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# **Non-Communicable Diseases in Viet Nam: Burden, Gaps and Priorities of Control**

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# Content

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1. Non-communicable Diseases Burden and Gaps
2. Priority Measures of NCD prevention and control

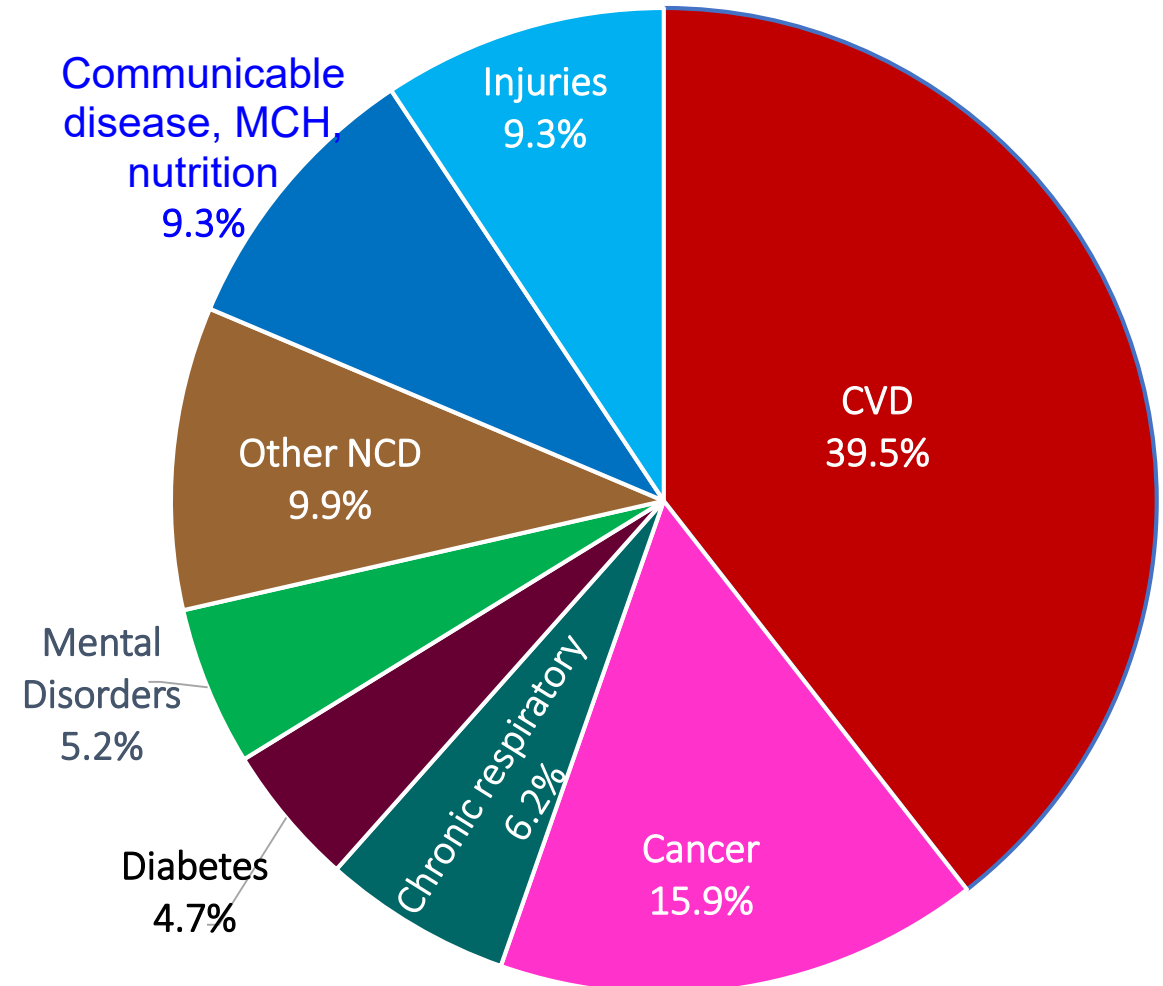
# **I. NCD burden and gaps**

# 1. NCD mortality

Estimate 2019

## NCD are leading causes of deaths in Viet Nam:

- NCD deaths: **81%** of total deaths;
- Premature death due to NCD: **41.3%**
- DALYs due to NCD : **73.7%**



# 2. Cancer

International Agency for Research on Cancer  
World Health Organization

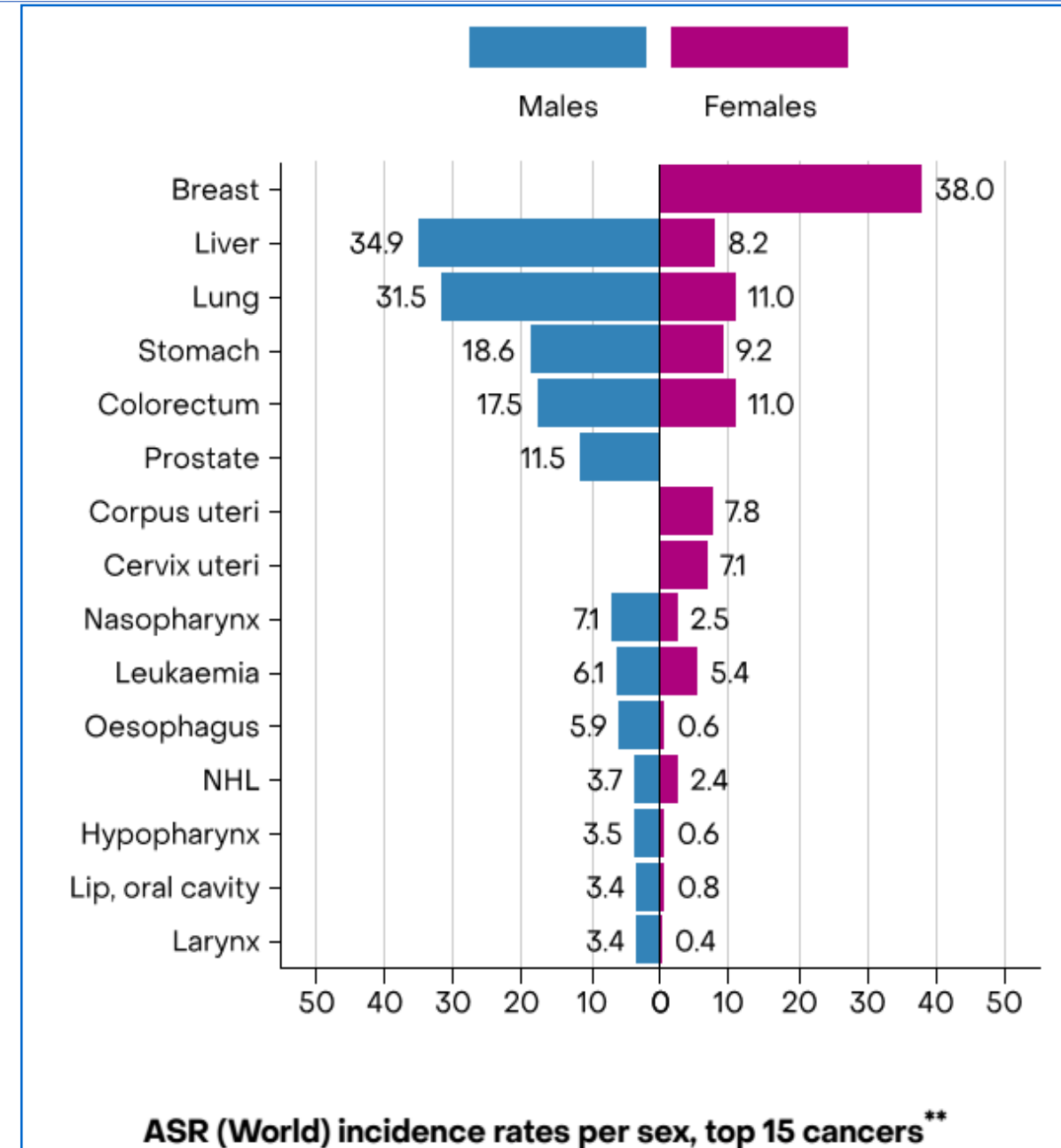
GLOBAL CANCER OBSERVATORY

CANCER TODAY  
GLOBOCAN 2022

## VIET NAM

### Statistics at a glance, 2022

	Males	Females	Both sexes
<b>Population</b>	49 411 162	49 542 373	98 953 535
<b>Incidence*</b>			
<b>Number of new cancer cases</b>	95 358	85 122	180 480
<b>Age-standardized incidence rate</b>	177.1	132.3	150.8
<b>Risk of developing cancer before the age of 75 years (cum. risk %)</b>	18.8	13.7	16.0
<b>Top 3 leading cancers (ranked by cases)**</b>	Liver Lung Stomach	Breast Lung Colorectum	Breast Liver Lung
<b>Mortality*</b>			
<b>Number of cancer deaths</b>	71 385	48 799	120 184
<b>Age-standardized mortality rate</b>	132.6	72.7	99.0
<b>Risk of dying from cancer before the age of 75 years (cum. risk %)</b>	14.3	8.0	10.9
<b>Top 3 leading cancers (ranked by deaths)**</b>	Liver Lung Stomach	Breast Lung Liver	Liver Lung Stomach
<b>Prevalence*</b>			
<b>5-year prevalent cases</b>	189 429	219 715	409 144

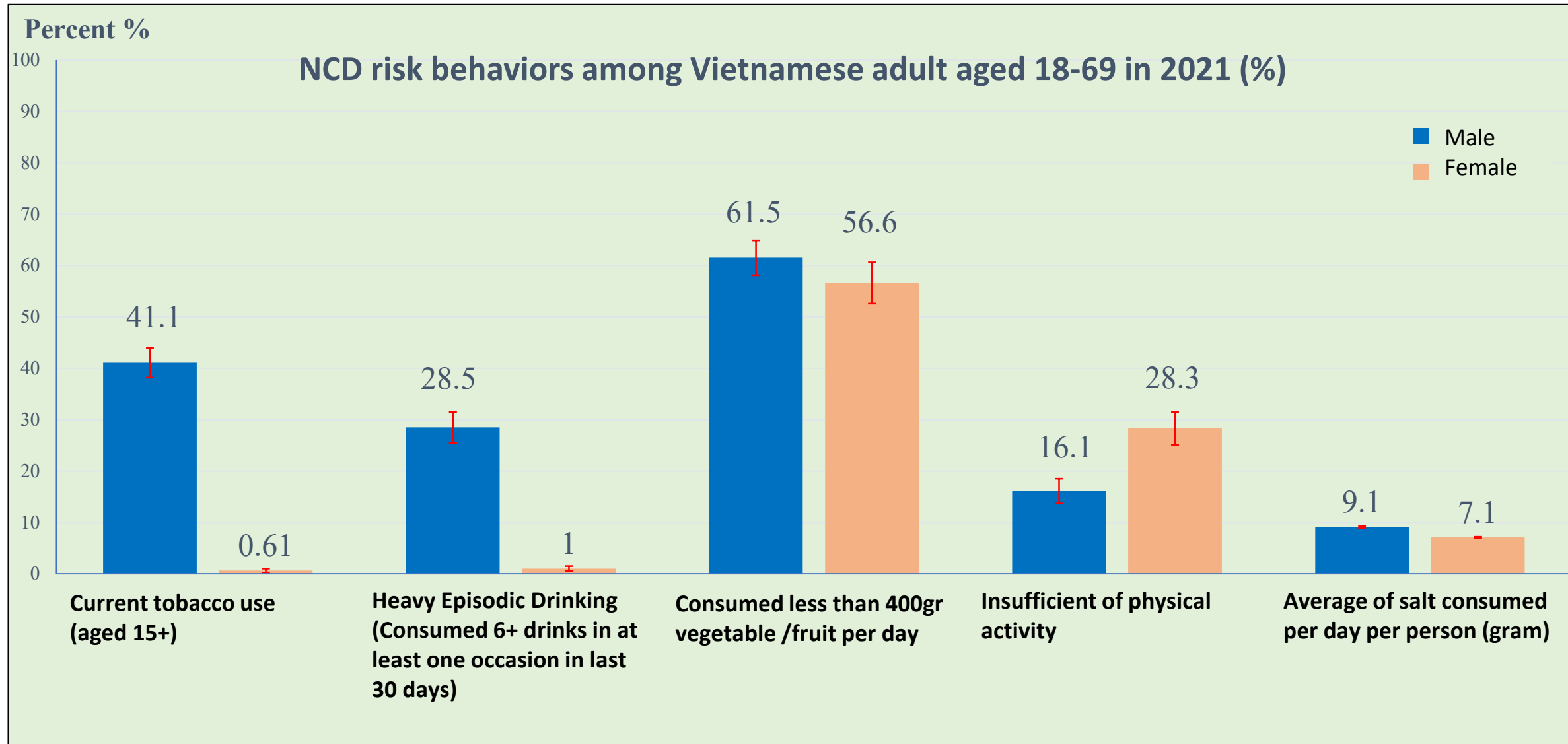


### 3. NCD morbidity

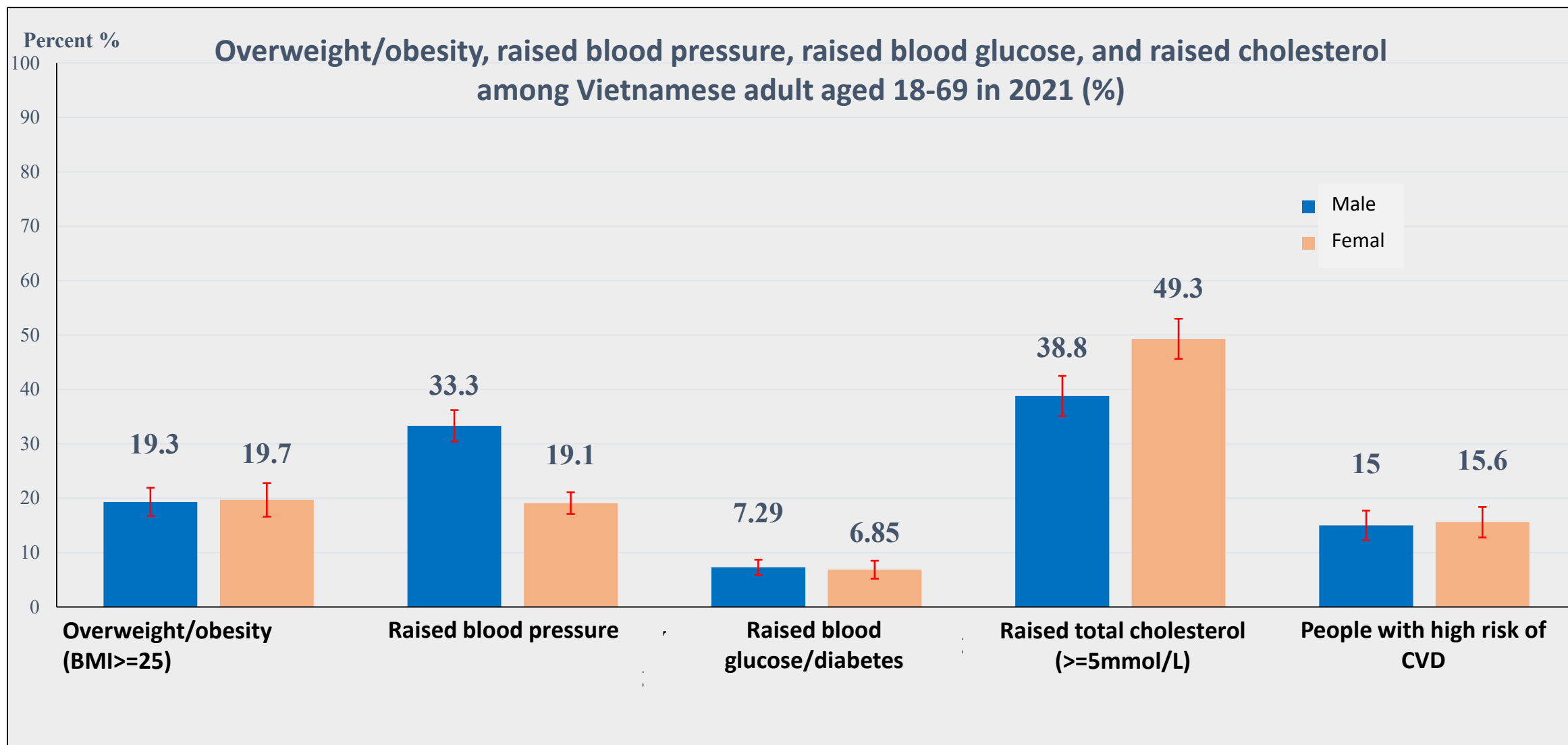
NCDs	Prevalence	No of Cases estimated	Data sources
Hypertension	26.2%	17 000 000	Survey on NCD Risk Factors 2021(STEPS 2021) (18-69 year old)
Diabetes	7.06%	4 600 000	STEPS 2021 (18-69 year old)
COPD	3.1%	2 000 000	STEPS 2021 (estimated by interviewing participants aged 18-69)
Cancer		409 000	Globocan 2022 (Five-year prevalence cases)
<b>Total</b>		<b>24 000 000</b>	

Population of Viet Nam in 2023: **100.3** millions

## 4. Common risk behaviors in 2021



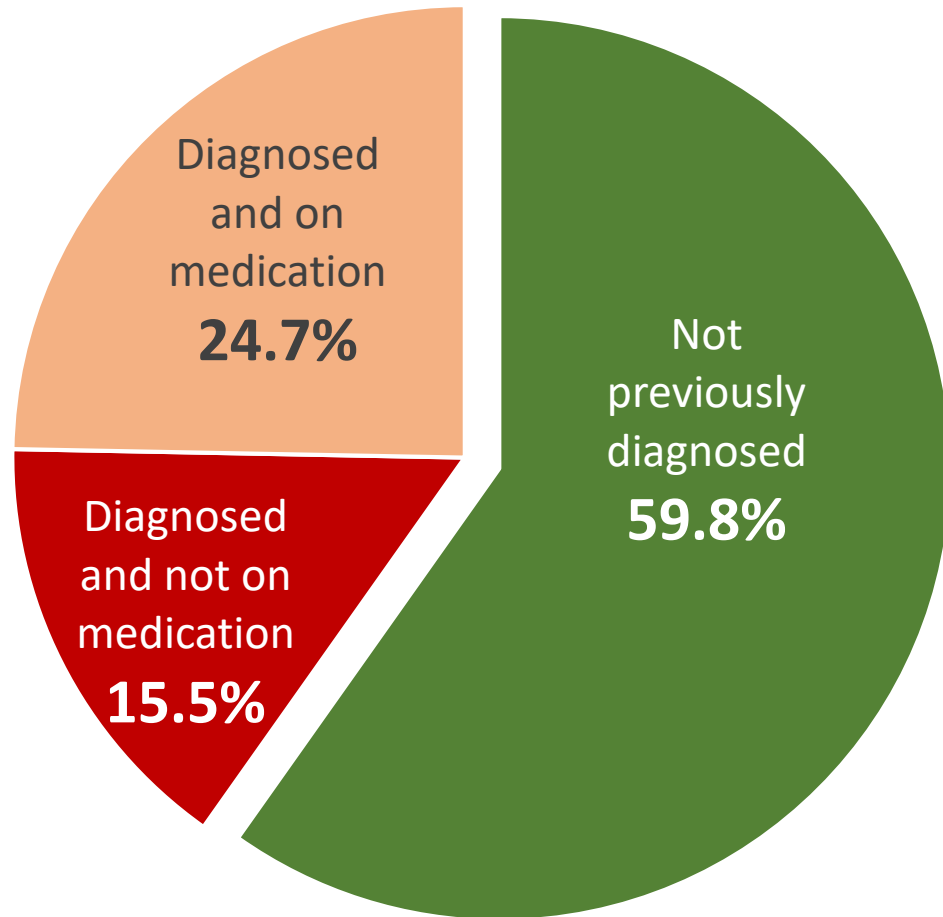
# 5. Metabolic risk factors in 2021





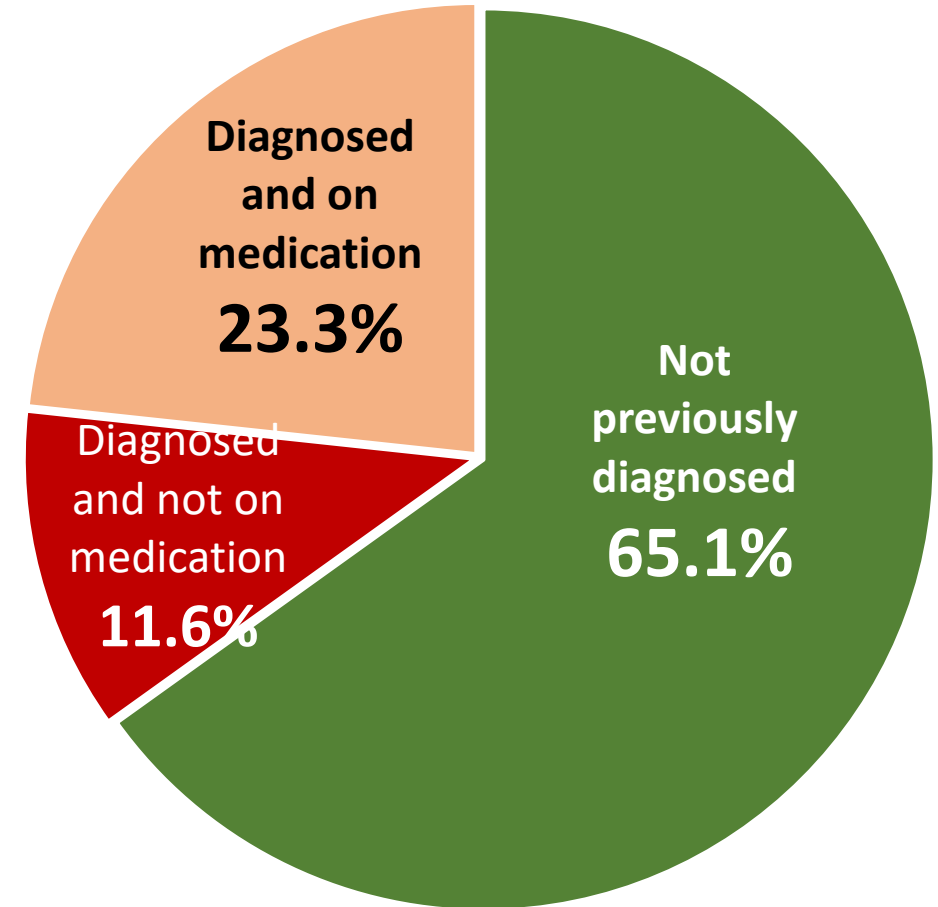
## 6. Detection and management of NCD

### Hypertension



Only 40% of hypertensive persons were diagnosed and 25% have been on medication

### Diabetes



Only 35% of Diabetes persons were diagnosed and 23% have been on medication

# 7. Summary of challenges and gaps in NCD control

## ■ Challenges:

- High burden of NCD mortality and morbidity: creates a huge burden on the health care system
- High levels of risk factors

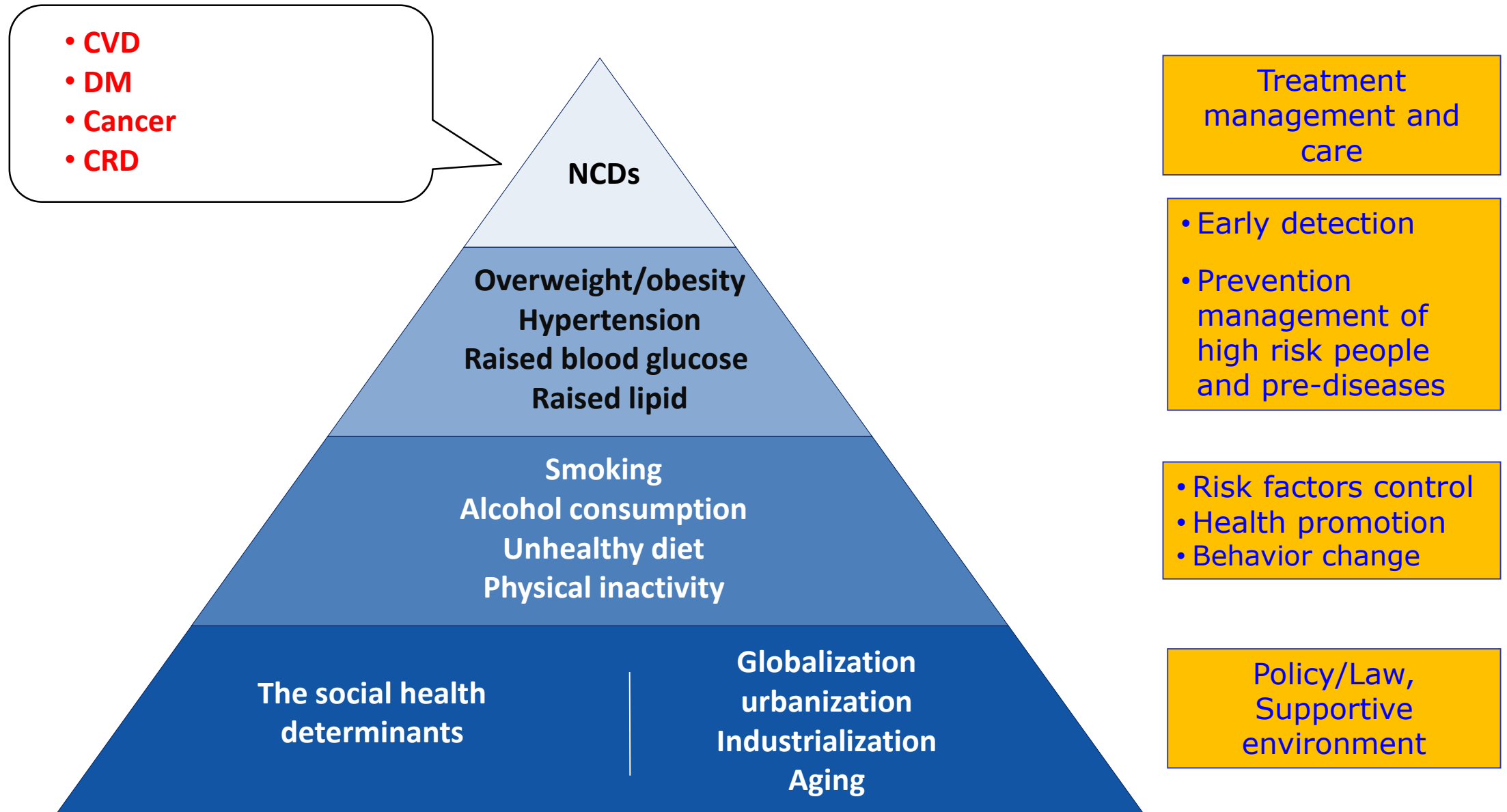
## ■ Gaps:

- Lack of some policies for risk factor control (physical activity, trans-fat, salt, SSB)
- Large gaps in detection and treatment of NCD
- Limited coverage of NCD services at primary health care facilities
- Shortage of finance for NCD screening, NCD prevention



## **II. Prior Measures for NCD Control & prevention**

# Comprehensive approach for NCD control



# Measure 1. Control of risk factors

## Tobacco control

- Law on Tobacco Control
- Tobacco Control Fund
- Strategy on Tobacco control
- Increase Tobacco tax
- Information, Education, Communication
- Health warnings on cigarette packages



## Alcohol Control

- Law on Alcohol Control
- Decree No 24/2020/NĐ-CP
- Decree No100/2019/NĐ-CP
- Increase alcohol tax
- Intervention for harm reduction



## Increase Physical activity

- Set the goal of physical activity in the health plan
- Viet Nam Health Program
- Information, Education, Communication
- Physical active movement in community
- Guidelines on physical activity



## Healthy diet

- National Strategy on Nutrition 2021-2030
- National Plan on Nutrition
- National Plan on salt reduction 2018-25
- Programs, intervention on reduction of salt, Sugar-sweetened beverages (SSB), unhealthy fats



# Measure 2. Strengthen the health system for delivering NCD and mental health services

Strengthening the system to deliver effective services for prevention, detection and treatment management of NCD and mental health

## Strengthening the system

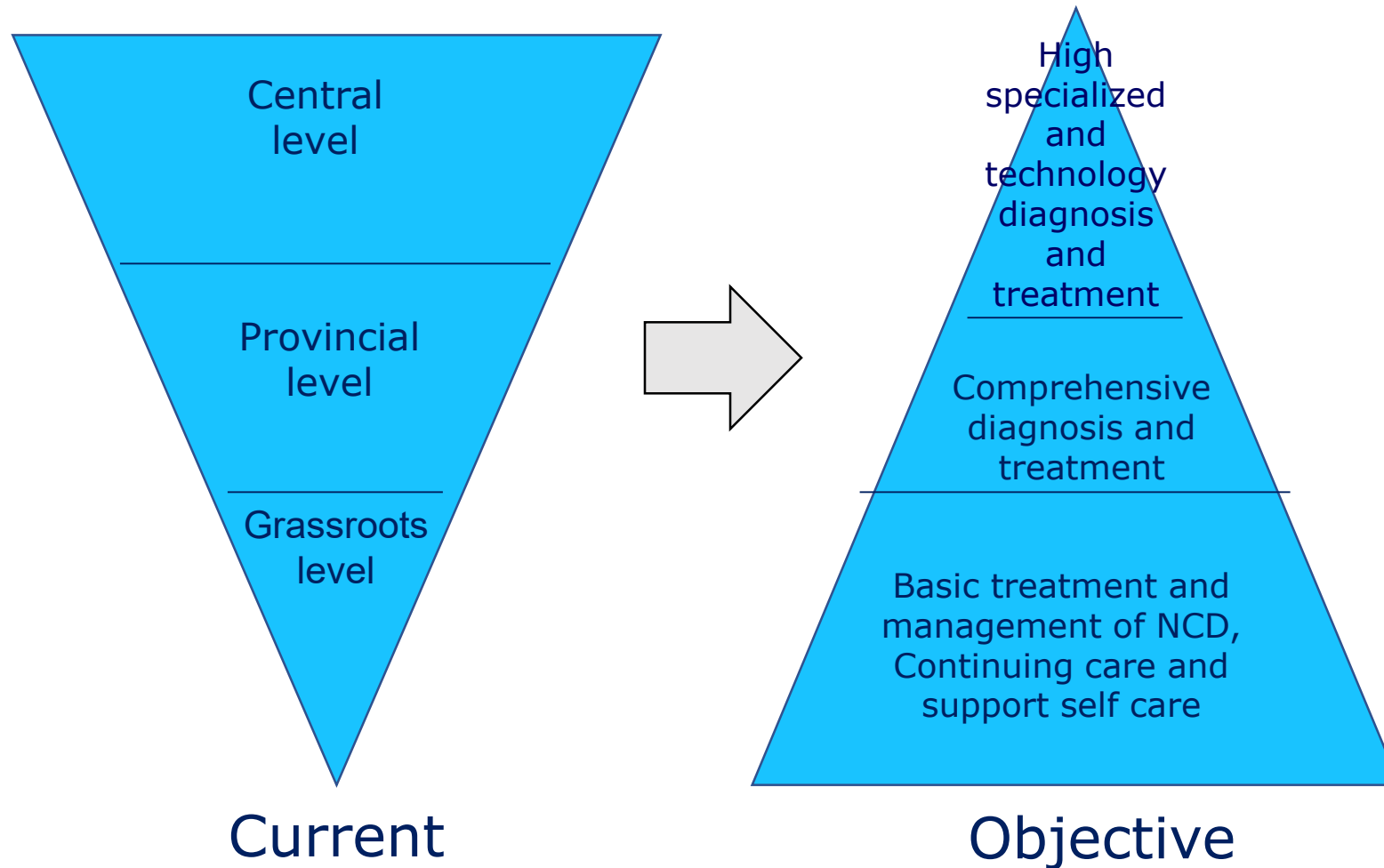
- Training/building capacity for health staff
- Increase budget for NCD screening programs
- Develop guidelines and tools
- Support and strengthen NCD services at Commune Health Station (PHC)

## NCD services delivering

1. Communication and education
2. NCD Screening
3. Prevention management for people with high risk and pre-diseases
4. Treatment management and care for NCD patients



## To change the pyramid of NCD service delivering



Objective:

by year 2025 there are 95% of Commune Health Stations providing NCD services