THE MULTISECTORAL RESPONSE REGIONAL

By:

Dr VICTOR COOMBS (HCC DIRECTOR)
### 4 NCDs, 4 Risk Factors, 4 Pillars

<table>
<thead>
<tr>
<th></th>
<th>Tobacco Use</th>
<th>Unhealthy Diets</th>
<th>Alcohol Abuse</th>
<th>Physical Inactivity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Diseases and Stroke</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Cancer</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Diabetes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Chronic Lung</td>
<td>X</td>
<td></td>
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</tr>
</tbody>
</table>

**Pillars:**
- **Advocacy**
- **MHealth**
- **Capacity Building**
- **Communications**
Set of 9 voluntary global NCD targets for 2025

- Premature mortality from NCDs 25% reduction
- Essential NCD medicines and technologies 80% coverage
- Drug therapy and counseling 50% coverage
- Diabetes/obesity 0% increase
- Raised blood pressure 25% reduction
- Tobacco use 30% reduction
- Salt/ sodium intake 30% reduction
- Physical inactivity 10% reduction
- Harmful use of alcohol 10% reduction
Key Determinants of NCDs (PAHO)

Chronic Diseases: Cardiovascular diseases including hypertension, cancers, diabetes, and chronic respiratory diseases

Biological Risk Factors:
Modifiable: overweight/obesity, high cholesterol levels, high blood sugar, high blood pressure
Non-modifiable: age, sex, race, genetics

Behavioral Risk Factors:
Tobacco use, unhealthy diet, physical inactivity, alcohol abuse

Environmental Determinants:
Social, economic, political conditions, such as income, living and working conditions, physical infrastructure, environment, education, access to health services and essential medicines

Global Influences:
Globalization, urbanization, technology, migration
Worksite Wellness Programmes Offered to Employees
(N=27)

- Conv. Health Insurance
- Preventive Health Cover
- On-Site Screening
- Nutrition
- Weight Management
- Fitness/Exercise
- Incentives Healthy Lifestyle
- Health Education
- Addiction Counseling
- Stress Mgmt/ Mental Health Counsel
- Occupational Safety and Health
- Medical Assistance Schemes

By: Dr Lynda Williams
Worksite Wellness: Key Findings

- Of 35 companies 28 (80%) companies offered Worksite Wellness Programmes to employees
- 13 (37%) had ever conducted a health risk appraisal of their employees

By: Dr Lynda Williams
Both the 2010 Dietary Guidelines and the April 2010 Institute of Medicine report, identified yeast raised bakery goods as the largest single food contributor to daily sodium intake, accounting for 7.2% of the total.

Not only the volume of sodium per serving, but importantly the number of servings.
Outcome

- In November 2014, we achieved our 1st internal goal.
- Reduction in overall salt content in a range of main products by 20%.

<table>
<thead>
<tr>
<th>YEAR</th>
<th>2012</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRODUCT</td>
<td>100% Whole Wheat</td>
<td>100% Whole Wheat</td>
</tr>
<tr>
<td>SODIUMPER SLICE</td>
<td>110mg</td>
<td>85mg</td>
</tr>
</tbody>
</table>

- Reduction in overall salt content in a range of main products by 20%.
HEALTH SCREENING

FITNESS ASSESSMENTS -
FINDINGS FOR A TARGET GROUP (104 EMPLOYEES) IN THE REFINERY

**Blood Sugar Levels**
- <120 mg/dl: 29%
- 121 mg/dl: 71%

**Body Mass Index**
- Excellent (<23): 8%
- Fit 23-25: 22%
- Needs work >28: 45%
- Fair 25-28: 25%

**Cholesterol**
- 231-255 mg/dl: 14%
- 256-280 mg/dl: 6%
- >280 mg/dl: 0%
- <181 mg/dl: 34%
- 181-205 mg/dl: 22%

**Blood Pressure**
- 140 mm Hg: 43%
- 120 mm Hg: 28%
- 160 mm Hg: 11%
- 180 mm Hg: 5%
- 100 mm Hg: 10%
- >200 mm Hg: 3%

Source: PETROTRIN, VICTOR COOMBS
50% of participants were at average risk of attracting Heart Disease

20% of participants were at moderate to High risk of attracting Heart Disease

Source: PETROTRIN, VICTOR COOMBS
HEALTH SCREENING

FITNESS ASSESSMENTS -

FINDINGS FOR A TARGET GROUP (104 EMPLOYEES) IN THE REFINERY

**Grip Strength**
- Excellent: 41%
- Needs work: 22%
- Fair: 18%
- Fit: 19%

**Risk Levels**
- Average: 55%
- Moderate: 27%
- Low: 14%
- Very low: 1%
- High: 3%
- Very high: 0%

**Smoking**
- Non-smoker: 70%
- Cigar and/or pipe: 1%
- 10 Cigs or less/day: 22%
- 11-25 cigs/day: 4%
- 26-39 cigs/day: 2%
- 40 cigs or more/day: 1%

**Exercise**
- No exercise at all: 8%
- Low Occ/Mod. rec: 41%
- Low Occ/Low rec: 25%
- Moderate: 6%
- High: 3%
- High/Occ/Hig rec: 17%

*Source: PETROTRIN, VICTOR COOMBS*
1. Research

Medical Plans
Trends showed high utilisation of the medical plans for all employees. We manage 12 medical plans for actives & 6 plans for retirees across the Caribbean.

EAP Reports
High utilisation of the EAP service with very little initiative and support from insurance companies. Massy has 22 contracted providers who all had major concerns regarding employees’ coping abilities.

HR Records
High levels of absenteeism and sick leaves. We also asked pertinent questions about wellness in the recruitment process to determine the interest levels of our potential hires.

HSSE Reports
Frequency of accidents and other incidents.

2012 – 2013 we saw major increases in medical premiums and high utilisation of EAP service & we started having conversations with our insurance agencies and pre-employment doctors.
## COMPANY WELLNESS DATA

<table>
<thead>
<tr>
<th>Condition</th>
<th>COMPANY X</th>
<th>COMPANY Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIABETES</td>
<td>9 %</td>
<td>9 %</td>
</tr>
<tr>
<td>HYPERTENSION</td>
<td>0 %</td>
<td>26%</td>
</tr>
<tr>
<td>ASTHMATIC</td>
<td>0 %</td>
<td>2%</td>
</tr>
<tr>
<td>ALLERGIES</td>
<td>14%</td>
<td>15%</td>
</tr>
<tr>
<td>CANCER</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>SMOKER</td>
<td>31%</td>
<td>20%</td>
</tr>
<tr>
<td>HEART DISEASE</td>
<td>13%</td>
<td>3%</td>
</tr>
<tr>
<td>TOTAL NUMBER OF WORKERS</td>
<td>110</td>
<td>100</td>
</tr>
</tbody>
</table>

BY: VICTOR COOMBS
2017
HEALTHY CARIBBEAN COLLISION
PUBLICATIONS

- Civil Society Collaborating to Provide Integrated Noncommunicable Disease /Sexual and Reproductive Health Service Delivery in Barbados – October 2017
- Civil Society action Plan 2017-2021: Preventing Childhood Obesity in the Caribbean – October 2017


COMMITMENT

- TO MULTISECTORAL COLLABORATION - with the Gov’t, private sector and civil society
- TO BEST PRACTICE ADVICE - widely available in the region and internationally
- TO TAKING SMALL STEPS - where no steps have been taken
- TO ONGOING MONITORING AND EVALUATION

By: Dr Lynda Williams
THANK YOU