

สรุปรายงานการประชุม

The 1st meeting of the health cluster 1: promoting healthy lifestyle

18-20 July 2016

Medan, Indonesia

ประเทศอินโดนีเซียเป็นประธาน และลาวเป็นรองประธานในการประชุม ที่ประชุมมีข้อตกลงและมติรับรองประเด็นต่างๆ ดังต่อไปนี้

1. Goals, Health Cluster 1 Strategy and Health Priority Strategies

Goals for 2020: -To achieve health potential of ASEAN community through promoting healthy lifestyle.

-To ensure healthy lives and promote well-being for all at all ages.

Cluster Strategy: Strengthen capability, capacity, and advocacy in addressing risk factors and their related diseases,

and other relevant conditions affecting the health of the ASEAN people by promoting healthy lifestyle throughout the life course.

Health Priority Regional Strategy /Sub-strategies:

- a. Strengthen capacity, and capability in promoting healthy lifestyle, mental health, preventing injury, active ageing and reducing risk factors which include tobacco, alcohol, physical inactivity, unhealthy diet, malnutrition, and hazards at workplace;
- b. Promote cost effective intervention packages for NCD and conditions related to risk factors;
- c. Strengthen advocacy, networking, and sharing of information/good practices/experiences among AMS in reducing risk factors for various age groups and settings;
- d. Develop strong monitoring and evaluation mechanism on the implementation of the regional strategies in promoting healthy lifestyle

2. พัฒนาและรับรอง Term of reference of health cluster 1 ครอบคลุมบทบาทและความรับผิดชอบของประเทศผู้ประสานงาน และ

เห็นชอบให้ยุติบทบาทของคณะทำงาน task force ที่เกี่ยวข้องกับ health cluster 1 ในระยะเปลี่ยนผ่านช่วงปี 2017

3. Lead countries มีหน้าที่กำหนด timelines ตัวชี้วัด แหล่งสนับสนุน ในแต่ละมาตรการของยุทธศาสตร์ต่างๆ ที่รับผิดชอบ ลงในร่าง

แผนการทำงาน และบูรณาการกิจกรรมที่คล้ายคลึงกันในแผนการทำงาน โดยประเทศไทยมีส่วนร่วมเป็นประเทศผู้นำของ Health

priorities จำนวน 6 ประเด็น (ยกเว้นเรื่องโภชนาการ) มติทั้งหมดนี้จะนำเสนอในที่ประชุม SOMHD ครั้งที่ 11 ในวันที่ 9-11 สิงหาคม 2016 ที่ประเทศบรูไน

Health priorities 7 ประเด็น ได้แก่

1. Prevention and control of NCDs

Key Performance Target:

1. 10% relative reduction in premature mortality from NCDs (Diabetes, Cancer, COPD and Cardio vascular diseases) as compared to baseline in 2010.
2. No increase of prevalence of Diabetes and 10% reduction in Hypertension prevalence based on the latest national data
3. 10% relative reduction in the prevalence of insufficient physical activity based on the latest national data
4. Increase at least 20% the adequate intake of healthy fruits and vegetables based on the latest national data

	ยุทธศาสตร์สำคัญ	ประเทศผู้นำ
1	Increase the capability of the people in practicing healthy lifestyle as way of life	Philippines
2	Strengthen the collaboration of multisectoral stakeholders in promoting healthy lifestyle prevention and control in workers, school health, including reducing obesity and tobacco control	Singapore Indonesia
3	Increase the capacity of health workers at primary health service on integrated prevention programme for NCD, tobacco and alcohol, ageing, malnutrition, and poor mental health	
4	Build self- reliance and mobilize domestic resources to ensure sustainable financing for long battle against NCDs which may include tobacco, alcohol, sugar sweetened beverages and/or other tax measures as applicable.	Thailand
5	Improve health packages for NCD prevention and control	
6	Scale up a package of proven cost-effective interventions including evidence-based legislation, regulation and fiscal measures to reduce consumption of tobacco, alcohol and processed/packaged foods while promoting consumption of healthy foods and physical activity	
7	Sharing Best practices on 4 selected NCDs	Philippines

8	Ensure coherence of policy measures including trade and marketing for the prevention and control of NCDs, Establish networking with ASEAN related bodies and international bodies in promoting healthy lifestyle.	Philippines Cambodia Indonesia Thailand (alcohol)
9	Enhance integrated sustainable information system for NCDs, including surveillance, key indicators monitoring & evaluation, and document the progress made. Support Multi-countries research on prevention and control of NCDs and encourage national high impact study/research on NCDs	Indonesia

2. Reduction of tobacco consumption and harmful use of alcohol

Key Performance Target: 10% relative reduction the prevalence of current tobacco use in people aged ≥ 15 years old based on the latest national data Reduce by 10% the harmful use of alcohol as appropriate based on the latest national data

	ยุทธศาสตร์	ประเทศ ผู้นำ
1	Expedite implementation of the Framework Convention on Tobacco Control through implementation of demand reduction measures	Malaysia
2	Support AMS in protecting tobacco and alcohol control policy from industry interference. AMS has one voice commitment in protecting Tobacco and Alcohol control policy from industry interference.	Thailand Brunei
3	Monitoring and evaluation of implementation of Smoke Free Initiative country regulation according to ASEAN Focal Points on Tobacco Control (AFPTC)' recommendations	Malaysia

3. Prevention of injuries

Key Performance Target: 30% relatively reduction of number of death cases from road traffic accidents in the region by 2020

	ยุทธศาสตร์	ประเทศ ผู้นำ
1	Encourage sharing of good practices/experiences on injury prevention programme	Philippines
2	Adequate access to quality pre-hospital and hospital care	Thailand

		Philippines
3	Increase community awareness in the prevention of injuries	Lao PDR Thailand
4	Strengthen collaboration among relevant cross sectorial stakeholders.	Cambodia

4. Promotion of occupational health

Key Performance Target:

1. Strengthen the implementation of Occupational Health Program in all ASEAN Member States
2. Periodical measurement and assessment of the target of occupational health program in all ASEAN member countries
3. Integration of relevant occupational health data into national health information system in each ASEAN member country

	ยุทธศาสตร์	ประเทศ ผู้นำ
1	Sharing of good practices among AMS on workplace-based health promotion	Singapore
2	Adopt an evidence-based approach to measure the success of occupational health programme relevant to the national context	Indonesia Thailand
3	Strengthen collaboration among relevant cross sectorial stakeholders	Indonesia Thailand
4	Strengthen capacity building on occupational health programme	Philippines Thailand

5. Promotion of mental health

Key Performance Target: Develop and/or strengthen the national policy/plan/programme for mental health in line with WHO global action plan on mental health (2015 – 2020)

	ยุทธศาสตร์	ประเทศ ผู้นำ
1	Develop and promote effective model of mental health program and sharing of information in line with WHO Global Action Plan to overcome treatment gaps (AMS may take reference from the AMT Policy Brief on Mental health as appropriate)	Indonesia Thailand
2	Increase capacity for implementing Mental Health programme	Thailand Indonesia

		Philippines
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6. Promotion of healthy and active aging

Key Performance Target: Increase by 1% per year in the prevalence of older persons living independently

	ยุทธศาสตร์	ประเทศ ผู้นำ
1	Promote healthy and active ageing through integration of elderly health programme with NCD and mental health programme	Brunei Vietnam
2	Empower the elderly to maintain their ability to participate in the family and community activities	
3	Promote access to affordable and appropriate health services for elderly and develop a sustainable health financing system, protecting older persons against illness induced poverty and undue out-of-pocket payment that works to deliver universal and equitable healthcare	Thailand Brunei Vietnam
4	Strengthen collaboration with relevant stakeholders through advocacy to provide elderly friendly environment and promote greater inclusion for active aging in policy making and action plans, including flexible retirement schemes, active employment policies, social protection and welfare system and mainstreaming those actions across government sectors, adapted to priority focus of government actions and specific contexts	Thailand

7. Promotion of good nutrition and healthy diet

Key Performance Target:

1. Increase at least 10% the rate of exclusive breastfeeding based on the latest national data

2. Reduce by at least 20% the prevalence of children under five who are stunted based on the latest national data

3. No increase in child overweight and adult obesity based on the latest national data

	ยุทธศาสตร์	ประเทศ ผู้นำ
1	Enhance human resource capacity on nutrition surveillance, policy advocacy and delivery of effective package of intervention to address nutrition related risk factors of NCD	Indonesia

2	Ensure policy coherence among pillars/sectors in support to nutrition and healthy lifestyle	Philippines
3	Promote increase investment for nutrition	Indonesia
4	Enhance a common platform for discussion of technical matters address nutrition related matters, including nutrition surveillance	Indonesia Philippines
5	Establish an ASEAN nutrition network or similar operational mechanism to serve as oversight body for multisectoral cooperation in follow through the implementation of regional framework for nutrition	Philippines