Medium term strategic plan to further strengthened the cardiovascular disease & diabetes prevention & control program in Malaysia (2010-2014)

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Executive Summary

INTRODUCTION

Cardiovascular diseases, diabetes and their related complications pose a real and significant threat to Malaysia. As a concerted effort to manage this disease at the primary health care level, the National Diabetes Prevention and Control Program was strengthened in the year 2000. Since then, we have made significant progress in the provision of care to our patients, with the establishment of dedicated diabetes service, dedicated diabetes teams and the diabetes resource centres. The time has now come for us to review our progress thus far, and plan towards further improving the health status of our population and expanding the scope of NCD prevention and control, while maintaining current preventive medicine activities, such as promoting the practice
of healthy lifestyles and regular screening as well as early risk factor identification and modification.

RATIONALE FOR A NATIONAL STRATEGIC PLAN

It is unfortunate that despite all of the efforts that has been undertaken since the 1990s, the prevalence of NCD and NCD risk factors in Malaysia continues to rise at an alarming rate. A situational analysis on the current NCD prevention and control programmes and activities in Malaysia, using tools provided by WHO, has shown that although Malaysia fulfills most of the indicators, the programmes and activities on NCD are mostly confined within the health sector and appears disjointed when it comes to inter-sectoral collaboration. There is also a lack of policy and regulatory intervention in creating a health-promoting built environment in Malaysia.

At the global and regional level, WHO has already produced several mandates that support the prevention and control of NCD. The documents relevant to Malaysia include:


iv. Resolution WHA60.23 on Prevention and control of noncommunicable diseases: implementation of the global strategy (2007)


Thus, the NSP-NCD is required for Malaysia to tackle the increasing prevalence of NCD and NCD risk factors more effectively and efficiently. The NSP-NCD will also address the various “deficiencies” in our NCD prevention and control programmes and activities that was noted during the situational analysis.