Non-Communicable Disease Prevention and Control Strategic Plan of Action 2015-2020

**Goals**

**Goal 1: Improve overall nutrition**

1. By 2015, establish a multi-sectoral working group to address overall nutrition improvement activities in Palau.
2. By 2020, reduce salt intake by 30%.
3. By 2020, increase fruits & vegetables intake by 50%.
4. By 2020, increase breastfeeding by mothers of infants up to 6 months of age by 50%.

**Goal 2: Decrease the prevalence of the major NCDs by 10%**

1. By 2015, establish/strengthen an MOH multi-disciplinary team to address the prevalence of NCDs in Palau.
2. By 2020, reduce prevalence of raised blood pressure among adults by 10%.
3. By 2020, decrease prevalence of raised blood glucose among adults by 10%.
4. By 2020, decrease prevalence of overweight/obesity among school-aged children by 10%.

**Strategies**

**Improve overall nutrition**

- By 2015, establish a multi-sectoral working group to address overall nutrition improvement activities in Palau.
  - Convene a meeting of the UAK nutrition working group/Tabesul Blengur for initial planning
  - Engage other partners/potential members
  - Determine operating procedures/Develop action plan for establishing coalition
  - Formalize Nutrition Working Group
- By 2020, reduce salt intake by 30%.
Establish credible baseline data on current sodium intake in Palau. Ensure salt intake indicators are included in surveillance instruments for risk factor surveys.

Surveys of the salt content in foods; population based surveys for intake; stakeholder views, current practices

Educate the public to reinforce awareness on the dangers of high sodium consumption, and healthy alternatives to reduce consumption.

Establish and disseminate Palau Food Guidelines; use ?nutrition facts? format; education outreach; social marketing on local foods, health curriculum.

Pursue a nationwide school policy that mandates the provision of healthy meals in all public and private schools

Advocacy and education; ensure ?passable bill?; training and capacity building

Legislate taxes on imported food products high in sodium, fat and sugar.

Strong advocacy and education; ensure ?passable bill?

Offer alternatives ? more healthy options in stores, restaurants; subsidies on health food

Increase the number of food vendors (stores, restaurants) that sell healthier meals/food items.

Support legislation for English language nutrition labels on imported foods and English or Palauan language ingredients list for locally produced food products.

- By 2020, increase fruits & vegetables intake by 50%.
  - Designate public land for local agricultural projects. MNRET (BOA), State Governments, Traditional Leadership, Office of the President
  - Secure earmarked funds to support local agricultural projects and subsidize local production of fruits and vegetables.
  - Pursue a nationwide school policy that mandates the provision of healthy meals in all public and private schools, with fruit and vegetable options at every meal.
  - Raise public awareness on the importance of fruit and vegetable consumption, and strategies to increase fruit and vegetable consumption in families.
    - Establish and disseminate Palau Food Guidelines.
    - Use the ?Nutrition Facts? format for community outreach and education
    - Targeted social marketing techniques
    - Advocate (through state level media campaigns) for local garden
    - Support the expansion of school gardening initiatives (i.e., social marketing techniques using children as champions; encourage use of produce exclusively for school meals

- By 2020, increase breastfeeding by mothers of infants up to 6 months of age by 50%.
  - Surveillance Data
    - Establish credible baseline data on breastfeeding in Palau.
    - Ensure breastfeeding indicators are included in surveillance instruments for risk factor surveys.
  - Raise public awareness, particularly among new mothers, on the benefits of breastfeeding.
  - Establish an incentive scheme to reward mothers who breastfeed for at least 6 months.
  - Pursue a national policy to extend maternal leave to 6 months and other policies that support breastfeeding mothers.
  - Establish policies in birthing centers to promote and ensure breastfeeding.

Decrease the prevalence of the major NCDs by 10%

- By 2015, establish/strengthen an MOH multi-disciplinary team to address the prevalence of NCDs in Palau.
  - Gain consensus from MOH stakeholders on vision for a multi-disciplinary team
  - Secure support and agreement from management and members of MDT
  - Develop TOR and convene group regularly
  - Annual work plans developed and implemented

- By 2020, reduce prevalence of raised blood pressure among adults by 10%.
  - Promote healthy eating through community outreach and information dissemination (benefits of less sodium, less fat; advocate for consumption of health foods).
  - Promote widespread screening and monitoring of blood pressure among adults.
  - Ensure counselling and multi-drug therapy for people with a high risk of developing heart attacks and strokes, by incorporating the package of essential NCD interventions (PEN) into primary care. (*Suggested addition)

- By 2020, decrease prevalence of raised blood glucose among adults by 10%.
  - Develop and implement social marketing and awareness campaigns focusing on risk factors causing raised blood glucose, and recommended levels of blood glucose, healthy eating (nutritional values, recommended portion sizes) and active living.
  - Increase monitoring and surveillance of blood glucose among adults. MOH, health providers
  - Ensure counseling (for healthy lifestyle interventions) and early treatment for adults diagnosed with raised blood glucose. (*Suggested addition)

- By 2020, decrease prevalence of overweight/obesity among school-aged children by 10%.
  - Implement/support student mentoring programs (LEEP, Boy/Girl Scouts, Pathfinders) on healthy eating and active living
  - Conduct parent training on nutritional food preparation and needs.
  - Mandate measurement and documentation of Body-mass Index for all school children during clinic visits.
  - Incorporate counseling or other healthy lifestyle interventions into clinical care for overweight/obese children.
Policy topics:

- Overweight, obesity and diet-related NCDs
- Overweight in children 0-5 yrs
- Overweight in adolescents
- Overweight in school children
- Dietary practice
- Sodium/salt intake
- Fruit and vegetable intake
- Fruits
- Vegetables
- Maternal, infant and young child nutrition
- Breastfeeding promotion/counselling
- Maternity protection
- Nutrition in schools
- School-based health and nutrition programmes
- Regulation/guidelines on types of foods and beverages available
- Nutrition in the school curriculum
- Provision of school meals / School feeding programme
- Home grown school feeding
- School fruit and vegetable scheme
- School gardens
- Promotion of healthy diet and prevention of obesity and diet-related NCDs
- Dietary guidelines
- Food-based dietary guidelines (FBDG)
- Food labelling
- Fiscal policies
- Taxation on unhealthy foods
• Subsidies on healthy foods
• Portion size control
• Media campaigns on healthy diets and nutrition
• Nutrition counselling on healthy diets
• Nutrition sensitive actions
• Food security and agriculture
• Health related

Partners in policy implementation

• Government
  ○ Details:
  more
  Ministry of Health Republic of Palau Executive Branch, Palau Community College

• UN agencies
  ○ Details:
  more
  United Nations Development Program

• International NGOs
  ○ Details:
  more
  Health coalitions including cancer, tobacco and alcohol control, nutrition including breastfeeding, physical activity and overall healthy lifestyles, sports commissions, youth councils, faith based, women's groups, early childhood, behavioral health councl

• Private Sector
  ○ Details:
  more
  some restaurants, food vendors

Enlaces