



Insights from World Diabetes Foundation

Financing of NCD responses

Social determinants such as education and awareness, financial status and access have great impact on health. Poverty not only limits the ability to practice healthy behaviors to prevent diseases but negatively impacts access to health care when diseases strike. Financial status and level of education have been shown to be strong predictors for diagnosis and effective management of chronic diseases. Due to lower productivity and high out-of-pocket expenses in the absence of adequate health coverage and access to care, chronic ill health leads to further financial strain and catastrophic health expenditure may lead to debt and impoverishment. Low-income countries face the double burden of both communicable and non-communicable diseases and extensive pressure on their health care systems. Lack of resources and infrastructure limits government's ability to fund health care for all creating a vicious cycle of poverty – poor health – poverty.

Maternal Health and NCDs

Worldwide, health conditions such as undernutrition, overweight, high blood sugar and high blood pressure during pregnancy are on the rise and are major indirect causes of maternal and newborn morbidity and mortality. Presence of these maternal conditions significantly increases the future risk of obesity, type 2 diabetes and cardiovascular diseases in both the mother and offspring. However, many are unaware of these links. This prevents proper guidance, testing and treatment for these conditions before and during pregnancy. Also post-delivery there is no structured approach to follow up and provide guidance and promote healthy behavior for these extremely high risk mother-child pair to address prevention. This may have long-term implications for adult health, life expectancy, quality of life, and accumulation of human capital.

Workplace initiatives on NCD prevention

Young productive individuals spend almost half of their 'awake' time at the work place. The workplace environment therefore has an important bearing on health. Apart from occupational risks from working in hazardous jobs, even normal office jobs with the long hours of sedentary work or shift work, in stuffy closed environments without natural light increases stress, risk of



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chronic diseases and lower productivity. Awareness and incentive structures for improving workplace environments in order to mitigate risk factors and promote health at the work place is not clear to both employees and management, despite the fact that risk factors are potentially causing harm to both parties. The challenge entails e.g. ethical considerations and financial priorities of workplaces.