

Aggregated Reference Indicators (ARIs)	
HLT_ARI_2 Prevention of non-communicable diseases	
Number of persons reached through health education sessions related to the prevention of non-communicable diseases	
Contribution to sub-objective of M21-24	<i>Sub-objective 7: Strengthening equitable access to quality basic services</i>
Contribution to 2030 Agenda: SDG target	<u>SDG target 3.4</u> : By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.
Definition (description, specification, qualification)	<p>Health promotion and education sessions on non-communicable diseases (NCDs) are formal courses, briefing and information packages developed, organised and made available to the large public. Health promotion and education sessions can be carried out by public, NGOs and private actors inside and outside of health facilities, including community-based activities, public and private formal education programmes.</p> <p>NCDs are primarily heart and lung diseases, cancers and diabetes.</p> <p>NCDs are the world's largest killers, with an estimated 38 million deaths annually. Of these deaths, 16 million are premature (under 70 years of age). Prevention of NCDs is a growing issue: the burden of NCDs falls mainly on developing countries, where 82% of premature deaths from these diseases occur. Tackling the risk factors will therefore not only save lives; it will also provide a huge boost for the economic development of countries.</p> <p><u>Health education</u> consists of "consciously constructed opportunities for learning involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills, which are conducive to individual and community health."</p> <p><u>Health promotion</u> is "the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realise aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being". Ottawa Charter, 1986.</p> <p>For more details: <u>Health education: theoretical concepts, effective strategies and core competencies</u>, WHO, 2012.</p>
Measuring unit	Number of people sensitised on the prevention of NCDs.
Disaggregation dimension (sex, age group, ethnicity or other identity criteria of LNOB)	<ol style="list-style-type: none"> 1. Gender 2. One targeted left behind/vulnerable population group (to be prioritised according to the context)
Data source	<p>Primary source: National and global (WHO) statistics, NCD Global Monitoring Framework: https://www.who.int/nmh/global_monitoring_framework/en/ ;</p> <p>Secondary source: implementing project partners (for regional or districts specific data).</p>
Rationale	<p><u>Theory of change</u></p> <p>If health care users are informed about prevention of NCDs</p>

	<p>then the burden of NCDs would be dramatically reduced</p> <p>because health promotion and prevention activities are fundamental to influence people's behaviour</p>
Possible messages of aggregation and synthesis	Thanks to SDC supported activities on health education and health promotion XX persons have been sensitized on the prevention of NCDs.
Thematic responsibility	Focal Point Health