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PUBLICATIONS LAUNCH EVENT

Noncommunicable Diseases in Asia: Young People Are Key to Curbing a Growing Epidemic

THURSDAY, 21 JULY 2016 • LE MERIDIEN, NEW DELHI

POPULATION REFERENCE BUREAU

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Noncommunicable diseases (NCDs), such as cardiovascular diseases, cancers, diabetes, and chronic respiratory diseases, are the leading causes of death throughout almost all countries in South, Southeast, and East Asia. Given that parts of the region are still working to improve maternal and child health, as well as to combat communicable diseases, NCDs will put a tremendous strain on scarce resources and will require strengthening already overstretched healthcare systems. Since they typically affect the most productive members of society, NCDs would also limit the potential for economic growth and development in the region's low- and middle-income countries.

This negative trajectory can be changed, however, if countries prioritize preventing NCD risk behaviors. These risk behaviors—tobacco use, harmful use of alcohol, unhealthy diet, and insufficient physical activity—are typically established during adolescence or young adulthood and set the stage for the onset of NCDs later in life. Thus, a focus on young people is key.

Engaging a broad array of people, organizations, and sectors that can promote protective factors and minimize risk factors in all aspects of young people's lives is critical for addressing their NCD risk. Preventing a large NCD epidemic will also require strong political commitment and strengthening of regulatory capacity, as well as coordinated efforts to ensure that comprehensive surveillance of risk factors among young people takes place throughout the region.

The Population Reference Bureau (PRB) is launching three publications that can serve as advocacy materials to advance the dialogue at today's event: a policy report, "Addressing Noncommunicable Disease Risk Factors Among Young People," that illustrates the importance of tackling NCD risk factors among young people as key to curbing a growing NCD epidemic in the region; and a data sheet and accompanying data appendix that present the latest available prevalence data on the risk behaviors among young people across countries in South, Southeast, and East Asia.

Presentations on tobacco use and overweight/obesity among young people in India, and discussion on framework for convergence of national programmes on NCDs and adolescent health will shed additional insight on this critical issue on the ground.

Event Programme

9:30 A.M.-10:30 A.M. MEETING REGISTRATION

10:30 A.M.-1:00 P.M. SESSIONS

WELCOME

Master of Ceremonies, Ms. Kaveri Mukherji — President, Kaveri Mukherji Associates

Mr. Jeff Jordan — President & CEO, PRB (Video Presentation)

OPENING REMARKS

Dr. Subhash Wangnoo — Senior Consultant Endocrinologist, Apollo Centre for Obesity, Diabetes, & Endocrinology, Indraprastha Apollo Hospitals

OVERVIEW OF NCD RISK FACTORS AMONG YOUNG PEOPLE ACROSS ASIA AND STRATEGIES FOR ACTION

Dr. Toshiko Kaneda — Senior Research Associate, PRB

Dr. Reshma Naik — Senior Policy Analyst, PRB

A YOUNG PERSON'S EXPERIENCE WITH NCD RISK FACTORS IN INDIA

Mr. Suraj Kumar — Youth Advocate, AstraZeneca Young Health Programme, Plan India

PROTECTING YOUNG PEOPLE FROM THE TOBACCO EPIDEMIC

Dr. Monika Arora — Director of Health Promotion Division and Associate Professor, Public Health Foundation of India

– TEA BREAK –

OVERWEIGHT AND OBESITY AMONG YOUNG PEOPLE IN INDIA

Dr. Anand Krishnan — Professor, Centre for Community Medicine, All India Institute of Medical Sciences

FRAMEWORK FOR CONVERGENCE OF NATIONAL PROGRAMMES ON NCDS AND ADOLESCENT HEALTH

Dr. Damodar Bachani — Deputy Commissioner (NCD), Ministry of Health & Family Welfare

STARTING NCD INTERVENTIONS EARLY: A WAY FORWARD

Dr. Swati Y. Bhawe — Executive Director, Association of Adolescent and Child Care India; Senior Consultant for Adolescent Pediatrics & Head of Adolescent Wellness Clinic, Jehangir Hospital, Pune; and Honorary Professor (Adolescent Medicine), Department of Pediatrics, DY Patil Medical College, Hospital & Research Center

CLOSING REMARKS

Mr. Sanjay Murdeshwar — Country President & Managing Director, AstraZeneca Pharma India Limited

1:00 P.M.-3:00 P.M. NETWORKING LUNCH RECEPTION

Participant Biographies

DR. MONIKA ARORA

Dr. Arora is director of the Health Promotion Division and associate professor at the Public Health Foundation of India. She is a public health scientist with research interests in health promotion and health advocacy for the prevention and control of NCDs and in promoting Adolescent Health and Development. Her expertise is in designing, implementing, managing and evaluating intervention programmes and large-scale group randomized trials, as well as qualitative research on chronic disease prevention. She has published more than 90 scientific papers in high-impact public health journals and her research recommendations have informed national health programmes in India. She is an invited member of the Expert Working Group on Implementation, Monitoring, and Accountability convened by the World Health Organization (WHO)'s director general on Ending Childhood Obesity. Dr. Arora is an invited member on various technical and expert committees formed by the Ministry of Health and Family Welfare on tobacco control, national adolescent health strategy, alcohol control, and NCDs. Dr. Arora was awarded the 2011 Best Practices Award in Global Health by the Global Health Council, USA, and the WHO director general's World No Tobacco Day Award (2012) acknowledging her contributions in tobacco control in India and South East Asia Region. Dr. Arora has a Ph.D. degree from the Department of Cardiology at the All India Institute of Medical Sciences. She completed her M.Sc. in Child Development from Lady Irwin College, Delhi University, and M.Sc. in Public Health (Health Promotion) from the London School of Hygiene and Tropical Medicine (LSHTM), University of London, UK. She also holds a Post Graduate Diploma in Guidance and Counseling of Children from the Indira Gandhi National Open University (1996-97) and a Post Graduate Diploma in Epidemiology from LSHTM.

DR. DAMODAR BACHANI

Dr. Bachani is deputy commissioner (NCD) at the Ministry of Health and Family Welfare for the government of India, a position he has held since July 2013. He is also director professor in the Department of Community Medicine at Lady Hardinge Medical College & Associated Hospitals where he teaches undergraduate and postgraduate students in Community Medicine, including Epidemiology and Research. Dr. Bachani has nearly 39 years of professional experience in the health sector in teaching and health programme management at the national level. With a background in Community Medicine, he has nearly 24 years of experience in the Ministry of Health & Family Welfare in various national health programmes including National Programme for Control of Blindness; Integrated Disease Surveillance Programme; National AIDS Control Programme; National Programme for Prevention & Control of Cancer, Diabetes, CVD, and Stroke; National Programme for Health Care of the Elderly; and Programmes on Prevention and Management of Trauma and Burns. He has significantly contributed in planning, strategic management, monitoring, human resource development, and resource management of these programmes. His work is documented in over 90 publications in various national and international journals and a large number of technical reports and guidelines.

DR. SWATI Y BHAVE

Dr. Bhave is an internationally known pediatrician and adolescent specialist. She was the president of the Indian Academy of Pediatrics (IAP) in 2000 and is currently chairperson of

IAP Women's Wing and regional vice president of International Association of Adolescent Health. Dr. Bhawe has worked in various capacities in the International Pediatric Association (IPA) from 2001-2013. She was the technical advisor for adolescent health and IAP & IPA representative for the WHO section on adolescent health from 2008-2013. She was also a member of the WHO Technical Advisory Group (TAG) committee on Child and Adolescent Health from 2009-2010, and has been a resource person and master trainer for many national and international training programmes. She has held a Fellowship from the IAP and an Honorary Fellowship from the American Academy of Pediatrics. Dr. Bhawe has edited more than 20 books and written chapters in many national and international publications. She wrote the first textbook on adolescent medicine in India, *Bhawe's Textbook on Adolescent Medicine*, that was published in 2006 with a 2nd edition released this year. Dr. Bhawe has been recognized for her work on NCDs, is on the Governing Council of Global Alliance-NCD Child, and is advisor to the NCD TAG committee of the Asia Pacific Pediatric Society.

MR. JEFF JORDAN

Mr. Jordan is president and CEO of PRB. Prior to PRB, he was the senior vice president for international programmes at the Catholic Medical Mission Board (CMMB). At CMMB, Mr. Jordan provided oversight and strategic input to all international programmes in HIV/AIDS, maternal and child health, neglected and tropical diseases, and gender. He managed CMMB's field staff and the medical volunteer programme, and oversaw the monitoring and evaluation unit and the grants acquisition department. Mr. Jordan's demographic experience is rooted in his work at the Population Resource Center (1990-1994), followed by the Futures Group/Constella Futures (1994-2007). At Futures, he first served as an analyst and programme manager in population, family planning/reproductive health, and HIV/AIDS, before becoming vice president of programme development and operations, and chief operating officer. His technical experience spans both U.S. and international applications, including programme development, policy communication, constituency building, institution building, and applied policy research and analysis. His practice areas included policy analysis and presentation training, participatory policy processes through civil society networks, GIS applications of health survey data, demographic links to related sectors including the environment and food security, and gender. He has also served with USAID Zaire. Mr. Jordan has written and presented on topics ranging from demographic trends to contraceptive security to gender and reproductive health policy. He holds a master's degree in public affairs from Princeton University, Woodrow Wilson School of Public and International Affairs, and a bachelor's from Davidson College.

DR. TOSHIKO KANEDA

Dr. Kaneda is a senior research associate at PRB. She has 20 years of experience conducting research and demographic analysis on a wide range of population and health topics. Dr. Kaneda currently serves as the technical lead for the PRB's signature product, the annual World Population Data Sheet, in its 54th year of publication with over 100,000 downloads annually from users around the world. She has written numerous policy communications and research translation publications as well as peer-reviewed research articles on topics including population aging, old-age disability, NCDs, urban-rural health gaps, migration,

health care access, and unmet need for family planning. She contributes to PRB's policy communications training and also provides technical guidance on demographic methods to journalists, NGOs, and students. Prior to joining PRB, she was a recipient of the Bernard Berelson Fellowship at the Population Council in New York where she conducted comparative analyses on health transitions and mortality among older adults in East and Southeast Asia. Dr. Kaneda received her master's degree and Ph.D. in Sociology from the University of North Carolina-Chapel Hill.

DR. ANAND KRISHNAN

Dr. Krishnan is a professor at the Centre for Community Medicine, All India Institutes of Medical Sciences (AIIMS) where he has been on the faculty since 1994. He has spent more than 15 years as faculty in the Comprehensive Rural Health Services Project Ballabgarh and has been responsible for many initiatives. Dr. Krishnan has more than 200 publications and is a member of the National Steering Committee on Monitoring of the National Programme for Cancer, Diabetes, CVD, and Stroke at the Ministry of Health & Family Welfare of India. He serves as head of the WHO Collaborating Centre for Capacity Development and Research in Community-Based NCD Prevention and Control. He has attended over 30 WHO national and regional meetings on NCDs and serves as a member of the WHO Global Coordination Mechanism for NCD Prevention and Control. His numerous recognitions include BC Srivastava Award for Best Young Scientist in Community Medicine in 2000, MK Seshadri Award for Research in Community Medicine in 2008 by the Indian Council of Medical Research, and the Harcharan Singh Oration of the Indian Association of Preventive and Social Medicine in 2015.

MR. SURAJ KUMAR

Mr. Kumar is a resident of a resettlement colony—Mangolpuri, New Delhi—and a participant in the AstraZeneca Young Health Programme at Plan India between 2010 and 2015, where he received health education training for healthy young adults, including adolescent sexual and reproductive health, substance abuse, tuberculosis, dengue, and malaria. He has presented his experiences regarding overcoming risky health behaviors at the International Association for Adolescent Health meetings. Mr. Kumar successfully completed his bachelor's degree in 2016 and now hopes to pursue his master's of Social Work from the Indira Gandhi National Open University.

DR. SHAILAJA MANE

Dr. Mane is a coordinator for the Pune branch of the Association of Adolescent and Child Care in India, where she has worked on NCD prevention in children and adolescents. She is also a professor & head of unit, Department of Pediatrics, D Y Patil Medical College, Hospital & Research Centre in Pimpri, Pune. Dr. Mane has presented a number of papers on the lifestyle of young people as well as screening for metabolic syndrome. She has guided pediatric student theses on subjects related to NCD. She is a master trainer and faculty for various training programmes, including Bioethics India, FIMNCI, PPTCT, and is active in programmes of the IAP, including the breastfeeding chapter of the IAP Pune. Dr. Mane is active in the Adolescent Health Academy of the IAP, and in programmes like the Mission Kishor Uday, and the Adolescent in Office Practice. She was an executive Board Member and West zone co-coordinator for AHA from 2013-2015. She is a member of International Forum of Teachers of UNESCO and has published 14 articles in national and international Journals.

MR. SANJAY MURDESHWAR

Mr. Murdeshwar has been the managing director of AstraZeneca Pharma India since May 2013. Prior to joining AstraZeneca, Mr. Murdeshwar worked with Bayer for 17 years, in five countries in various roles in sales, marketing, finance, strategy, and general management. In his previous assignment, he was based in Singapore in a regional role. Mr. Murdeshwar joined Bayer in 1996 and has advanced through sales and marketing in the United States and Germany. He led the Philippine and the Indian businesses of Bayer Healthcare. Mr. Murdeshwar has made innovative as well as pragmatic decisions on portfolio, people, and processes. He was responsible for conceptualizing and executing the transformation of Bayer Healthcare in India. He has also successfully led the launch of new divisions in the Asia Pacific region as well as in the United States. Mr. Murdeshwar holds a master's degree in Business Management and a bachelor's degree in Chemical Engineering. He is married with two children and enjoys playing golf and badminton. Mr. Murdeshwar is a well-known speaker at various academic and industry forums, and is a keen student of art history and behavioral economics.

DR. RESHMA NAIK

Dr. Naik is a senior policy analyst at PRB. In this role, she provides leadership on policy communications projects including research and writing for policy briefs and evidence reviews; development of multimedia ENGAGE presentations; and facilitation of in-country workshops and dissemination activities. Recent projects have addressed a range of topics including malnutrition in Nigeria, NCDs in Asia and Africa, and the links between family planning, nutrition, and food security. Prior to joining PRB, Dr. Naik spent considerable time living and working in rural parts of Ghana and South Africa, where she managed two community-based public health intervention trials. She also has expertise in various aspects of international reproductive health and research utilization. Dr. Naik received her master's in Public Health from the Tulane School of Public Health and Tropical Medicine and a DrPH from the Boston University School of Public Health.

DR. SUBHASH WANGNOO

Dr. Wangnoo is a senior consultant endocrinologist at the Apollo Centre for Obesity, Diabetes, & Endocrinology (ACODE) of Indraprastha Apollo Hospitals in Sarita Vihar, New Delhi. He is also honorary physician endocrinologist to the President of India. After obtaining his MBBS (1976) and M.D. in Medicine (1981), Dr. Wangnoo successfully completed the DM (Endocrinology) examination in 1984. He was instrumental in establishing the Department of Endocrinology, Diabetes, and Metabolism at Sher-i-Kashmir Institute of Medical Sciences, Srinagar, Jammu and Kashmir and served there as head of the Department as well as lecturer and then associate professor from 1984-1990. Some of the other posts that Dr. Wangnoo has held in the past are honorary senior consultant endocrinologist at Narinder Mohan Hospital in Ghaziabad and senior consultant endocrinologist at King Khalid Hospital, Saudi Arabia (Ministry of Health). Dr. Wangnoo continues to be active on the academic front, serving as academic coordinator for the Diplomate of National Board Endocrinology Programme at ACODE, DM Examiner (Meerut University), and thesis guide. His research work with colleagues has been published in peer-reviewed journals and he also serves on the Editorial Board of three medical journals. Dr. Wangnoo is a member of over a dozen scientific bodies and medical associations and has served on the executive committees of several of them. He is frequently invited as a speaker or faculty member at national and international conferences.

Organizational Backgrounds

Population Reference Bureau (PRB) has been the leader in providing timely, objective information on population and health trends and their implications to audiences in the United States and around the world since 1929. PRB has a valuable, carefully sustained reputation for unbiased analysis and clear communication. PRB's print and electronic publications present the latest data and research results in language and formats that nonspecialists can understand and use, while still being true to the scientific basis of the material. PRB employs a full range of approaches to communicate information: award-winning websites; highly regarded print publications and reports; and policy briefs, fact sheets, data sheets, infographics, and multimedia presentations. PRB also trains others to communicate research results more effectively. For more information: www.prb.org.

The AstraZeneca Young Health Programme (YHP) was founded in partnership with Johns Hopkins Bloomberg School of Public Health and Plan International, with local NGO partners implementing YHP programmes on the ground. The YHP mission is to positively impact the health of adolescents in marginalized communities worldwide through research, advocacy, and on-the-ground programmes focused on NCD prevention. For more information: www.younghealthprogrammehp.com.



PRB acknowledges the generous support from the AstraZeneca Young Health Programme for the publications and today's event.

