENTION AND CONTROL OF CARDIOVASCULAR DISEASES IN THE SOUTH-EAST ASIAREGION](#)

<sup>3</sup> [WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management 2024–2030.](#)

Against this background, regional workshop (hybrid) targeted at senior government officials/ programme managers for CVD, NCD risk factors control, cancer control along with clinicians, academics, researchers, and professional associations of Member States, is being organized to achieve the following objectives.

## General objective

To collectively design a strategic approach to advance NCD prevention and control in the WHO South-East Asia Region.

## Specific objectives

- o To review country-level progress in managing hypertension and diabetes, as well as in controlling tobacco use and unhealthy diets, and to facilitate discussion and consensus on the renewed and extended SEAHEARTS milestones for 2030.
- o To introduce and update participants on existing and newly developed WHO tools and guidance for the prevention and control of cardiovascular diseases (CVDs), cancers, and associated NCD risk factors.
- o To assist countries in developing national roadmaps that outline priority actions for translating WHO technical packages into effective measures to control CVDs and achieve the SEAHEARTS 2030 milestones.
- o To assist countries in implementing the Regional Strategic Framework for combating smokeless tobacco, novel nicotine products, and areca nut use in the WHO South-East Asia Region (2025–2030).
- o To design a regional framework for monitoring progress toward the SEAHEARTS 2030 milestones.
- o To review progress on national cancer control activities and provide guidance in identifying and prioritizing actions for comprehensive cancer prevention and management.

## Expected outcomes

- o National roadmaps to guide the countries in translating the priority actions to implement WHO technical packages into actionable steps to accelerate efforts to control cardiovascular diseases and achieve the SEAHEARTS 2030 milestones and to combat the use of smokeless tobacco and areca nut use.
- o Framework for monitoring SEAHEARTS 2030 milestones.
- o National priority actions for implementing the WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management.

## Programme

| Day 1–28 October 2025 |                                                                                                                                                                                                       |                                                                                                                                    |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Time (hrs.) IST       | Inaugural session                                                                                                                                                                                     |                                                                                                                                    |
| 0830-0900             | Registration                                                                                                                                                                                          |                                                                                                                                    |
| 0900-0910             | Opening remarks                                                                                                                                                                                       | WHO SEARO                                                                                                                          |
| 0910-0930             | Opening session                                                                                                                                                                                       |                                                                                                                                    |
| 0930-0950             | SEAHEARTS 2025: achievements, and lessons learnt                                                                                                                                                      | Dr Nalika Gunawardena,<br>WHO SEARO                                                                                                |
| 0950-1000             | Global Commitments on NCDs: Turning the Tide Together                                                                                                                                                 | Dr Alarcos Cieza,<br>WHO HQ                                                                                                        |
| 1000-1020             | Introductions of the participants                                                                                                                                                                     |                                                                                                                                    |
| 1020-1040             | Group photo and Healthy break                                                                                                                                                                         |                                                                                                                                    |
|                       | Session                                                                                                                                                                                               | Speakers /Facilitators / Moderators                                                                                                |
|                       | Extended and expanded SEAHEARTS milestones 2030: Hypertension and diabetes treatment coverage and control                                                                                             |                                                                                                                                    |
| 1040-1115             | Regional SEAHEARTS milestones 2030: Hypertension and diabetes treatment coverage and control                                                                                                          | Dr Pradeep Joshi,<br>WHO SEARO                                                                                                     |
| 1115-1230             | A panel discussion on overcoming common challenges to reach the SEAHEARTS 2030 milestones                                                                                                             |                                                                                                                                    |
|                       | Avoiding stock-outs of medicines and technologies through realistic forecasting                                                                                                                       | Mr Bashier Enoos, WHO HQ (virtual)<br>A nominated official, India                                                                  |
|                       | Approaches to promote use of statins in primary health care level                                                                                                                                     | Dr Jeyaraj Durai Pandian,<br>WHO CC for Stroke Care, Christian Medical College, Ludhiana, India<br>A nominated official, Sri Lanka |
|                       | Improving treatment adherence for hypertension through single-pill combinations                                                                                                                       | Dr Kouamivi Agboyibor,<br>WHO HQ (virtual)<br>A nominated official, Bhutan                                                         |
|                       | Enhancing access to HbA1c to monitor glycaemic control at primary health care level                                                                                                                   | Dr Aqsha Azhary Nur, WHO HQ (virtual)<br>A nominated official, Timor-Leste                                                         |
|                       | Ensuring availability of validated BP measuring devices in primary care level                                                                                                                         | Dr Swagata Kumar Sahoo,<br>Resolve to Save Lives<br>A nominated official, Nepal                                                    |
|                       | Question and answers                                                                                                                                                                                  |                                                                                                                                    |
| 1230-1330             | Food for thought – lunch break<br>A special session- Presentation of the protocol of a randomised control trial on a diet related intervention for better glycaemic control among diabetics in Bhutan |                                                                                                                                    |
| 1330-1500             | Group work<br>Framing country targets and designing national roadmap to reach SEAHEARTS milestones 2030: Hypertension and diabetes treatment coverage and control                                     | Country groups                                                                                                                     |
|                       | Healthy break                                                                                                                                                                                         |                                                                                                                                    |
| 1500-1700             | Country presentations and discussions                                                                                                                                                                 | Nominated officials                                                                                                                |

| Day 2–29 October 2025 |                                                                                                                                                                                                                                                                        |                                                                                                                                  |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Time (hrs.) IST       | Session                                                                                                                                                                                                                                                                | Speakers /Facilitators / Moderators                                                                                              |
| 0900-0905             | Recap-day 1                                                                                                                                                                                                                                                            |                                                                                                                                  |
|                       | <b>Extended and expanded SEAHEARTS milestones 2030: tobacco control</b>                                                                                                                                                                                                |                                                                                                                                  |
| 0905-0920             | Regional strategic framework for combating smokeless tobacco, novel nicotine products and areca nut in the WHO South-East Asia Region (2025-2030)                                                                                                                      | Dr Jagdish Kaur, WHO SEARO                                                                                                       |
| 0920-0940             | Open discussion                                                                                                                                                                                                                                                        |                                                                                                                                  |
| 0940-1000             | <i>Healthy break</i>                                                                                                                                                                                                                                                   |                                                                                                                                  |
| 1000-1100             | <b>Country presentations-</b> identification of priority interventions to reach and monitor the SEAHEARTS 2030 on tobacco control                                                                                                                                      | Nominated officials of all countries                                                                                             |
| 1100-1115             | Updated status of WHO MPOWER implementation – gaps and challenges                                                                                                                                                                                                      | Dr. Hebe Gouda, WHO HQ ( <i>virtual</i> )                                                                                        |
| 1115-1130             | Questions and answers                                                                                                                                                                                                                                                  |                                                                                                                                  |
| 1145-1200             | Tobacco cessation programme in Rajasthan                                                                                                                                                                                                                               | WCO India                                                                                                                        |
| 1200-1215             | Tobacco products testing – updated evidence                                                                                                                                                                                                                            | NIMHANS Bangalore                                                                                                                |
| 1215-1230             | Policies for prevention and control of smokeless tobacco                                                                                                                                                                                                               | WHO FCTC Knowledge Hub on Smokeless Tobacco                                                                                      |
| 1230-1315             | <i>Food for thought – lunch break</i>                                                                                                                                                                                                                                  |                                                                                                                                  |
|                       | <b>Extended and expanded SEAHEARTS milestones 2030: unhealthy diet</b>                                                                                                                                                                                                 |                                                                                                                                  |
| 1315-1325             | Current evidence-based recommendations for population salt/sodium reduction.                                                                                                                                                                                           | Dr Angela de Silva, WHO SEARO                                                                                                    |
| 1325-1345             | Trans fatty acid regulations: Monitoring, surveillance and implementation- good practices and next steps<br><br>Question and answers                                                                                                                                   | Dr Juliawati Untoro, WHO, HQ                                                                                                     |
| 1345-1405             | Progress in Practice: Country Case Highlights                                                                                                                                                                                                                          | Bangladesh (5 mins, 2 slides each), Thailand, Sri Lanka                                                                          |
| 1405-1425             | Navigating commercial determinants- food industry pushback and solutions (policy compatibility with trade laws, distorted evidence, economic impact)<br><br>Question and answers- 10 mins                                                                              | Dr Kate Robertson, WHO HQ                                                                                                        |
| 1425-1500             | <b>Group exercise:</b> Identification of priority interventions and/or actions to reach and monitor the SEAHEARTS 2030 on population salt reduction and trans fatty acid elimination and TFA surveillance and enforcement, challenges, opportunities and support needs |                                                                                                                                  |
| 1500-1515             | <i>Healthy break</i>                                                                                                                                                                                                                                                   |                                                                                                                                  |
| 1515-1615             | <b>Group exercise</b> continued<br>Discuss and identify next steps to implement the identified priority actions                                                                                                                                                        | Country groups<br>Facilitators-<br>Dr. Angela de Silva, WHO SEARO<br>Dr. Kate Robertson, WHO, HQ<br>DR. Juliawati Untoro, WHO HQ |
| 1615-1700             | <b>Group presentations</b>                                                                                                                                                                                                                                             |                                                                                                                                  |

| Day 3–30 October 2025 |                                                                                                                                                                                                 |                                                                                                               |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| Time (hrs.)<br>IST    | Session                                                                                                                                                                                         | Speakers /Facilitators / Moderators                                                                           |
| 0900-0905             | Recap-day 2                                                                                                                                                                                     |                                                                                                               |
|                       | <b>Comprehensive cancer prevention and management</b>                                                                                                                                           |                                                                                                               |
| 0905-0920             | Status of implementation of the WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management.                                                                       | Dr Bishnu Rath Giri, WHO SEARO                                                                                |
| 0920-1020             | Leveraging the special initiatives on cancer control to accelerate implementation of actions:                                                                                                   |                                                                                                               |
|                       | Cervical cancer elimination initiative                                                                                                                                                          | Dr Prebo Barango, WHO HQ (virtual)<br>Smiljka de Lussigny, UNITAID (virtual)                                  |
|                       | Global breast cancer initiative                                                                                                                                                                 | Dr Mary Nyangasi WHO, HQ (virtual)                                                                            |
|                       | Global initiative for childhood cancer                                                                                                                                                          | Dr Roberta Ortiz, WHO HQ (virtual)<br>Ms. Y Ravindran/ Dr. Catherine Lam, St Jude Research Hospital (virtual) |
|                       | imPACT reviews and Rays of hope initiative                                                                                                                                                      | Ms. Kimberley Frolov-Roessler / Mr. Karagu Maina (virtual)<br>International Atomic Energy Agency              |
|                       | South-East Asia Cancer Grid                                                                                                                                                                     | Dr Pramesh CS, Tata Memorial Hospital (virtual)                                                               |
| 1020-1040             | <i>Healthy break</i>                                                                                                                                                                            |                                                                                                               |
| 1040-1130             | <b>Group exercise</b><br>National priority actions to accelerate the implementation of the WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management (2024-2030) | Country groups                                                                                                |
| 1130-1230             | <b>Group presentations</b><br>National priority actions and experience from country                                                                                                             |                                                                                                               |
| 1230-1330             | <i>Food for thought – lunch break</i>                                                                                                                                                           |                                                                                                               |
|                       | <b>Framework for monitoring SEAHEARTS 2030 milestones</b>                                                                                                                                       |                                                                                                               |
| 1330-1345             | Framework for monitoring SEAHEARTS 2030 milestones                                                                                                                                              | Dr. Nalika Gunawardena, WHO SEARO                                                                             |
| 1345-1410             | Best practice dashboards in health facilities: facilitating tracking the progress to reach national targets for SEAHEARTS                                                                       | Dr Pradeep Joshi, WHO SEARO<br>A nominated official, Bangladesh                                               |
| 1410-1425             | Using routine health information systems to monitor SEAHEARTS 2030 milestones                                                                                                                   | Dr Amani Siyam, WHO SEARO                                                                                     |
| 1425-1445             | <b>Group work:</b> feedback on the framework for monitoring SEAHEARTS 2030 milestones                                                                                                           |                                                                                                               |
|                       | <b>Concluding session</b>                                                                                                                                                                       |                                                                                                               |
| 1445-1515             | Next steps and participant reflections                                                                                                                                                          |                                                                                                               |
|                       | <i>Healthy break and conclusion</i>                                                                                                                                                             |                                                                                                               |

## List of participants — as of 24 October 2025

### Bangladesh

Ms Halima Khatun  
Senior Assistant Secretary  
Health Service Division  
Ministry of Health and Family  
Welfare  
Email: [halima31bcs@gmail.com](mailto:halima31bcs@gmail.com)

Mr Khondakar Rabiul Islam  
Senior Assistant Secretary  
Health Service Division  
Ministry of Health and Family  
Welfare  
Email: [robiulislamr.kh5@gmail.com](mailto:robiulislamr.kh5@gmail.com)

Ms Ayesha Siddika  
Deputy Director  
Bangladesh Food Safety Authority  
Ministry of Health and Family  
Welfare  
Email: [ayeshasiddika199326@yahoo.com](mailto:ayeshasiddika199326@yahoo.com)

Dr Asma Sultana Tuli  
Programme Officer  
National Tobacco Control Cell  
Email: [dr.asmasultanatuli@gmail.com](mailto:dr.asmasultanatuli@gmail.com)

Dr Nurul Islam (*virtual*)  
Officer on Special Duty  
Directorate General of Health  
Services Ministry of Health and  
Family Welfare  
Email: [drnurul69@gmail.com](mailto:drnurul69@gmail.com)

Dr AKM Monowarul Islam (*virtual*)  
Associate Professor Cardiology  
National Institute of  
Cardiovascular Diseases  
Ministry of Health and Family  
Welfare  
Email: [drmonwardb@yahoo.com](mailto:drmonwardb@yahoo.com)

Dr Abdul Wadud Chowdhury  
(*virtual*)  
Director  
National Institute of  
Cardiovascular Diseases  
Ministry of Health and Family  
Welfare  
Email: [drwadud65@gmail.com](mailto:drwadud65@gmail.com);  
[drwadud@hotmail.com](mailto:drwadud@hotmail.com)

Dr Syed Kamrul Islam (*virtual*)  
Director  
Primary Health Care and  
Institute of Tropical and Infectious  
Diseases  
Directorate General of Health  
Services  
Ministry of Health and Family  
Welfare  
Email: [director.phc@ld.dghs.gov.bd](mailto:director.phc@ld.dghs.gov.bd);

Dr Rahat Iqbal Chowdhury (*virtual*)  
Officer on Special Duty  
Directorate General of Health  
Services Ministry of Health and  
Family Welfare  
Email: [rahat.ncdc@gmail.com](mailto:rahat.ncdc@gmail.com)

### Bhutan

Ms Tshewan Lhaden  
Program Officer  
Noncommunicable Diseases  
Division  
Department of Public Health  
Email: [tshewangl@health.gov.bt](mailto:tshewangl@health.gov.bt)

Ms Kinzang Wangmo  
Assistant Program Officer  
Health Promotion and Risk  
Communication Division  
Department of Public Health  
Email: [kwangmo@health.gov.bt](mailto:kwangmo@health.gov.bt)

Mr Sonam Wangchuk  
Assistant Program Officer  
Noncommunicable Diseases  
Division  
Department of Public Health  
Ministry of Health  
Email: [sonamw@health.gov.bt](mailto:sonamw@health.gov.bt)

Mr Ramesh Kumar Siwakoti  
Regulatory Quality Inspector  
Tobacco Control Focal  
Wangdue Regional Office  
Bhutan Food and Drugs Authority  
Email: [rameshdanjee@gmail.com](mailto:rameshdanjee@gmail.com)

Mr Karma Jamtsho (virtual)  
Director  
Department of Public Health  
Ministry of Health  
Email: [karmajamtsho@health.gov.bt](mailto:karmajamtsho@health.gov.bt)

Mr Laigden Dzed (virtual)  
Chief Programme Officer  
Noncommunicable Diseases  
Division  
Department of Public Health  
Ministry of Health  
Email: [ldzed@health.gov.bt](mailto:ldzed@health.gov.bt)

Mr Karchung (virtual)  
Deputy Chief Programme Officer  
Noncommunicable Diseases  
Division  
Ministry of Health  
Email: [karchung@health.gov.bt](mailto:karchung@health.gov.bt)

## Democratic People's Republic of Korea

Dr Han Yun Song (virtual)  
Section Chief,  
National Center for Disease  
Prevention and Control,  
Ministry of Public Health

Dr Son Jong Guk (virtual)  
Officer  
National Center for Disease  
Prevention and Control  
Ministry of Public Health

Dr Jo Jong Hak (virtual)  
Officer  
Department of Prevention and  
Treatment,  
Ministry of Public Health

Dr Jo Kum Chol (virtual)  
Officer  
Department of Prevention and  
Treatment  
Ministry of Public Health

Dr Jon Hyon Sok (virtual)  
Head  
Respiratory Department  
Kim Man Yu Hospital

Dr Pak Kwang Ryong (virtual)  
Doctor  
Endocrine and Metabolism  
Department,  
Pyongyang Medical University  
Hospital

Dr Choe Kyong Chol (virtual)  
Head  
Prevention and Screening  
Department,  
Oncology Research Institute of  
Medical  
Academy of Science

Dr Jon Myong Chol (virtual)  
Head  
Prevention and Screening  
Department, Breast  
Tumor Institute of Pyongyang  
Maternity Hospital

Dr Kim Hae (virtual)  
Senior Officer  
Korea Public Health Cooperation  
Agency  
Ministry of Public Health

Dr Ri Ju Bom (virtual)  
Officer  
Korea Public Health Cooperation  
Agency  
Ministry of Public Health

Dr Kim Hyon Hui (virtual)  
Officer  
Korea Public Health Cooperation  
Agency  
Ministry of Public Health

## India

Dr Saroj Kumar  
Director  
Noncommunicable Diseases  
Division Ministry of Health and  
Family Welfare  
Email: [saroj.kumar@nic.in](mailto:saroj.kumar@nic.in)

Dr Avinash Sunthlia  
Senior Medical Officer  
National Tobacco Control Program  
Ministry of Health and Family  
Welfare  
Email:  
[Avinash.sunthlia23@ncdc.gov.in](mailto:Avinash.sunthlia23@ncdc.gov.in)

Mr Harsh Mangla (*virtual*)  
Director  
National Health Mission – I  
Ministry of Health and Family  
Welfare  
Email: [harsh.mangla@ias.nic.in](mailto:harsh.mangla@ias.nic.in)

Dr Ambuj Roy (*virtual*)  
Professor  
Department of Cardiology  
All India Institute of Medical  
Sciences, New Delhi  
Email: [drambujroy@gmail.com](mailto:drambujroy@gmail.com)

Dr Ramesh Agarwal (*virtual*)  
Department of Medicines  
Lady Hardinge Medical College  
Email: [rameshlhmc@gmail.com](mailto:rameshlhmc@gmail.com)

## Maldives

Dr Abdul Azeez Hameed  
Senior Medical Officer  
Office: Dhamana Veshi  
Ministry of Health  
Email:  
[azeez.hameed@dhamanaveshi.gov.mv](mailto:azeez.hameed@dhamanaveshi.gov.mv)

Dr Ramla Wajeeh  
Public Health Coordinator  
Ministry of Health  
Email: [ramla@health.gov.mv](mailto:ramla@health.gov.mv)

Dr Abdulla Muaaz  
Public Health Coordinator  
Health Protection Agency  
Ministry of Health  
Email:  
[abdulla.muaaz@hpa.gov.mv](mailto:abdulla.muaaz@hpa.gov.mv)

## Nepal

## Sri Lanka

Dr S. C. Wickramasinghe,  
Deputy Director General -  
Noncommunicable Diseases  
Ministry of Health and Mass  
Media  
Email: [scwickrama@gmail.com](mailto:scwickrama@gmail.com)

Dr Shilanthi Senevirathne,  
Consultant Community Physician,  
Noncommunicable Diseases Unit,  
Ministry of Health and Mass  
Media  
Email: [shilanthi@yahoo.com](mailto:shilanthi@yahoo.com)

Dr Shreeni Alahapperuma  
Acting Director

National Cancer Control  
Programme  
Ministry of Health and Mass  
Media  
Email: [shreeni2021@gmail.com](mailto:shreeni2021@gmail.com)

Dr Ananda Rathnayake  
Chairman  
National authority of Tobacco  
Control  
Ministry of Health and Mass  
Media  
Email: [rmasr1966@yahoo.com](mailto:rmasr1966@yahoo.com)

Dr W K W S Kumarawansa (*virtual*)  
Director,  
Primary Care Services  
Email:  
[director.pc.moh@gmail.com](mailto:director.pc.moh@gmail.com)

Dr Palitha Karunapema (*virtual*)  
Director,  
Health Information  
Email: [pkarunapema@gmail.com](mailto:pkarunapema@gmail.com)

Prof Chamila Mettananda (*virtual*)  
Professor in Medicine,  
University of Kelaniya  
Email: [chamila@kln.ac.lk](mailto:chamila@kln.ac.lk);  
[chamilametta@hotmail.com](mailto:chamilametta@hotmail.com)

Dr Manilka Sumanathilake (*virtual*)  
Consultant Endocrinologist,  
National Hospital,  
Email:  
[manilkasumana@gmail.com](mailto:manilkasumana@gmail.com)

## Thailand

Dr Saipin Chotivichien  
Director, Bureau of Nutrition  
Department of Health  
Ministry of Public Health  
E-mail :  
[saipin.chotivichien@gmail.com](mailto:saipin.chotivichien@gmail.com)

Mrs Nitaya Bhantuwate  
Public Health Technical Officer,  
Senior Professional Level  
Division of Noncommunicable  
Diseases Department  
Department of Disease Control,  
Ministry of Public Health  
Email: [nitayabh@gmail.com](mailto:nitayabh@gmail.com)

Mr Chirawat Yoosabai  
Legal Officer,  
Senior Professional Level  
Office of Tobacco Products  
Control Committee, Department  
of Disease Control,  
Ministry of Public Health  
Email: [acech\\_yoo@hotmail.com](mailto:acech_yoo@hotmail.com)

Dr Danai Manorum (*virtual*)  
Deputy Director  
Health System Development  
National Cancer Institute,  
Department of Medical Services  
Ministry of Public Health  
Email: [danaimanorum@gmail.com](mailto:danaimanorum@gmail.com)

Dr Orawan Anupraiwan (*virtual*)  
Medical Physician, Expert Level  
Central Chest Institute of Thailand  
Email: [dr.orawan.tuk@gmail.com](mailto:dr.orawan.tuk@gmail.com)

Dr Yuwaporn Jirawongprapa  
(*virtual*)  
Deputy Director,  
Primary Health System Support  
Division  
Office of the Permanent Secretary  
Ministry of Public Health  
E-mail : [Yuwaporn.fai@gmail.com](mailto:Yuwaporn.fai@gmail.com)

Dr Somkiat Sangwatanaroj  
(*virtual*)  
Chairman of Cardiac Prevention  
and Rehabilitation  
Society of Thailand  
Email: [Somkiat.s@chula.ac.th](mailto:Somkiat.s@chula.ac.th)

## Timor-Leste

Dr Mateus Ornai Romiso  
Head of Noncommunicable  
Diseases Department  
Ministry of Health  
Email:  
[mateus.romiso84@gmail.com](mailto:mateus.romiso84@gmail.com)

Mr Mario Serekay  
Senior Official  
Tobacco Control  
Ministry of Health  
Email: [akai3565@gmail.com](mailto:akai3565@gmail.com)

Dr Diana M Pereira Matos  
Senior Official  
Risk Factor Reduction  
Ministry of Health  
Email:  
[matosdiana8730@gmail.com](mailto:matosdiana8730@gmail.com)

Dr Helder Juvinal N da Silva  
(*virtual*)  
Focal Point for Cancer Programme  
Ministry of Health  
Email: [helderjuvinal@gmail.com](mailto:helderjuvinal@gmail.com)

Dr Arminda da Almeida (*virtual*)  
Senior Official  
Primary Health Care  
Ministry of Health  
Email: [almeidaamarf@gmail.com](mailto:almeidaamarf@gmail.com)

Dr Herculano Seixas dos Santos  
(*virtual*)  
Head of Cardiac Unit, Guido  
Valadares National Hospital  
Ministry of Health  
Email: [seixasdossantosnimia@gmail.com](mailto:seixasdossantosnimia@gmail.com)

Dr Adriano Barbosa (*virtual*)  
Representative  
Academy and Research Body  
Ministry of Health  
Email: [adrianob@iuj.ac.jp](mailto:adrianob@iuj.ac.jp)

### Special invitees

Dr Arvind V Rinkoo  
Freelance consultant  
Noncommunicable Diseases and  
Tobacco Control  
Director- SHIVHAX  
Faridabad, Haryana, India  
E mail: [docavr@gmail.com](mailto:docavr@gmail.com)

Dr Pomawati Thapa,  
Senior Consultant Medical  
Generalist,  
Nepal  
Email: [poma.thapa@gmail.com](mailto:poma.thapa@gmail.com)

Dr Aereosonova Khongsit  
Consultant  
Email: [aereo.sonova@gmail.com](mailto:aereo.sonova@gmail.com)

### WHO Country Office (WCO) Focal Points

Dr ASK Ishtiaq  
Program Officer  
Noncommunicable Diseases  
and Mental Health  
WCO Bangladesh  
Email: [ishtiaka@who.int](mailto:ishtiaka@who.int)

Dr Farzana Aktar Dorin  
National Programme Officer  
(Policy For Prevention Of  
Noncommunicable Diseases)  
WCO Bangladesh  
Email: [dorinf@who.int](mailto:dorinf@who.int)

Dr Bhupinder Kaur Aulakh  
WHO Representative  
WCO Bhutan  
Email: [aulakhb@who.int](mailto:aulakhb@who.int)

Dr Donbao Yu (*virtual*)  
Public health Specialist  
(Epidemiology)  
WCO DPR Korea  
Email: [yud@who.int](mailto:yud@who.int)

Ms Han Un Ju (*virtual*)  
National Programme Officer  
(Tobacco Control)  
WCO DPR Korea  
Email: [unjuh@who.int](mailto:unjuh@who.int)

Dr Jo Kwang Chol (*virtual*)  
National Programme Officer  
(Noncommunicable Diseases and  
Mental Health)  
WCO DPR Korea  
Email: [choljog@who.int](mailto:choljog@who.int)

Ms Anupurba Roy Chowdhury  
(*virtual*)  
Health Emergency Specialist  
WCO DPR Korea  
Email: [roya@who.int](mailto:roya@who.int)

Dr Abhishek Kunwar  
Ag. Team Lead  
Noncommunicable Diseases and  
comorbidities  
WCO India  
Email: [abhishekk@who.int](mailto:abhishekk@who.int)

Dr Rachita Gupta,  
National Programme Officer  
(Nutrition)  
WCO India  
Email: [guptarac@who.int](mailto:guptarac@who.int)

Dr Jatinkumar Thakkar  
Medical Officer  
NORAD project  
WCO India  
Email: [thakkarj@who.int](mailto:thakkarj@who.int)

Dr Ashaish Bhat  
Noncommunicable Diseases  
officer  
WCO India  
Email: [abhat@who.int](mailto:abhat@who.int)

Dr Zakaria Chauhan,  
WHO State Programme Officer  
(Tobacco Cessation)  
WCO India  
Email: [chouhanz@who.int](mailto:chouhanz@who.int)

Dr Piyush Gupta,  
WHO Consultant,  
Jaipur, Rajasthan  
Email: [piyushg@npncd.in](mailto:piyushg@npncd.in)

Dr Aye Moe Moe Lwin  
National Programme Officer  
(Noncommunicable Diseases and  
Mental Health)  
WCO Myanmar Email:  
[lwina@who.int](mailto:lwina@who.int)

Dr Aye Myat Soe (*virtual*)  
National Programme Officer  
(Noncommunicable Diseases)  
WCO Myanmar  
Email: [soea@who.int](mailto:soea@who.int)

Dr Gampo Dorji  
Senior Health Policy Advisor  
WCO Nepal  
Email: [dorjig@who.int](mailto:dorjig@who.int)

Dr Rais Pokharel  
NORAD Project Coordinator  
WCO Nepal  
Email: [pokharelr@who.int](mailto:pokharelr@who.int)

Dr Lonim Dixit  
National Programme Officer  
(Noncommunicable Diseases)  
WCO Nepal  
Email: [dixitl@who.int](mailto:dixitl@who.int)

Mr T Suveendran  
National Professional Officer  
(Special initiatives)  
WCO Sri Lanka  
Email: [suveendrnt@who.int](mailto:suveendrnt@who.int)

Dr Farrukh Qureshi  
Medical Officer  
(Noncommunicable Diseases)  
WCO Sri Lanka  
Email: [qureshif@who.int](mailto:qureshif@who.int)

Dr Sushera Bunluesin  
Public Health Support Officer  
(Healthier Populations)  
WCO Thailand  
Email: [bunluesins@who.int](mailto:bunluesins@who.int)

Dr Shweta Sharma,  
Technical Officer for Nutrition  
WCO Timor-Leste  
Email: [shwsharma@who.int](mailto:shwsharma@who.int)

Mr Leoneto Soares Pinto,  
National Professional Officer  
(Noncommunicable Diseases)  
WCO Timor-Leste  
Email: [pintole@who.int](mailto:pintole@who.int)

## WHO Headquarters

Dr Alarcos Cieza  
Unit Head,  
Management of  
Noncommunicable Diseases  
Email: [ciezaa@who.int](mailto:ciezaa@who.int)

Dr Juliawati Untoro,  
Scientist  
Trans-fatty acids surveillance and  
enforcement,  
Nutrition and Food Safety  
department  
Email: [untoroj@who.int](mailto:untoroj@who.int)

Dr Kathryn Robertson,  
Technical Officer  
Legal/Health Economics and  
Health Planning  
Law  
Email: [robertsonk@who.int](mailto:robertsonk@who.int)

Dr Kouamivi Mawuenyegan  
Agboyibor (*virtual*)  
Medical officer (Cardiovascular  
diseases)  
Email: [agboyibork@who.int](mailto:agboyibork@who.int)

Dr Hebe Gouda (*virtual*)  
No Tobacco Unit  
Health Promotion Department  
Email: [goudah@who.int](mailto:goudah@who.int)

Dr Bashier Enoos (*Virtual*)  
Technical Officer  
(Noncommunicable Diseases)  
Email: [enoosb@who.int](mailto:enoosb@who.int)

Dr Prebo Barango (*Virtual*)  
Cross-cutting specialist  
Noncommunicable Diseases and  
Special Initiatives  
Email: [barangop@who.int](mailto:barangop@who.int)

Dr Mary Nyangasi (*virtual*)  
Technical Officer (Breast Cancer  
Focal Point)  
Email: [nyangasim@who.int](mailto:nyangasim@who.int)

Dr Roberta Ortiz (*virtual*)  
Medical Officer (Childhood Cancer  
Focal Point)  
Email: [ortizr@who.int](mailto:ortizr@who.int)

Dr Aqsha Azury Nur (*virtual*)  
Consultant (Global Diabetes  
Compact)  
Email: [anur@who.int](mailto:anur@who.int)

**Observers, Academic  
institutes, WHO Collaborating  
Centers, UN Organizations**

Dr Swagata Kumar Sahoo,  
Senior Technical Advisor  
Resolve to Save Lives  
Email:  
[ssahoo@resolvetosavelives.org](mailto:ssahoo@resolvetosavelives.org)

Dr Jeyaraj Durai Pandian  
Director, WHO Collaborating  
Centre for Stroke care Christian  
Medical College, Ludhiana,  
Punjab, India Email:  
[jeyaraj.pandian@cmcludhiana.in](mailto:jeyaraj.pandian@cmcludhiana.in)

Dr Ivy Sebastian  
Christian Medical College,  
Ludhiana, Punjab, India Email:  
[ivy29cmc@gmail.com](mailto:ivy29cmc@gmail.com)

Dr Rinita Mascarenhas Christian  
Medical College, Ludhiana,  
Punjab, India Email:  
[mascarenhasrinita97@gmail.com](mailto:mascarenhasrinita97@gmail.com)

Ms Yadurshini Raveendran  
Project Manager  
St. Jude Global,  
South Asia Regional Program  
St. Jude Children's Research  
Hospital  
Email:  
[yadurshini.raveendran@stjude.org](mailto:yadurshini.raveendran@stjude.org)

Prof Anita Sharma  
Head  
Ayurvedic Toxicology Department  
National Institute of Ayurveda,  
Jaipur  
Email:  
[anita31sharma@yahoo.com](mailto:anita31sharma@yahoo.com)

Dr Dinesh Kumawat,  
Assistant Professor  
National Institute of Ayurveda,  
Jaipur  
Email: [dinesh.agad@nia.edu.in](mailto:dinesh.agad@nia.edu.in)

Dr Shalini Singh  
Director,  
National Institute of Cancer  
Prevention and Research,  
Department of Health Research  
Ministry of Health and Family  
Welfare,  
Govt. of India  
Email: [director.nicpr@icmr.gov.in](mailto:director.nicpr@icmr.gov.in)

Dr Prashant Kumar Singh,  
Scientist E  
National Institute of Cancer  
Prevention and Research,  
Department of Health Research  
Ministry of Health and Family  
Welfare,  
Govt. of India  
Email: [ks.prashant@icmr.gov.in](mailto:ks.prashant@icmr.gov.in)

Dr Radha Valaulikar  
Programme Manager  
World Diabetes Foundation  
Email:  
[rhvu@worlddiabetesfoundation.org](mailto:rhvu@worlddiabetesfoundation.org)

Dr Priyamvda Sharma (*virtual*)  
National Institute of Mental  
Health and Neuro Sciences,  
Bangalore  
Email: [ps842010@gmail.com](mailto:ps842010@gmail.com)

Ms Smiljka de Lussigny (*virtual*)  
UNITAID  
Email:  
[delussignys@unitaid.who.int](mailto:delussignys@unitaid.who.int)

Ms Srijana Yogi (*virtual*)  
Noncommunicable Diseases  
Alliance  
South-East Asia Region  
India  
Email: [srijanay.nNocommunicableDiseases@gmail.com](mailto:srijanay.nNocommunicableDiseases@gmail.com)

Prof Sohel Reza Choudhury  
(*virtual*)  
Professor and Head  
Department of Epidemiology and  
Research  
National Heart Foundation  
Hospital and Research Institute  
E-mail:  
[sohel\\_r\\_choudhury@hotmail.com](mailto:sohel_r_choudhury@hotmail.com)  
[choudhurys@nhf.org.bd](mailto:choudhurys@nhf.org.bd)

Dr C S Pramesh (*virtual*)  
Director  
Tata Memorial Hospital  
Mumbai, India  
Email: [prameshcs@tmc.gov.in](mailto:prameshcs@tmc.gov.in)

Ms Kimberley Frolov-Roessler  
(*virtual*)  
Program management officer  
International Atomic Energy  
Agency  
Email: [k.frolov-roessler@iaea.org](mailto:k.frolov-roessler@iaea.org)

Mr Maina Karagu (*virtual*)  
Program management officer  
International Atomic Energy  
Agency  
Email: [A.Maina@iaea.org](mailto:A.Maina@iaea.org)

Prof Bishwajit Bhowmik (*virtual*)  
Coordinator,  
Centre for Global Health Research,  
Bangladesh Diabetic Somiti  
Email: [doctorbiplob@yahoo.com](mailto:doctorbiplob@yahoo.com)

### **WHO South-East Asia Regional Office**

Mr Rasheed Hussain (*virtual*)  
Director  
Department of Healthier  
Population and  
Noncommunicable Diseases  
Email: [hrasheed@who.int](mailto:hrasheed@who.int)

Dr Suman Rijal  
Director  
Department of  
Communicable Diseases  
Email: [srijal@who.int](mailto:srijal@who.int)

Dr Nalika Gunawardena  
Regional Adviser  
(Noncommunicable Diseases)  
Email : [gunawardenan@who.int](mailto:gunawardenan@who.int)

Dr Jagdish Kaur  
Regional Adviser (Tobacco Free  
Initiative)  
Email : [kaurj@who.int](mailto:kaurj@who.int)

Dr Angela Padmini De Silva  
Regional Adviser (Nutrition and  
Health for Development)  
Email : [desilvap@who.int](mailto:desilvap@who.int)

Dr Pradeep Joshi  
Technical Officer  
(Noncommunicable Diseases)  
Email : [joshi@who.int](mailto:joshi@who.int)

Dr Bishnu Rath Giri  
Technical Officer (Cancer Control)  
Email : [girib@who.int](mailto:girib@who.int)

Dr Amani Siyam  
Regional Adviser (Health  
Information Systems)  
Email : [siyama@who.int](mailto:siyama@who.int)

Ms Poonam Sadana  
Executive Assistant  
(Noncommunicable Diseases)  
Email : [sadanap@who.int](mailto:sadanap@who.int)

| Technical sessions    |                                                                                                                                                                          |                                                                                                                                    |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Day 1–28 October 2025 |                                                                                                                                                                          |                                                                                                                                    |
|                       | Session                                                                                                                                                                  | Speakers /Facilitators / Moderators                                                                                                |
|                       | <b>Extended and expanded SEAHEARTS milestones 2030: Hypertension and diabetes treatment coverage and control</b>                                                         |                                                                                                                                    |
| 1040-1115             | Regional SEAHEARTS milestones 2030: Hypertension and diabetes treatment coverage and control                                                                             | Dr Pradeep Joshi,<br>WHO SEARO                                                                                                     |
| 1115 -1230            | <b>A panel discussion on overcoming common challenges to reach the SEAHEARTS 2030 milestones</b>                                                                         |                                                                                                                                    |
|                       | Avoiding stock-outs of medicines and technologies through realistic forecasting                                                                                          | Mr Bashier Ennos, WHO HQ ( <i>virtual</i> )<br>A nominated official, India                                                         |
|                       | Approaches to promote use of statins in primary health care level                                                                                                        | Dr Jeyaraj Durai Pandian,<br>WHO CC for Stroke Care, Christian Medical College, Ludhiana, India<br>A nominated official, Sri Lanka |
|                       | Improving treatment adherence for hypertension through single-pill combinations                                                                                          | Dr Kouamivi Agboyibor,<br>WHO HQ ( <i>virtual</i> )<br>A nominated official, Bhutan                                                |
|                       | Enhancing access to HbA1c to monitor glycaemic control at primary health care level                                                                                      | Dr Aqsha Azhary Nur, WHO HQ ( <i>virtual</i> )<br>A nominated official, Timor-Leste                                                |
|                       | Ensuring availability of validated BP measuring devices in primary care level                                                                                            | Dr Swagata Kumar Sahoo,<br>Resolve to Save Lives<br>A nominated official, Nepal                                                    |
|                       | Question and answers                                                                                                                                                     |                                                                                                                                    |
| 1230-1330             | <i>Food for thought – lunch break</i>                                                                                                                                    |                                                                                                                                    |
| 1330-1500             | <b>Group work</b><br>Framing country targets and designing national roadmap to reach SEAHEARTS milestones 2030: Hypertension and diabetes treatment coverage and control | Country groups                                                                                                                     |
|                       | <i>Healthy break</i>                                                                                                                                                     |                                                                                                                                    |
| 1500-1700             | Country presentations and discussions                                                                                                                                    | Nominated officials                                                                                                                |

### Expected outcomes of the session

- Consensus on 2030 Milestones: Agreement by Member States on the extended and expanded SEAHEARTS 2030 targets for hypertension and diabetes treatment coverage and control.
- Refined country commitments: Initial guidance for Member States to adapt regional milestones into national targets, considering country-specific burden, care cascade gaps, and health system capacity.
- Shared lessons and enablers: Collective review of progress, enablers, and persistent challenges from the 2025 milestones to inform programmatic scale-up.

- Priority actions for scale-up: Identification of key policy and programmatic accelerators (e.g., scale-up of HEARTS technical package, private sector integration, medicines/diagnostics access, digital monitoring).
- Reinforcement of regional solidarity and political commitment to accelerate CVD prevention and control, aligned with SDG 3.4 and global NCD coverage targets.

## Brief descriptions of the session

CVD are a leading cause of mortality and morbidity in the WHO SE Asia Region. The Seventy-sixth Session of the Regional Committee endorsed the resolution SEAHEARTS: Accelerating prevention and control of cardiovascular diseases in the South-East Asia Region (SEA/R76/R5) that urges countries to reach the following four milestones by 2025

- o 100 million people with hypertension and/or diabetes are placed on protocol-based management
- o One billion people are covered by at least three WHO MPOWER measures for tobacco control
- o One billion people are covered with at least one of the WHO SHAKE package measures for reducing salt intake
- o Two billion people are protected from the harmful effects of trans-fatty acids through best practices or complementary policy measures of WHO REPLACE.

The SEAHEARTS initiative is the WHO South-East Asia Region's adaptation of the global technical packages including MPOWER, SHAKE, REPLACE and HEARTS. The commitment on SEAHEARTS brought together measures to reduce risk factors (tobacco control, salt reduction and trans-fatty acids), along with steps to scale up hypertension and diabetes coverage and control in primary health care (PHC). One of the key milestones for improving NCD management is placing 100 million people with hypertension and/or diabetes on protocol-based management. Achieving this requires implementing WHO HEARTS and WHO PEN technical package approaches in primary healthcare settings. Over the past year, the SEAHEARTS roadmap has been rolled out at the country level, revealing two critical challenges: improving the availability of essential medicines and diagnostics in primary healthcare and strengthening health management information systems to monitor patient outcomes and track progress. The collective progress by countries up to June 2025 was: 94 million people placed on protocol-based management, with more than 8.4 million people having their blood pressure under control and 3.63 million achieving good glycaemic control. The status of the achievement on SEAHEARTS milestones in the Region as of June 2025 are as given below (Figure 1).



Figure 1: Achievement of SEAHEARTS milestones, June 2025

Considering the substantial progress made in three of the four SEAHEARTS milestones, and the ongoing momentum in implementing the technical packages, the Member States expressed strong commitment and agreed upon a set of five ambitious yet achievable SEAHEARTS Milestones 2030. Progress of the SEAHEARTS 2025 milestones was presented to the 78th session of the WHO SE Asia Regional Committee in October 2025 and with unanimous agreement from the Member States the Committee decided to extend the timeline of the four milestones of the SEAHEART Initiative for another 5 years, i.e. till 2030. Considering the significant burden of novel nicotine products, smokeless tobacco and areca nut related products, WHO in consultation with Member States designed and presented the regional strategic framework for combating smokeless tobacco, novel nicotine products, and areca nut use in the WHO South-East Asia Region (2025–2030) at the 78th Regional Committee. The Member States approved the framework to be adopted to the country context and implemented.

WHO SE Asia countries have also adopted the Colombo Call to Action, at the Regional Commemoration of World Diabetes Day 2024 in Colombo, Sri Lanka, which urges governments and partners to accelerate efforts to prevent and control diabetes. It highlights the urgent need to expand access to affordable diagnostics, medicines, and essential technologies; integrate diabetes care within primary health services and universal health coverage; promote healthy lifestyles; strengthen health systems and data monitoring; and align national strategies with the WHO Global

Diabetes Compact. SEAHEARTS milestones 2030 on improving treatment coverage and control of diabetes place countries on the path to fulfilling their commitment to the Call to Action.

### Related Resources:

- o SEAHEARTS Monitoring Framework:  
<https://www.who.int/publications/i/item/9789290229797>
- o SEAHEARTS Initiative:  
<https://apps.searo.who.int/seahearts/>
- o Second Regional Consultation (virtual) on SEAHEARTS Initiatives: Achievements and Lessons learnt:  
<https://www.who.int/southeastasia/publications/i/item/SEA-NCD-115>
- o Third Regional Consultation on SEAHEARTS: Extended and Expanded Milestones 2030:  
<https://www.who.int/southeastasia/publications/i/item/sea-ncd-116>
- o Colombo Call to Action: Strengthening prevention and control of diabetes in the WHO South-East Asia Region  
[https://cdn.who.int/media/docs/default-source/diabetes/colombo-declaration-call-to-action.pdf?sfvrsn=62d54183\\_3](https://cdn.who.int/media/docs/default-source/diabetes/colombo-declaration-call-to-action.pdf?sfvrsn=62d54183_3)
- o Progress report – SEAHEARTS: Accelerating prevention and control of cardiovascular diseases in the South-East Asia Region  
<https://iris.who.int/items/0f784666-f805-497c-9e12-68f133fe8537>



### Overcoming common challenges to achieving the SEAHEARTS 2030 milestones

#### Ensuring availability of clinically validated BP measuring devices in primary care level

Accurate blood pressure (BP) measurement is essential for diagnosis, management, and control of hypertension. Inaccurate BP readings can influence both case detection and treatment decisions, leaving patients at risk for heart attacks and stroke, and premature deaths. Overestimation or underestimation of BP by even 10/5 mm Hg can falsely increase or decrease perceived hypertension prevalence and falsely decrease or increase status of hypertension control. The HEARTS technical package recommends the use of automated, clinically validated BP devices in primary care to improve accuracy. Automated clinically validated blood pressure measurement devices (BPMs) are user-friendly, making it easy to train users, facilitate task sharing and support their use at the primary health care level.

However, many devices in use are not independently validated, leading to unreliable readings, and missed opportunities for proper treatment. The most accurate automated BPMs are those that have undergone rigorous and independent validation testing against a gold standard and offer a variety of cuff sizes. To ensure the availability of quality BPMs, countries should adopt policies mandating the use of independently validated automated devices and gradually phase out non-validated and manual monitors as resources allow. Health authorities should disseminate information to providers and decision-makers on how to check device validation status, require

suppliers to submit validation reports, and build local capacity to test and validate devices, particularly those manufactured within the country.

#### Related resources:

Prevention and Control of Hypertension training modules

WHO technical specifications for automated non-invasive blood pressure measuring devices with cuff: <https://www.who.int/publications/i/item/9789240002654>

#### Promoting use of statins in primary health care level

Statins substantially reduce cardiovascular events. In low- and middle-income countries today, only 7% of eligible patients receive statins. WHO and all major scientific organizations recommend statins for people with hypertension, diabetes, and others at risk. Evidence shows that statins:

- Reduce the risk of death by approximately 15%.
- Decrease heart attacks, strokes, and cardiovascular deaths by nearly one third.
- Potentially prevent more than a million additional deaths annually by treating all eligible patients.

#### Improving treatment adherence for hypertension through single-pill combinations

Adoption of single-pill combination (SPC) medications improves treatment adherence by:

- reducing pill burden – as patients take fewer tablets daily – can improve adherence and reduce the chances of missed doses.
- simplifying treatment regimens – eliminates the complexity of taking multiple drugs at different times.
- improving BP control – as multiple drugs work synergistically to achieve faster and better BP reduction.
- minimizing side effects – as lower doses of individual drugs in SPCs can reduce side effects compared to high-dose monotherapy.
- enhancing convenience and patient satisfaction – helps patients feel less overwhelmed by their medication regimen, promoting long-term commitment.

#### Related resources:

Guideline for the pharmacological treatment of hypertension in adults:

<https://www.who.int/publications/i/item/9789240033986>

#### Enhancing access to HbA1c to monitor glycaemic control at primary health care level

Glycated haemoglobin (HbA1c) testing is a cornerstone of diabetes care, enabling accurate monitoring of long-term glycaemic control and guiding timely treatment adjustments. However, in many low- and middle-income settings, access to HbA1c testing remains limited due to high costs, lack of point-of-care devices, and gaps in procurement and supply systems. Expanding affordable and quality assured HbA1c testing at the primary health care level can help detect uncontrolled diabetes early, reduce complications, and support integrated, person-centred diabetes management. Strengthening procurement, price transparency, device validation, and training of primary care providers are key steps to close the diagnostic gap and advance universal health coverage for people living with diabetes.

**Related resources:**

- o Availability, price and affordability of health technologies for the management of diabetes:  
<https://iris.who.int/server/api/core/bitstreams/2a535865-b386-4367-b884-7e527d90b0ec/content>
- o Regional Commemoration of World Diabetes Day 2024:  
<https://www.who.int/publications/i/item/SEA-NCD-114>

**Avoiding stock-outs of medicines and technologies through realistic forecasting**

Accurate and timely demand forecasting is essential to maintain uninterrupted access to essential medicines and health technologies for NCDs. Realistic forecasts help inform national medical product budgets and procurement plans, support price negotiations with suppliers, guide manufacturers in aligning production with future demand, and strengthen evidence-based advocacy to close resource gaps. By preventing both overstocking and understocking, effective forecasting reduces product wastage, avoids stock-outs, and ensures that patients receive continuous care. The WHO NCD Department is developing a standardized, user-friendly NCD demand forecasting tool to strengthen the capacity of NCD country programmes in the planning, budgeting, and procurement of NCD medicines and health technologies.

**Guidance on group work**

***Framing country targets and designing national roadmap to reach SEAHEARTS milestones 2030: Hypertension and diabetes treatment coverage and control***

The group work for framing country targets and designing national roadmap to reach SEAHEARTS milestones 2030: Hypertension and diabetes treatment coverage and control is designed in two steps.

**Step 1-Situation assessment:** The assessment is designed to serve as a tool to identify the existing gaps at programmatic and implementation level to accelerate and scale up the implementation of WHO HEARTS package to reach SEAHEARTS 2030 milestones for hypertension and diabetes coverage and control.

**Step 2- National roadmap:** The gaps identified in the step 1 will serve as the basis for the design of the national roadmap to reach SEAHEARTS milestones 2030. The participants are requested to translate their identified gaps into concrete actions with specified timelines, necessary financial, human, and material resources and the responsible technical units to formulate the national roadmap to reach SEAHEARTS milestones 2030: Hypertension and diabetes treatment coverage and control. SEAHEARTS Monitoring Framework 2030 will serve as the tool that countries can adapt and use to monitor and report the progress of the National Roadmaps.

| Day 2-29 October 2025                                                                                                                             |                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| Session                                                                                                                                           | Speakers /Facilitators / Moderators         |
| Recap-day 1                                                                                                                                       |                                             |
| <b>Extended and expanded SEAHEARTS milestones 2030: tobacco control</b>                                                                           |                                             |
| Regional strategic framework for combating smokeless tobacco, novel nicotine products and areca nut in the WHO South-East Asia Region (2025-2030) | Dr. Jagdish Kaur, WHO SEARO                 |
| Open discussion                                                                                                                                   |                                             |
| <i>Healthy break</i>                                                                                                                              |                                             |
| <b>Country presentations-</b> identification of priority interventions to reach and monitor the SEAHEARTS 2030 on tobacco control                 | Nominated officials of all countries        |
| Updated status of WHO MPOWER implementation – gaps and challenges                                                                                 | Dr. Hebe Gouda, WHO HQ ( <i>virtual</i> )   |
| Questions and answers                                                                                                                             |                                             |
| Tobacco cessation programme in Rajasthan                                                                                                          | WCO India                                   |
| Tobacco products testing – updated evidence                                                                                                       | NIMHANS Bangalore                           |
| Policies for prevention and control of smokeless tobacco                                                                                          | WHO FCTC Knowledge Hub on Smokeless Tobacco |
| <i>Food for thought – lunch break</i>                                                                                                             |                                             |

### Expected outcomes of the session:

- Member States will gain updated knowledge on the current status of MPOWER implementation in the WHO South-East Asia Region, based on the Global Tobacco Control Report 2025 (GTCR X), including identified gaps and challenges.
- Participants will be able to identify and prioritize interventions required to achieve the tobacco control objectives of SEAHEARTS 2030, informed by both country presentations and group discussions thereof.
- Countries will be introduced to the Regional Strategic Framework for Combating Smokeless Tobacco, Novel Nicotine Products and Areca Nut (2025–2030) and will provide feedback on ways to operationalize this framework within their national and subnational contexts.
- The session will highlight best practices in tobacco cessation services, tobacco product regulation, and smokeless tobacco control from subnational, national, regional, and global experiences, with opportunities to adapt lessons learned to country-specific needs.
- Participants will leave with increased awareness of technical tools, policy options, and guidance documents that can be leveraged to accelerate progress toward SEAHEARTS 2030 tobacco control milestones.

### Brief descriptions of the session

#### Regional Strategic Framework for combating smokeless tobacco, novel nicotine products and areca nut in the WHO South-East Asia Region

Tobacco use remains the single most important modifiable risk factor for NCDs in the WHO SE Asia Region. Despite notable reductions in overall tobacco use, the Region continues to bear a disproportionate burden including that of smokeless tobacco (SLT). The growing use of novel

nicotine products (NNPs), such as electronic cigarettes and nicotine pouches and the widespread sociocultural use of areca nut, further compound the challenge.

Recognizing these shifting patterns, the WHO SE Asia Regional Office has developed a Regional Strategic Framework to address the use of smokeless tobacco, electronic cigarettes, nicotine pouches and areca nut. The Framework comprises seven strategic objectives, covering leadership and governance; legal and regulatory reforms; enforcement mechanisms; public awareness; cessation support; research and surveillance; and comprehensive approaches to areca nut control. It builds on existing WHO guidance, including the WHO Framework Convention on Tobacco Control (FCTC), the MPOWER package, the 'best buys' and other recommended interventions to address NCDs, and updated technical recommendations on electronic cigarettes and flavourings, while maintaining flexibility for country-specific adaptation.

### Related resources

- WHO report on the global tobacco epidemic, 2025: warning about the dangers of tobacco (<https://www.who.int/publications/i/item/9789240112063>)
- Two decades of WHO FCTC implementation in South-East Asia Region (<https://www.who.int/publications/i/item/9789290229568>)
- Electronic cigarettes: Call to Action (<https://www.who.int/publications/m/item/electronic-cigarettes---call-to-action>)

| Day 2–29 October 2025 |                                                                                                                                                                                                                                                                        |                                                                                                                                  |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Time (hrs.) IST       | Session                                                                                                                                                                                                                                                                | Speakers /Facilitators / Moderators                                                                                              |
|                       | <b>Extended and expanded SEAHEARTS milestones 2030: unhealthy diet</b>                                                                                                                                                                                                 |                                                                                                                                  |
| 1315-1325             | Current evidence-based recommendations for population salt/sodium reduction.                                                                                                                                                                                           | Dr. Angela de Silva, WHO SEARO                                                                                                   |
| 1325-1345             | Trans fatty acid regulations: Monitoring, surveillance and implementation- good practices and next steps<br>Question and answers                                                                                                                                       | Dr. Juliawati Untoro, WHO, HQ                                                                                                    |
| 1345-1405             | Progress in Practice: Country Case Highlights                                                                                                                                                                                                                          | Bangladesh (5 mins, 2 slides each),<br>Thailand, Sri Lanka                                                                       |
| 1405-1425             | Navigating commercial determinants- food industry pushback and solutions (policy compatibility with trade laws, distorted evidence, economic impact)<br>Question and answers- 10 mins                                                                                  | Dr. Kate Robertson, WHO HQ                                                                                                       |
| 1425-1500             | <b>Group exercise:</b> Identification of priority interventions and/or actions to reach and monitor the SEAHEARTS 2030 on population salt reduction and trans fatty acid elimination and TFA surveillance and enforcement, challenges, opportunities and support needs |                                                                                                                                  |
| 1505-1515             | <i>Healthy break</i>                                                                                                                                                                                                                                                   |                                                                                                                                  |
| 1515-1615             | <b>Group exercise continued</b><br>Discuss and identify next steps to implement the identified priority actions                                                                                                                                                        | Country groups<br>Facilitators-<br>Dr. Angela de Silva, WHO SEARO<br>Dr. Kate Robertson, WHO, HQ<br>DR. Juliawati Untoro, WHO HQ |
| 1615-1700             | <b>Group presentations</b>                                                                                                                                                                                                                                             |                                                                                                                                  |

### Expected outcomes of the session

- Participants gain insights into effective and feasible practices for monitoring, surveillance and enforcement of industrially produced trans fatty acid (iTFA) regulations and identify next steps in iTFA regulation implementation and enforcement.
- Country groups identify priority interventions/actions in population salt /sodium reduction for post meeting follow up.
- Key challenges, opportunities, and potential solutions for the above interventions/actions explored, and specific support needs from WHO and partners identified.

### Brief descriptions of the session

#### Trans fat elimination

Building on WHO's REPLACE package for the elimination of industrially produced trans-fat (iTFA), WHO is currently developing a manual to support monitoring, surveillance, and enforcement of the iTFA policy. A complementary tool is also being developed to assist countries in assessing policy implementation. While both may not be finalized by the workshop in October, the key aspects of both manuals will be captured in the presentation and discussions. Components for effective monitoring and enforcement have also been embedded into the TFA validation criteria, and these are planned to be incorporated into the implementation manual.

#### SHAKE the salt habit- a guide for programme design

The new guide will be published by the end of 2025. However, for the workshop, we will share a set of slides capturing the key elements in the document.

### Related resources

- E course: Monitoring methodologies for diet related regulatory interventions to support a healthy food environment [https://whoacaemy.org/coursewares/course-v1:WHOAcademy-Hosted+H0081EN+2025\\_Q1](https://whoacaemy.org/coursewares/course-v1:WHOAcademy-Hosted+H0081EN+2025_Q1)
- WHO South-East Asia Nutrient Profile Model 2025.
- What are healthy diets? Joint statement by the Food and Agriculture Organization of the United Nations and the World Health Organization <https://iris.who.int/bitstream/handle/10665/379324/9789240101876-eng.pdf>
- WHO 2025. Supporting policymakers to overcome opposition to policies for improving population diets.
- REPLACE: WHO package for the elimination of industrially produced trans-fat <https://www.who.int/publications/i/item/9789241511347>
- Trans fat elimination. <https://resolvetosavelives.org/wp-content/uploads/2023/05/7-Step-Trans-Fat-Elimination-Guide-1.pdf>
- Trans fat elimination: Maximizing lives saved through policy implementation and enforcement <https://resolvetosavelives.org/resources/trans-elimination-and-policy-enforcement/>

| Day 3–30 October 2025 |                                                                                                                                                                                                 |                                                                                                                                 |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Time (hrs.) IST       | Session                                                                                                                                                                                         | Speakers /Facilitators / Moderators                                                                                             |
| 0900-0905             | Recap-day 2                                                                                                                                                                                     |                                                                                                                                 |
|                       | <b>Comprehensive cancer prevention and management</b>                                                                                                                                           |                                                                                                                                 |
| 0905-0920             | Status of implementation of the WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management.                                                                       | Dr Bishnu Rath Giri, WHO SEARO                                                                                                  |
| 0920-1020             | Leveraging the special initiatives on cancer control to accelerate implementation of actions:                                                                                                   |                                                                                                                                 |
|                       | Cervical cancer elimination initiative                                                                                                                                                          | Dr Prebo Barango, WHO HQ ( <i>virtual</i> ) and Smiljka de Lussigny, UNITAID ( <i>virtual</i> )                                 |
|                       | Global breast cancer initiative                                                                                                                                                                 | Dr Mary Nyangasi WHO, HQ ( <i>virtual</i> )                                                                                     |
|                       | Global initiative for childhood cancer                                                                                                                                                          | Dr Roberta Ortiz, WHO HQ ( <i>virtual</i> )<br>Ms. Y Ravindran/ Dr. Catherine Lam, St Jude Research Hospital ( <i>virtual</i> ) |
|                       | imPACT reviews and Rays of hope initiative                                                                                                                                                      | Ms. Kimberley Frolov-Roessler / Mr. Karagu Maina ( <i>virtual</i> )<br>International Atomic Energy Agency                       |
|                       | South-East Asia Cancer Grid                                                                                                                                                                     | Dr Pramesh CS, Tata Memorial Hospital ( <i>virtual</i> )                                                                        |
| 1020-1040             | <i>Healthy break</i>                                                                                                                                                                            |                                                                                                                                 |
| 1040-1130             | <b>Group exercise</b><br>National priority actions to accelerate the implementation of the WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management (2024-2030) | Country groups                                                                                                                  |
| 1130-1230             | <b>Group presentations</b><br>National priority actions and experience from country                                                                                                             |                                                                                                                                 |
| 1230-1330             | <i>Food for thought – lunch break</i>                                                                                                                                                           |                                                                                                                                 |

### Expected outcomes of the session

- Updated status of implementation of Regional cancer strategy
- National priority actions to accelerate the implementation of cancer strategy and programs leveraging on the global initiatives on cancer identified.

### Brief descriptions of the session

#### WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management (2024-2030)

The WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management (2024-2030) approved for implementation by the WHO Regional Committee in 2024 provides a guidance to countries in implementing evidence-based priority interventions for cancer prevention and management. It also provides a framework for monitoring the progress in implementation.

[WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management \(2024-2030\)](#)

## Global Initiative for Childhood Cancer

WHO launched the Global Initiative for Childhood Cancer in 2018 and developed the CureAll framework for implementing the initiative. The WHO South-East Asia Region has established the South-East Asia Regional Childhood Cancer Network with participation of twenty key institutions across the region, which serves as platform for collaboration in building capacity and patient care. In addition, specific activities are carried out in the countries designated as GICC focus countries.

[CureAll framework: WHO global initiative for childhood cancer](#)

## Global Cervical Cancer Elimination initiative

The Global Cervical Cancer Elimination initiative is the first of its kind aimed at eliminating cervical cancer as a public health problem, with an incidence rate below 4 per 100,000 women. For achieving this, the initiative has set 90-70-90 interim targets for coverage of HPV vaccination, cervical screening, and treatment to be achieved by 2030. Similarly, WHO has launched the Global Breast Cancer Initiative with aim of reducing breast cancer mortality by 2.5 percent per year. Countries in the Region are at different rates of progress in implementing these initiatives.

<https://www.who.int/publications/m/item/who-cervical-cancer-elimination-initiative--from-call-to-action-to-global-movement>

[GBCI June 30](#)

## imPACT reviews and Rays of hope initiative

imPACT review is a joint advisory service to countries provided by the International Atomic Energy Agency, International Agency for Research on Cancer, and WHO. It provides a comprehensive assessment of cancer capacity, gaps and recommendations based on priority and feasibility along with opportunities for collaboration and support in implementing the recommendations. Rays of Hope initiative is an effort by the International Atomic Energy Agency to support countries in building capacity for Cancer diagnostics and Radiation Therapy.

[imPACT Reviews | IAEA](#)

## South-East Asia Cancer Grid

South-East Asia Cancer Grid is a network of key service provider institutions nominated by the Ministries of Health established with the aim of facilitating collaboration in technical capacity building in cancer care.

[seacangrid-brochure.pdf](#)

## Guidance for the group work:

This group work will be done by individual country teams and comprises of two steps.

In the first step, country teams will use a specifically designed tool to review the status of implementation of the WHO South-East Asia Regional Strategy for comprehensive cancer prevention and management (2024-2030). The aim is to identify gaps that need to be addressed and rank them in order of priority.

In the second step, the country teams will identify and describe specific actions to address the top five gaps ranked as having highest priority in step one. A tentative timeline will be developed for starting and completing the implementation. The primary responsible agency and relevant

stakeholders for implementation will also be identified.

## Related resources

- The Cervical Cancer Elimination Initiative: <https://www.who.int/initiatives/cervical-cancer-elimination-initiative>
- The Global Initiative for Childhood Cancer: <https://www.who.int/initiatives/the-global-initiative-for-childhood-cancer>
- The Global Breast Cancer Elimination Initiative: <https://www.who.int/initiatives/global-breast-cancer-initiative>

| Day 3 -30 October 2025 |                                                                                                                          |                                                                 |
|------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| Time (hrs.) IST        | Session                                                                                                                  | Speakers /Facilitators / Moderators                             |
|                        | <b>Framework for monitoring SEAHEARTS 2030 milestones</b>                                                                |                                                                 |
| 1330-1345              | Framework for monitoring SEAHEARTS 2030 milestones                                                                       | Dr. Nalika Gunawardena, WHO SEARO                               |
| 1345-1410              | Best practice dashboards in health facilities:facilitating tracking the progress to reach national targets for SEAHEARTS | Dr Pradeep Joshi, WHO SEARO<br>A nominated official, Bangladesh |
| 1410-1425              | Using routine health information systems to monitor SEAHEARTS 2030 milestones                                            | Dr Amani Siyam, WHO SEARO                                       |
| 1425-1445              | <b>Group work:</b> feedback on the framework for monitoring SEAHEARTS 2030 milestones                                    |                                                                 |

## Expected outcomes of the session

- o An agreed upon monitoring and reporting framework for SEAHEARTS 2030 milestones along with an understanding of leveraging the routine health information systems to monitor SEAHEARTS 2030
- o An understating of the available technical support to design and use dashboards to monitor health facility level targets of SEAHEARTS 2030 milestones

## Brief descriptions of the session

The **SEAHEARTS Monitoring Framework 2030** comprises operational definitions and metadata for indicators for each of the five SEAHEARTS milestones 2030. The hypertension and diabetes indicators are aligned with the WHO NCD Facility-Based Monitoring Framework and key global benchmarks, including the Global Tobacco Epidemic Report, the Sodium Score Card and the Trans-Fatty Acid Score Card of the WHO Global Database on the Implementation of Food and Nutrition Action.

In addition to the milestone's indicators, a set of indicators to track the progress in framing country targets and designing national roadmap to reach SEAHEARTS milestones 2030 on hypertension and diabetes treatment coverage and control are also included. Progress will be monitored biannually through data reported by the focal points of Ministries of Health.

The digital SEAHEARTS Monitoring Platform will be configured to track and report the SEAHEARTS milestones 2030; national targets countries have committed to, case studies, best practices, key interventions and learning resources. It will serve as a hub for knowledge-sharing, and documentation of learning and regional collaboration.

To complement this framework, the WHO NCD Progress Monitor 2025 of the WHO South-East Asia Region has been included as an annex to provide a broader regional perspective on Member States' progress in implementing national NCD policies, strategies, and interventions.

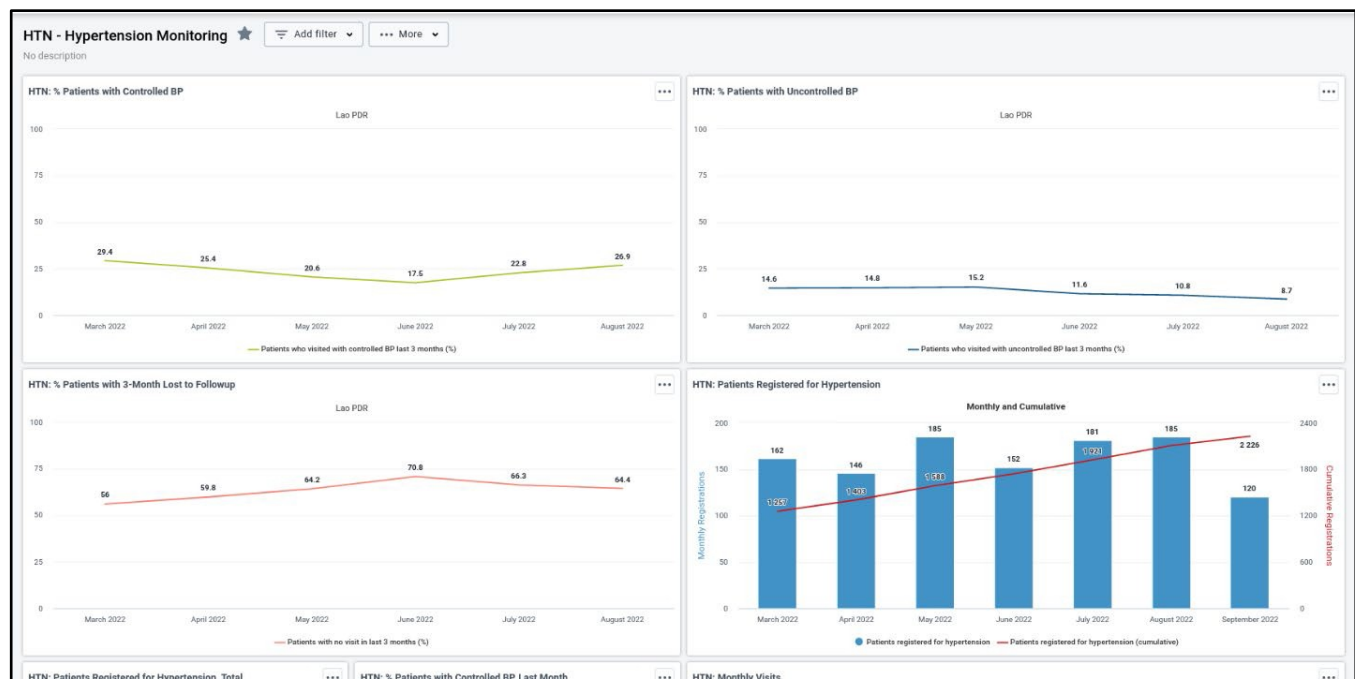
**Best practice dashboards in health facilities for tracking the progress to reach national targets for SEAHEARTS** are powerful tools that provide real-time or periodic visual summaries of key performance indicators (KPIs). They enable program managers and health officials to quickly identify areas needing attention and take timely, evidence-based action. In the context of hypertension and diabetes treatment coverage and control, dashboards play a critical role in tracking progress, guiding interventions, and ensuring that patient care remains effective and efficient.

A well-designed dashboard transforms data into actionable insights. By focusing on minimal essential data elements, it ensures that only the **most meaningful information** is captured and displayed — the foundational building blocks of effective patient care. This approach avoids overwhelming health systems with unnecessary complexity while maintaining the clarity needed for informed decision-making.

Simple, intuitive visualizations — such as trend lines, color-coded alerts, or summary indicators — help convey progress clearly, support rapid understanding, and drive coordinated action among health workers and decision-makers. **The goal is not to display everything, but to highlight what matters most for improving outcomes.**

A great dashboard should therefore:

- Be easily accessible to program managers, health workers, and government officials
- Be updated at least daily to reflect the most current program and patient data
- Provide a clear, high-level view of overall program performance and hypertension, diabetes control metrics
- Focus on a few critical indicators that truly reflect progress and guide timely interventions
- Use simple, visual summaries to make complex data understandable and actionable



## Related resources

- Noncommunicable disease facility-based monitoring guidance: framework, indicators and application. Geneva: World Health Organization; 2022.  
<https://iris.who.int/server/api/core/bitstreams/610c0cda-923d-4888-882f-926311d4ab22/content>
- SEAHEARTS monitoring platform: <https://apps.searo.who.int/seahearts/>

## Additional resource materials

- SEAHEARTS Monitoring Platform <https://apps.searo.who.int/seahearts/>
- Progress report – SEAHEARTS: Accelerating prevention and control of cardiovascular diseases in the South-East Asia Region: <https://iris.who.int/items/0f784666-f805-497c-9e12-68f133fe8537>
- Noncommunicable disease facility-based monitoring guidance: <https://www.who.int/publications/i/item/9789240057067>
- WHO HEARTS Technical Package: <https://www.who.int/publications/i/item/9789240001367>
- WHO Package of Essential Noncommunicable (PEN) disease interventions: <https://iris.who.int/server/api/core/bitstreams/b9f09202-a320-4c07-ba2c-afe0d1186339/content>
- Global Diabetes Compact: <https://www.who.int/initiatives/the-who-global-diabetes-compact/>
- Noncommunicable Diseases Data Portal: <https://ncdportal.org/>
- The Global Health Observatory: <https://www.who.int/data/gho>
- WHO South-East Asia Regional NCD Roadmap: <https://apps.searo.who.int/whoroad/homev2>
- SEARO NCD dashboard: <https://whosearo.viewzenlabs.in/home>
- Assessing national capacity for the prevention and control of noncommunicable diseases: report of the 2023 country capacity survey in the WHO South-East Asia Region: <https://iris.who.int/server/api/core/bitstreams/8100c2b6-b336-4488-9212-553273499e18/content>
- Noncommunicable diseases progress monitor 2025: <https://iris.who.int/server/api/core/bitstreams/7a228681-a190-4c29-b2a8-9d4255dc49d1/content>
- Global report on Hypertension, high stakes – turning evidence into action 2025 <https://www.who.int/publications/b/81068>

## NONCOMMUNICABLE DISEASES PROGRESS MONITOR 2025

### WHO South-East Asia Region

Consider setting national NCD targets for 2025 and strengthening NCD surveillance capacity to monitor and report:

1. **Member State has set timebound national targets based on WHO guidance**
2. **Member State has a functioning system for generating reliable cause-specific mortality data on a routine basis**
3. **Member State has conducted a STEPS survey or a comprehensive population-based health examination survey every five years.**
4. **Member State has an operational multisectoral national strategy/action plan that integrates the major NCDs and their shared risk factors.**

Reduce risk factors for NCDs, building on guidance set out in the WHO Global NCD Action Plan:

5. **Member State has implemented the following five demand-reduction measures of the WHO Framework Convention on Tobacco Control at the highest level of achievement:**
  - 5a. Reduce affordability by increasing excise taxes and prices on tobacco products
  - 5b. Eliminate exposure to tobacco smoke in all indoor workplaces, public places, and public transport
  - 5c. Implement plain/standardized packaging and/or large graphic health warnings on cigarettes packages
  - 5d. Enact and enforce comprehensive bans on tobacco advertising, promotion, and sponsorship
  - 5e. Implement effective mass media campaigns that educate the public about the harms of smoking/tobacco use and smoke
6. **Member State has implemented, as appropriate according to national circumstances, the following three measures to reduce the harmful use of alcohol as per the WHO Global Strategy to Reduce the Harmful Use of Alcohol:**
  - 6a. Enact and enforce restrictions on the physical availability of retailed alcohol (via reduced hours of sale)
  - 6b. Enact and enforce bans or comprehensive restrictions on exposure to alcohol advertising (across multiple types of media)
  - 6c. Increase excise taxes on alcoholic beverages
7. **Member State has implemented the following six measures to reduce unhealthy diets:**
  - 7a. Implement national policies to reformulate foods and beverages that are high in saturated fatty acids, trans-fatty acids, sugars, or salt/sodium
  - 7b. Implement policies on nutrition labelling to identify foods high in saturated fatty acids, trans-fatty acids, free sugars, or salt that include implementation of front-of-package labelling
  - 7c. Implement public food procurement and service policies for healthy diets
  - 7d. Implement behaviour change communication and mass media campaign for healthy diets
  - 7e. Implement policies to reduce the impact on children of marketing of foods and non-alcoholic beverages high in saturated fats, trans-fatty acids, free sugars, or salt
  - 7f. Legislation/regulations fully implementing the International Code of Marketing of Breast-milk Substitutes
8. **Member State has implemented at least one recent (within the past two years) national public awareness program on physical activity**
9. **Member State has evidence-based national guidelines/protocols/standards for the management of the four NCDs (cardiovascular diseases, cancer, diabetes, and chronic respiratory diseases) through a primary care approach, recognized/approved by government or competent authorities**
10. **Member State has reported that peak flow measurement, steroid inhalers, and bronchodilator inhalers are generally available in primary care facilities of the public health sector**
11. **Member State has introduced HPV vaccination in the national immunization program and effectively reaches the target population of girls**

For detailed information on methodology and data sources please refer to:  
<https://www.who.int/publications/i/item/9789240105775>

| Indicator number   | TOBACCO |           |         |           |               |                     |                         |           | ALCOHOL                 |                      |                                   | HEALTHY DIET  |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
|--------------------|---------|-----------|---------|-----------|---------------|---------------------|-------------------------|-----------|-------------------------|----------------------|-----------------------------------|---------------|-----------------------------|------|-------------------------------------------|-----------------------|------------------------------------|-------------------------|----------------------------|----------------|--------------------------------|-----------------|
|                    | 1       | 2         | 3       | 4         | 5a            | 5b                  | 5c                      | 5d        | 5e                      | 6a                   | 6b                                | 6c            | 7a                          | 7b   | 7c                                        | 7d                    | 7e                                 | 7f                      | 8                          | 9              | 10                             | 11              |
| Country            | Targets | Mortality | Surveys | NCD plans | Tobacco taxes | Smoke-free policies | Tobacco health warnings | TAPS bans | Tobacco media campaigns | Alcohol availability | Alcohol advertisement restriction | Alcohol taxes | Food reformulation policies | FOPL | Public food procurement for healthy diets | Healthy diet campaign | Marketing to children restrictions | Breast milk substitutes | Physical activity campaign | NCD guidelines | CRD medicines and technologies | HPV vaccination |
| Bangladesh         |         |           |         |           |               |                     |                         |           |                         |                      |                                   |               |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
| Bhutan             |         |           |         |           |               |                     |                         |           |                         |                      |                                   |               |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
| DPR Korea          |         |           |         |           |               |                     |                         |           |                         |                      |                                   |               |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
| India              |         |           |         |           |               |                     |                         |           |                         |                      |                                   |               |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
| Maldives           |         |           |         |           |               |                     |                         |           |                         |                      |                                   |               |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
| Myanmar            |         |           |         |           |               |                     |                         |           |                         |                      |                                   |               |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
| Nepal              |         |           |         |           |               |                     |                         |           |                         |                      |                                   |               |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
| Sri Lanka          |         |           |         |           |               |                     |                         |           |                         |                      |                                   |               |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
| Thailand           |         |           |         |           |               |                     |                         |           |                         |                      |                                   |               |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
| Timor-Leste        |         |           |         |           |               |                     |                         |           |                         |                      |                                   |               |                             |      |                                           |                       |                                    |                         |                            |                |                                |                 |
| Fully achieved     | 10      | 1         | 3       | 9         | 1             | 2                   | 7                       | 2         | 3                       | 3                    | 4                                 | 4             | 4                           | 2    | 3                                         | 7                     | 3                                  | 3                       | 4                          | 7              | 4                              | 1               |
| Partially achieved | 0       | 2         | 7       | 0         | 3             | 7                   | 1                       | 7         | 3                       | 6                    | 1                                 | 3             | 0                           | 0    | 0                                         | 0                     | 0                                  | 5                       | 1                          | 2              | 4                              | 6               |
| Not achieved       | 0       | 7         | 0       | 1         | 6             | 1                   | 2                       | 1         | 4                       | 0                    | 3                                 | 1             | 6                           | 8    | 7                                         | 3                     | 7                                  | 2                       | 5                          | 1              | 2                              | 3               |

Fully achieved

Partially achieved

Not achieved

No response

Notes: CRD, chronic respiratory diseases; FOPL, front-of-package labeling; HPV, human papillomavirus; TAPS, tobacco advertising, promotion, and sponsorship

## Instructions on using *Slido* for online interactions

Slido will be used in the workshop to post questions and comments to speakers/ facilitators and to provide your feedback on the workshop. Slido can be accessed through mobile phones and laptop.

Using Slido in mobile: The participants need to just scan the QR code (which will be displayed during the PowerPoint presentations) from mobile camera. As soon as QR code is scanned, notification will appear on mobile screen to join. Engage through Slido to post your questions, comments and to vote in polling sessions.

Using laptop: Type **slido.com** in your browser and enter meeting code (**3896382**) displayed during the PowerPoint presentations.

QR code for the meeting



How to scan QR code from iPhone/Android phone:

- Open the Camera app from the Home Screen, Control Center, or Lock Screen.
- Select the rear facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device recognizes the QR code and shows a notification.
- Tap the notification to open the link associated with the QR code.

Alternatively, swipe up from bottom of your screen, QR code scan option will appear



(see box in orange)

## Participant feedback form: Regional workshop on NCD prevention and control

***We will use 'Slido' for this purpose and the instructions are given in the above pages of the Workbook.***

***In case of technical glitch, please fill the form and tear it from serrated border and submit to WHO SEARO team***

### Statements:

***Please rate aspects of the workshop on a 1 to 5 scale. Consider that 01 means 20% agreement and 05 means 100% agreement to the statements***

1. To what extent were the objectives of the workshop accomplished?

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

2. The technical inputs and discussions were effective in getting to know the WHO tools and technical guidance

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

3. The technical inputs and discussions were effective in formulating national roadmaps and priority actions

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

4. Adequate opportunities were given to exchange information and country experiences.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

5. The technical details in the workbook were substantive to the needs of the workshop

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

6. Adequate opportunities were given to exchange information with other participants

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

7. The workshop was effective in getting to know the NCD team in the countries/ region/ headquarters.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

8. The national roadmaps and priority actions designed at the workshop will be implemented by the Ministry of health for prevention and control of NCDs.

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

***Please rate aspects of the workshop on a 1 to 5 scale. Consider that 01 means 'very poor' and 05 means 'excellent'.***

|                                                  |   |   |   |   |   |
|--------------------------------------------------|---|---|---|---|---|
| Workshop venue                                   | 1 | 2 | 3 | 4 | 5 |
| Arrangements for interactive sessions/group work | 1 | 2 | 3 | 4 | 5 |
| Accommodation                                    | 1 | 2 | 3 | 4 | 5 |
| Meals                                            | 1 | 2 | 3 | 4 | 5 |
| Secretarial support                              | 1 | 2 | 3 | 4 | 5 |
| Conduct a 'healthy workshop'                     | 1 | 2 | 3 | 4 | 5 |
| Overall organization during the workshop         | 1 | 2 | 3 | 4 | 5 |

#### **Open comments**

Suggestions for improvement:

***Thank you for your valuable feedback!***

Notes

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Notes

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Notes

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