

## GLOSSARY

**Academia:** Refers to educational institutions, especially those for higher education.

**Broadcast media:** Media which is broadcast to the public through radio and television.

**Cancer:** A generic term for a large group of diseases that can affect any part of the body. Other terms used are malignant tumours and neoplasms. One defining feature of cancer is the rapid creation of abnormal cells that grow beyond their usual boundaries, and which can then invade adjoining parts of the body and spread to other organs.

**Cancer registry:** A systematic collection of data about cancer cases in a certain region or a certain hospital. The first aim is to count cancer cases to get an idea of the magnitude of the problem. WHO advises national coverage by population-based registry in small countries only.

**Capacity building:** The development of knowledge, skills, commitment, structures, systems and leadership to enable effective action.

**Cardiovascular diseases:** A group of disorders of the heart and blood vessels that includes coronary heart disease, cerebrovascular disease, peripheral arterial disease, rheumatic heart disease, congenital heart disease, deep vein thrombosis and pulmonary embolism.

**Cardiovascular risk stratification:** Use of risk prediction charts to indicate the risk of a fatal or non-fatal major cardiovascular event in the next 5 to 10 years. Based on the assessment people can be stratified into different levels of risk, which will help in management and follow up.

**Chronic respiratory diseases:** Diseases of the airways and other structures of the lung. Some of the most common are: asthma, chronic obstructive pulmonary disease, occupational lung diseases and pulmonary hypertension.

**Collaboration:** A recognized relationship between different groups with a defined purpose.

**Community:** A specific group of people, often living in a defined geographical area, who share a common culture, values and norms, and are arranged in a social structure according to relationships which the community has developed over a period of time. Members of a community exhibit some awareness of their identity as a group, and share common needs and a commitment to meeting them.

**Cross-border marketing:** Marketing originating in one country that crosses national borders through broadcast media and internet, print media, sponsorship of events and programmes or any other media or communication channel. It includes both in-flowing and out-flowing cross-border marketing.

**Diabetes:** A disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.

**Early detection/screening:** Measures performed in order to identify individuals who have early stages of a disease (with apparent symptoms in the case of early detection and without in the case of screening).

**Earmarked taxes:** Taxes which are collected and used for a specific purpose.

**Electronic health record:** An electronic health record is an in-house electronic version of the traditional paper charts that collect, store and display patient information.

**Fiscal interventions:** Measures taken by the government such as taxes and subsidies.

**Free sugars:** Monosaccharides and disaccharides added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates.

**Front-of-pack labelling (FOPL):** Nutrition labelling systems that are presented on the front of food packages (in the principle field of vision) and can be applied across the packaged retail food supply. FOPL comprise an underpinning nutrient profile model that considers the overall nutrition quality of the product and/or the nutrients of concern for NCD; and presents simple, often graphic information on the nutrient content and/or nutritional quality of products to complement the more detailed nutrient declarations usually provided on the back of food packages. There are two major categories of FOPL, including interpretive and non-interpretive systems. Non-interpretive nutrient-based systems provide a summary of nutrient information, but no advice on the overall nutritional value of the food to assist with purchasing decisions. Interpretive systems may provide no nutrient information but only at-a-glance guidance on the relative healthiness of a product.

**General government revenue:** The money received from taxation, and other sources, such as privatization of government assets, to help finance expenditures.

**Health:** A state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity. A resource for everyday life which permits people to lead an individually, socially and economically productive life. A positive concept emphasizing social and personal resources as well as physical capabilities.

**Health behaviour:** Any activity undertaken by an individual, regardless of actual or perceived health status, for the purpose of promoting, protecting or maintaining health, whether or not such behaviour is objectively effective towards that end.

**Health care and treatment:** The diagnosis and treatment of diseases.

**Health care facility:** Facilities which provide health services. They may include mobile clinics, pharmacies, laboratories, primary care clinics, specialty clinics, and private and faith-based establishments.

**Health promotion:** The process of enabling people to increase control over, and to improve their health.

**Healthy diet:** A healthy diet throughout the life-course helps prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. The exact make-up of a healthy, balanced diet will vary depending on the individual needs (e.g. age, gender, lifestyle, degree of physical activity). For adults, a healthy diet contains fruits, vegetables, legumes, nuts and whole grains and should be limited in free sugars, salt, total fat, saturated fats and free of industrial trans-fats.

**International donors:** Organizations which extend across national boundaries and which give funds for projects of a development nature.

**Intervention:** Any measure whose purpose is to improve health or alter the course of disease.

**Legislation:** A law or laws which have been enacted by the governing bodies in a country.

**Long-term care facility:** Long-term care facilities may vary by country. Nursing homes, skilled nursing facilities, assisted living facilities, residential facilities and residential long-term care facilities are collectively known as long-term care facilities that provide a variety of services, including medical and assistive care, to people who are unable to live independently in the community.

**Marketing:** Any form of commercial communication or message that is designed to, or has the effect of, increasing the recognition, appeal and/or consumption of particular products and services. It comprises anything that acts to advertise or otherwise promote a product or service.

**mHealth:** The use of mobile and wireless technologies to support the achievement of health objectives.

**Multisectoral:** Engaging different government sectors, such as health, agriculture, education, finance, infrastructure, transport, trade, etc.

**Multisectoral collaboration:** Collaboration/action within and between government sectors (e.g., ministry of health, ministry of education). Intersectoral or cross-sectoral actions or Health in All Policies (HiAP) are types of multisectoral collaboration.

**Multi-stakeholder:** Engaging non-State actors, such as NGOs, academia, the private sector and philanthropic foundations.

**Musculoskeletal conditions:** Musculoskeletal conditions comprise more than 150 conditions that affect the locomotor system of individuals. They range from conditions that arise suddenly and are short-lived, such as fractures, sprains and strains, to conditions associated with long-term functional limitations and disability, such as low back pain and osteoarthritis. Musculoskeletal conditions are typically characterized by pain (often persistent) and limitations in mobility, dexterity and overall level of functioning, reducing people's ability to engage in their regular activities.

**National Cancer Screening Programme:** A government-endorsed programme where screening is offered. NGO-led programmes or national recommendations to go for screening at one's own cost, do not qualify as national screening programmes.

**National focal point, unit or department:**

- i. **National focal point:** the person responsible for the prevention and control of chronic diseases in a ministry of health or national institute.
- ii. **Unit or department:** a unit or department with responsibility for NCD disease prevention and control in a ministry of health or national institute.

**National health reporting system, survey and surveillance:**

- i. **National health reporting system:** The process by which a ministry of health produces annual health reports that summarize data on, for example, national health human resources, population demographics, health expenditures, and health indicators such as mortality and morbidity. Includes the process of collecting data from various health information sources, e.g. disease registries, hospital admission or discharge data.
- ii. **National survey:** A fixed or unfixed time interval survey on the main chronic diseases, or major risk factors common to chronic diseases.

- iii **Surveillance:** The systematic collection of data (through survey or registration) on risk factors, chronic diseases and their determinants for continuous analysis, interpretation and feed-back.

**National integrated action plan:** A concerted approach to addressing a multiplicity of issues within a chronic disease prevention and health promotion framework, targeting the major risk factors common to the main chronic diseases, including the integration of primary, secondary and tertiary prevention, health promotion and diseases prevention programmes across sectors and disciplines.

**National policy, strategy, action plan:**

- i. **Policy:** A specific official decision or set of decisions designed to carry out a course of action endorsed by a political body, including a set of goals, priorities and main directions for attaining these goals. The policy document may include a strategy to give effect to the policy.
- ii. **Strategy:** a long-term plan designed to achieve a particular goal.
- iii. **Action plan:** A scheme of course of action, which may correspond to a policy or strategy, with defined activities indicating who does what (type of activities and people responsible for implementation), when (time frame), how and with what resources to accomplish an objective.

**National protocols/guidelines/standards for chronic diseases and conditions:**

A recommended evidence-based course of action to prevent a chronic disease or condition or to treat or manage a chronic disease or condition aiming to prevent complications, improve outcomes and quality of life of patients.

**NGO:** Non-governmental organization.

**Noncommunicable diseases (NCDs):** The four main types of noncommunicable diseases are cardiovascular diseases (such as heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructed pulmonary disease and asthma) and diabetes.

**Noncommunicable diseases prevention and control:** All activities related to surveillance, prevention and management of the chronic noncommunicable diseases.

**Not in effect:** Any policy, strategy or plan of action which has been previously developed and is no longer under development, but for various reasons is not being implemented.

**Nutrient declaration:** A standardized statement or listing of the nutrient content of a food.

**Nutrition labelling:** A description intended to inform consumers of the nutritional properties of food. Nutrition labelling consists of two components: (a) nutrient declaration; (b) supplementary nutrition information (e.g. front-of-pack labelling).

**Operational:** A policy, strategy or plan of action which is being used and implemented in the country, and has resources and funding available to implement it. Also applies to a multisectoral commission/mechanism which is functional and meets on a regular basis.

**Palliative care:** Palliative care is an approach that improves the quality of life of patients (adults and children) and their families who are facing problems associated with life-threatening illness. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual.

**Partnership for health:** An agreement between two or more partners to work cooperatively towards a set of shared health outcomes.

**Peak flow measurement:** A peak flow meter is a simple, hand-held device which measures how well a person can expel air from their lungs. The patient blows quickly and forcefully through a mouthpiece at one end, and a measurement is read from a built-in numbered scale on the device. Peak flow measurement can be done by a patient at home or in a health facility.

**Price subsidies:** Economic benefit provided by the government (such as a tax allowance or duty rebate) to keep the price of healthy foods low.

**Primary health care:** Refers to core functions of a nation's health system. Encompassing front-line health service delivery (primary care) as well as health system structure; governance and financing; the intersectoral policy environment; and social determinants of health, primary health care provides essential health interventions according to a community's needs and expectations.

**Primary prevention:** Measures directed towards preventing the initial occurrence of a disease or disorder.

**Print media:** Communicating with the public through printed materials such as magazines, newspapers and billboards.

**Product reformulation by industry:** Refers to the process of changing the composition of processed foods to be healthier and reduce the salt content.

**Public awareness programme:** A comprehensive effort that includes multiple components (messaging, grassroots outreach, media relations, government affairs, budget, etc.) to help increase public understanding about the importance of an issue.

**Public health sector:** Publicly funded health care sector.

**Rehabilitation:** Rehabilitation addresses the impact of a health condition on a person's everyday life by optimizing their functioning and reducing their experience of disability. Rehabilitation expands the focus of health beyond preventative and curative care to ensure people with a health condition can remain as independent as possible and participate in education, work and meaningful life roles.

#### **Risk factors associated with noncommunicable diseases**

The four main risk factors for NCDs are tobacco use, harmful use of alcohol, unhealthy diet and low levels of physical activity.

**Saturated fats:** Fats found in animal products, including meat and whole milk dairy products, as well as certain plant oils like palm, palm kernel and coconut oils.

**Screening:** Measures performed across an apparently healthy population in order to identify individuals who are at high risk or in the early stages of disease, but do not yet have symptoms.

**Screening coverage:** The proportion of people in the population targeted by the programme who actually received screening in the time frame defined by the programme. (For example, if a country recommends mammography screening every 2 years for women aged 50 to 60. The screening coverage is the number of women aged 50 to 60 who benefitted from mammography thanks to the programme in the past 2 years, divided by the total number of women aged 50 to 60 in the country.)

**Self-regulation:** In this context refers to when a group or private sector entity governs or polices itself without outside assistance or influence.

**Spirometry:** A spirometer is a complex piece of equipment which provides a number of different lung function measurements. The patient makes a prolonged, but forceful exhalation into a mouthpiece, connected to a machine which typically produces a graphical output. Spirometry requires a trained technician to oversee the testing and to interpret the results.

**Sugar-sweetened beverages:** Sugar-sweetened beverages (SSB) are defined as all types of beverages containing free sugars and these include carbonated or non-carbonated soft drinks, fruit/vegetable juices and drinks, liquid and powder concentrates, flavoured water, energy and sports drinks, ready-to-drink tea, ready-to-drink coffee, and flavoured milk drinks. Free sugars include monosaccharide and disaccharides added to foods and beverages by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates.

**Target:** A specific aim to be achieved, should be time bound, and define a ‘desired’, ‘promised’, ‘minimum’ or ‘aspirational’ level of achievement.

**Taxation incentives to promote physical activity:** Involve removing the tax (or a portion of the tax) in order to promote increased use of goods or services to encourage physical activity.

**Trans-fatty acids (trans fats):** Unsaturated fatty acids with at least one double carbon–carbon bond in the trans configuration. *Trans*-fatty acids can be produced industrially by the partial hydrogenation of vegetable and fish oils, but also occur naturally in meat and dairy products from ruminant animals (e.g. cattle, sheep, goats, camels). Industrially-produced *trans*-fatty acids can be found in baked and fried foods, pre-packaged snacks and food, and partially hydrogenated cooking oils and fats which are often used at home, in restaurants, or in the informal food sector (such as street vendors), and are the predominant source of *trans*-fatty acid intake in many populations.

**Under development:** Something which is still being developed or finalized and is not yet being implemented in the country.

**Universal Health Coverage-Priority Benefits Package;** A universal health coverage-priority benefits package (UHC-PBP) is a set of evidence-informed prioritized health interventions, services and programmes, including intersectoral actions and fiscal policies, defined through a deliberative process that accounts for economic realities and social preferences. A UHC-PBP should be available for all, in good quality, at the appropriate service delivery platform(s) using an integrated people-centred approach and covered by relevant financial protection arrangement(s).

**VAT/Sales Tax:** “Value-added tax” (VAT) is a “multi-stage” tax on all consumer goods and services applied proportionally to the price the consumer pays for a product. Although manufacturers and wholesalers also participate in the administration and payment of the tax all along the manufacturing/distribution chain, they are all reimbursed through a tax credit system, so that the only entity who pays in the end is the final consumer. Most countries that impose a VAT do so on a base that includes any excise tax and customs duty. Example: VAT representing 10% of the retail price. Some countries, however, impose sales taxes instead. Unlike VAT, sales taxes are levied at the point of retail on the total value of goods and services purchased.