

**Action Nepal  
Report of the Program**

**Multi sectorial Collaborative Workshop  
for  
NCD Prevention and Care – Time to Act.**

**नसर्ने रोगको रोकथाम तथा नियन्त्रणका लागि  
बहुपक्षिय पैरवी बैठक**

**Multisectoral Collaborative Workshop for  
NCD Prevention and Care- Time to Act**

स्थान: इन्द्रेणी फुडल्याण्ड, नयाँ बानेश्वर, काठमाडौं  
मिति: २०७६/०५/२२

आयोजक: स्वास्थ्य तथा जनसंख्या मन्त्रालय  
सह-आयोजक: एक्सन नेपाल

  
स्वास्थ्य तथा जनसंख्या मन्त्रालय



 International Union Against  
Tuberculosis and Lung Disease  
Health solutions for the poor

**Date: Sunday, 8<sup>th</sup> September, 2019**

**Venue: Indreni Banquet, Naya Baneshwor,  
Kathmandu, Nepal**

**Time: 9:00 am to 12:00 am.**

**Prepared By: Mohit Singh Thagunna**

Research and Evaluation Officer

Action Nepal

9<sup>th</sup> Sept, 2019

## 1) The program and its objectives

The Program “**Multisectoral Collaborative Workshop for NCD Prevention and Care – Time to Act**” was successfully held on Sunday, from 9 am to 11:30 am, 8<sup>th</sup> August, 2019 at Indreni Banquet, Naya Baneshwor, Kathmandu, Nepal. The program was organized and managed by Action Nepal in collaboration with Ministry of Health and Population (MoHP) & The Union.

Khagraj Baral, Secretary, MoHP was a chairperson of the program and over 50 persons including MPs, government authorities, law makers, health media & civil society and health professionals participated in the program.

The major objective of the program was to have discussion on the preventions and control of NCD deaths in Nepal by bringing various stakeholders together and gain strong commitments to take initiation to control the NCDs. The other objectives of the program were

- To have interaction among the health experts, health professors, law makers and media personalities.
- To motivate policy makers and other concerned authorities to formulate plans and policy to control the NCD in Nepal
- To gain commitment from all the stakeholders to work in a coordinated way for the effective implementation of formulated plans and policies.

## **2) Commencement of the Program**

Master of Ceremony Mrs. Kalpana Acharya, Chairperson of Health Journalist Forum, Nepal, briefed about the program and introduced distinguished guests of the program.

Welcoming the participants of the program, Mr. Puskar Raj Nepal, Under Secretary, Law MoHP, highlighted the objective of the program. He formally welcomed and thanked, on behalf of Ministry of Health and Population, all the participants for their gracious presence in the event and urged the immediate need of actions from both government and non-government organizations in controlling NCD death rate in Nepal. On behalf of the organizers, he expressed hope to gain fruitful inputs from all the participants

## **3) Presentations**

Senior cancer specialist Prof. Dr. Bishnu Dutta Poudel, Bir Hospital, Prof. Dr. Bhagwan Koirala, Senior Cardiothoracic and Vascular Surgeon, MCVTC-TU, Teaching Hospital, Mr. Bihungum Bist, Research Officers, NHRC, Mr. Kunj Prasad Joshi, Director, NHEICC and Mr. Anand Bahadur Chand, Director, Action Nepal gave power point presentations highlighting the global and national NCD situations, their detrimental effects and suggestions necessary to cope up with NCD epidemic in the future.

### **3.1 Prof. Dr. Bishnu Dutta Poudel, Senior Cancer Specialist, Bir Hospital**

He highlighted that the victims of cancer are increasing over the year in Nepal. It kills more than 16000 people in Nepal annually which is around 60 percent of all deaths. Cancer not only takes the life of victims but also affects the economic situation of the family badly. He pointed out tobacco consumption is the main contributing factor that cause cancer around world. Hence, to curb cancer rate, tobacco consumption should be reduced, he opined. He also warned that if necessary precautions and activities were not carried out then this could further deteriorate the health of Nepalese people in the future.

### **3.2. Prof. Dr. Bhagwan Koirala, Senior Cardiothoracic and Vascular Surgeon, MCVTC-TU, Teaching Hospital.**

He said that the increasing burden of NCD is threatening to overwhelm the already stretched Nepalese health services and Nepal too can improve mortality, morbidity and quality of life of Nepalese people that are being claimed by NCD. He compared the NCD in developed countries and the least developed countries like Nepal and pointed out that the burden of NCD to least developed countries is significantly higher than developed countries. Developed countries have already started preventive actions to control the NCD. Hence, it is rational for least developed countries to take necessary step as soon as possible to fight against NCD. NCD will be new epidemic in 10 to 15 years if we are not serious about it now.

### **3.3 Mr. Bihungum Bist, Research Officers, NHRC**

He presented the summary of findings of researches/surveys carried out by NHRC on NCDs. He informed that CoPD, Heart Disease, Diabetes and Cancer are the major NCDs prevalent in Nepal. CoPD was the most prevalent (11.7%) amongst the NCDs reported in the participants, followed by Diabetes (8.5%), CKD (6.0%) and CAD (2.9%). Population Based Cancer Registry in Kathmandu Valley is able to register 2153 new cancer cases and 648 death cases in 2018. Since a very large portion is suffering from these chronic diseases, an effective health promotion and chronic disease prevention program is a must, he urged.

### **3.4. Mr. Kunj Prasad Joshi, Director, NHEICC**

NCDs include the “big four” – cardiovascular disease, cancer, diabetes, and chronic respiratory disease. According to WHO, NCDs were responsible for 71% of all deaths globally in 2016, with more than 80% occurring in developing countries, and were largely attributed to poor diet, insufficient physical activity, tobacco use, harmful use of alcohol and stress, he presented. He also explained the policy initiatives to response NCDs epidemic are:

- National multi-sectoral action plan to prevention and control of NCD 2014-2020
- Health sector strategy implementation plan 2016-2021
- Public Health Act

- Health Promotion Strategy
- Healthy City Guideline

### **3.5 Mr. Anand Bahadur Chand, Director, Action Nepal.**

Premature deaths due to NCD is approximately double (around 61 percent) in low income countries compared to high income countries around (30 percent), he presented. He also pointed out that the major cause of NCD is tobacco products and its consumptions. Tobacco consumption should be controlled and it is only possible when government has will to do so. We have strong policies formulated in the field of tobacco consumption but implementation is important. He urged all the stakeholders to go for implementation of formulated laws and regulations to fight against the NCD.

## **4) Discussion and Interaction**

### **4.1 Mr. Mahendra Prasad Shrestha, Chief-Health Co-operation Division, MoHP**

NCDs are very painful diseases. Previously, communicable diseases were epidemic, but now situation is just opposite. Non communicable diseases are being more epidemic and taking lives of people than non-communicable diseases. Hence, serious concerns should be given towards the control of NCD, he opined. We have to change our life style, we should be more like vegetarian and salt consumption should be decrease, he suggested.

### **4.2. Mr Ramesh Kumar Pokharel, Chief Executive Officer, Health Insurance Board.**

He admitted that the insurance against NCD is not sufficient. However, the insurance amount is sufficient if it is used for prevention of NCD. This amount can play big role to promote the health and prevent the NCDs.

### **4.3. Dr. Jyoti Bhattarai, Endocrinologist, Diabetes & Metabolism**

Youth are very prone to NCD as they adopt modern unhealthy life style. It works as a silent killer. Government should be responsible and should take immediate initiation against it in order to save the upcoming generation. She also urged to raise taxes not only in tobacco products but also in cold drinks and fast food items (specially sugary items).

#### **4.4 Honorable Ganesh Thagunna, Member of Parliament, NC.**

Poor people suffer more from NCDs. On the other hand, people are losing their life at the early age and their family's economic status adversely dropping below poverty line. He urged government to focus primarily on health and allocate more budget to promote the healthy life style. People friendly health policy need to be formulate as soon as possible, he suggested.

#### **4.5. Mr. Khagraj Baral, Secretary, Ministry of Health and Population.**

He blamed our life style and family culture behind this NCD epidemic. NCDs are spreading around the world due to poor eating habits. Pesticides mixed foods, fast foods, inactiveness, coca cola etc. are main reasons for NCD. We have to change our habits. We should go for physical works and exercises. Our poor food cultures should be avoided in order to prevent the NCDs, he suggested. He pointed out an urgent need to regulate alcohol, tobacco, SSB and strengthen primary health care

#### **5) Conclusion:**

The program was lasted for 2.5 hours from 9 am to 11:30 am. The program was successful in achieving its objectives. All the participants have fruitful discussion and sharing. Some NCD related commitments were achieved from the concerned authorities. The need of changing life style, eating habits, exercise habits, formulations of new NCD related plans and policies, allocation of more budget on health, increasing limit of health insurance were major topics of discussion.

## 6) Participants List

The program participated by over 50 persons including MPs, government authorities, law makers, media & civil society, health professionals, experts from Health Insurance participated in the program. The list of attendees is attached with it.

### 6.1 MPs, Govt. and Non-Govt. Officials:

मिति: २०७५/०५/२२

**नसर्ने रोगको रोकथाम तथा नियन्त्रणका लागि बहुपक्षिय पैरबी बैठक**  
**Multisectoral Collaborative Workshop for NCD Prevention and Care- Time to Act**  
 आयोजक: स्वास्थ्य तथा जनसंख्या मन्त्रालय, एक्सन नेपाल र व युनियन  
 स्थान: इन्द्रेणी फुड्ल्याण्ड, नयाँ बानेश्वर, काठमाण्डौ  
 समय: ९:००-११:००

माननीय ज्युहरु, तथा विभिन्न सरकारी र निजी संघ संस्थाबाट पाल्नु भएका महानुभावहरु

क्र.स.	सहभागिको नाम	संस्था	पद	मोबाईल नम्बर	ईमेल	हस्ताक्षर
१.	पुरेन्द्रराज नेपाल	स्वास्थ्य मन्त्रालय	सुपरिन्टन्ड	९८५१०६२३८२	mr.purkraj@nrc.gov.np	
२.	बिस्तोप बिष्ट	नेपाल काय्च्यु अन्वेषण संस्थान	अध्यक्ष/संस्थापक	९८४४४३६८६९	bisto@bistobihongun@gmail.com	
३.	Prof. Bisshnu Kandel	NAMC, BV,	Professor	९८४१४२९५७०	bisshukandel@bhm.com.np	
४.	KUNJ Joshi	NUEICCC	Director	९८४१३९२७७५	kunj@nueiccc@gmail.com	
५.	Dr. Jyoti Bhattrai	ICM	Executive Director	९८५१३३३८००	jyotibhattrai@yahoo.com	
६.	Yashoda Aryal	MOHP	SPHA	९८४१६५२९०३	aryal.yashoda@gmail.com	
७.	B Koirala	ICM	Prof	९८५१११०५५		
८.	रविकुमार खत्री	स्वास्थ्य तथा जनसंख्या मन्त्रालय	सचिव	९८५११३६२३१		
९.	डा. जयराज शिवा	सांस्कृतिक	सांस्कृतिक	९७५९५८०३२३		
१०.	डा. द्विप्रेन्द्र रमण शर्मा	स्वा.ज.मन्त्रालय	महाशाखा प्रमुख	९८५११२४४४१	dr.dr.singh.gov.np@nrc.gov.np	
११.	आशिष लामिछाने	११	इ.स.चौ	९८४९३०१७४३		
१२.	सत्यदेवकुमार	११	११	९८४१३३९८०३		

क.स.	सहभागिको नाम	संस्था	पद	मोबाईल नम्बर	ईमेल	हस्ताक्षर
१३.	अहेडा काका	राष्ट्रिय युवा तथा सञ्चार	इ.स.चा	९८१३८५८९५५		
१४.	सानु भई खड्का	स्वास्थ्य तथा जनसंख्या	॥	९८५१२९६७६७		
१५.	आदित्य शाय	रा.स्वा.श्री.सु.सं.के.सं.	प्र.स.अ.	९८४९५९८०९६	shatyaditya@gmail.com	
१६.	बिभुती महर्षि	गृह मन्त्रालय	श्री.अ.	९८५११८२५९०	bibhuti.bhatara@gmail.com	
१७.	राम नारायण शर्मा	स्वास्थ्य तथा जनसंख्या	अध्यक्ष	९८५१०५५७५८	ramnathsharma@gmail.com	
१८.	यमनाथ शर्मा	॥	सदस्य	९८६१३७१३७१	yim.csn@gmail.com	
१९.	सुमिती ज. शर्मा	आरोग्य विज्ञान	इ.स.अ.	९८५१५२५५६	sumitijha@gmail.com	
२०.	Rudra Lal Kadariya	Cancer Council Nepa	president	९८५१०२११८५	cancer council nepal@gmail.com	
२१.	Mahendra P. Shrestha	DTOP HCD	Div. chief	९८५१२१९३७९	mahendrasrestha@gmail.com	

## 6.2 Health Media Journalists:

मिति: २०७५/०५/२२

नसर्ने रोगको रोकथाम तथा नियन्त्रणका लागि बहुपक्षिय पैरबी बैठक

### Multisectoral Collaborative Workshop for NCD Prevention and Care- Time to Act

आयोजक: स्वास्थ्य तथा जनसंख्या मन्त्रालय, एक्सन नेपाल र द युनियन

स्थान: इन्द्रेणी फुड्ल्याण्ड, नयाँ बानेश्वर, काठमाण्डौ

समय: ९:००-११:००

बिभिन्न मिडियाबाट पाल्नु भएका पत्रकार ज्यूहरु

क.स.	सहभागिको नाम	संस्था	पद	मोबाईल नम्बर	ईमेल	हस्ताक्षर
१.	Kalpna Acharya	Health Journalist Forum	president	९८४१३७९६७	kalpna.acharya@gmail.com	
२.	Dinesh Mahat	Onlinepatika khabar	Reporter	९८२३१०८५८८	info@onlinepatika.com	
३.	Bhagabati Timilsina	NEPALSAMACHAR	ASSO-Editor	९८५१०६१३७२	bgtimilsina@yahoo.com	
४.	Bhisha Karki	Healthaaway HJFN	news-editor secretary	९८५१०६९६३३	bhisha.karki@gmail.com	
५.	Bhaskar Karki	HealthTVonline	camera	९८४८९९५७७५	bhaskarphotography@gmail.com	
६.	Ram P. Neupane	nepalihealth.com	editor	९८५१२३५७०८	rpdpali@gmail.com	



क्र.स.	सहभागिको नाम	संस्था	पद	मोबाईल नम्बर	ईमेल	हस्ताक्षर
७.	समृद्धा कुँ ०५१०	प्रहिला स्वास्थ्य	रिपोर्टर	९८६३३२०१११	kcsamridhdhara01@gmail.com	
८.	विना न्यौपाली	उद्योगिक रेडियो नेटवर्क	रिपोर्टर	९८९५२०२०६१	nbina2016.bn@gmail.com	
९.	ज्योति अधिकारी	नेपाल समय अन्लाइन	रिपोर्टर	९८५५३६०६७	adhijotig@ymail.com	
१०.	Prakash basny	NEPAL F.M	॥	९८५७५८३३३५	udeshbasny@gmail.com	
११.	माला अधिकारी	राष्ट्रिय पत्रिका	॥	९८५९७९९८३३	adhi.kari.mala@gmail.com	
१२.	अर्जुन पौडेल	दि आन्ध्र पत्रिका	॥	९८५१८३०२५९	arjunpoudel@gmail.com	
१३.	Pratima choud	Deshsanchar	Reporter	९८५३७१५३९१	Choudprativa@gmail.com	
१४.	Kamala gurung	Himalaya TV	॥	९८५५७०६९७९	Kamala-gurung357@gmail.com	
१५.	Jivan Subedi	॥	Comer reporter			Jivan
१६.	Ashim Sapkota	Health TV online	Reporter	९८६१३८५५८६	ashimsapkota8@gmail.com	
१७.	Fatima Banu	Rantipur Daily	correspondent	९८६०५५३९२५	fatimahjournalist@gmail.com	
१८.	ASITA RIJAL	The Rising Nepal	correspondent	९८५१७८२०८५	aj.trn2015@gmail.com	

क.स.	सहभागीको नाम	संस्था	पद	मोबाईल नम्बर	ईमेल	हस्ताक्षर
१९.	Sanjita Kharel	12kharai.com	Repales	9845713549	kharnalsanjita02@gmail.com	
२०.	Samkhana Mahajan	Radio Sagarmatha	Producer	9841559898	SamkhanaMahaj@gmail.com	
२१.	Bishnu Nepal	RSS	Sr-Reporter	9841531895	bishnurss@yahoo.com	
२२.	Saraj Dhungel	Gorkhapatra	11	9851046436	SarajDhungel@gmail.com	
२३.	Praveen Dhakal	swasthyakalaha.com	Editor	9841698691	dhakalpraveen@gmail.com	
२४.	Pradant ali	Rajdhani daily	Sr. Reporter	9881707104	medipradantali@gmail.com	

क.स.	सहभागीको नाम	संस्था	पद	मोबाईल नम्बर	ईमेल	हस्ताक्षर
२५.	Bipul Thapa	Health TV	Camera person	9841819847	thapabipul98@gmail.com	
२६.	Yasim z Mohal	Souryadaily	S-Reporter	9861494445		
२७.	Sanjita Achikari	Health FB	Reporters	9843313830	prof.Sanjita 2018@gmail.com	
२८.	Nam Raj Bhatta	Health today	Reporter	9848851122	nrjhatta@gmail.com	

## 7) Media Coverage and Links

Journalists from different media houses were invited in the program. The list of news covered in different newspapers, online and T.V. is as below:

Published Online News: more than 8

Print News: 2 Natinal daily newspaper (Gorkhapatra and Rajdhani Dainik).

The link is attached.

### 7.1 Online published news:

1.

नसर्ने रोगको भार न्युनिकरण गर्न तत्कालै देशव्यापी कार्यक्रम अगाडि बढाउन सुझाव

स्वास्थ्य खबरपत्रिका

२०७६ भदौ २२ आइतबार १९:५५:०० प्रकाशित



See more at: <https://www.swasthyakhabar.com/story/29115>

2.

## अस्पतालबाट लाश निकाल्न धेरै पटक जमानी बसेको छु : सांसद ठगुन्ना

हेल्थ आवाज, २२ भाद्र २०७६, आइतवार १७:४७ मा प्रकाशित



See more at: <https://www.healthaawaj.com/news/3633/>

3.

## दिनप्रतिदिन नसर्ने रोग बढ्दै

सौर्य अनलाइन २०७६ भदौ २२ गते १९:२४ मा प्रकाशित



See more at: <https://www.souryaonline.com/2019/09/267719.html>

4.

## नसर्ने रोगबाट हुन्छ दैनिक ३३२ जना नेपालीको मृत्यु, नियन्त्रणको प्रयासमा के गर्दैछ सरकार ?

२०७६ भदौ २२ गते १७:५८ मा प्रकाशित

148 Shares

143

- नेपाली हेल्थ



See more at: <https://www.nepalihealth.com/2019/09/08/41787/>

5.

## सर्ने रोगबाट जोगिन आनीबानी सुधार्न विज्ञहरूको सुझाव

SHARES Facebook27 Twitter Email PrintFriendly Share

सविना खनाल | २१ घण्टा अघि भदौ २२, २०७६



Read more at: <http://thahakhabar.com/news/78870>

6.

## नसर्ने रोगविरुद्ध लड्न 'एक्सन लिनुपर्ने' वेला आयो

हेल्थ टिभी अनलाइन



See more at: <https://healthtvonline.com/health-news/2019/09/16380/>

7.

## नसर्ने रोगले महामारीको रूप लिन सक्छ: विज्ञ

<https://gorkhapatraonline.com/health/2019-09-08-1054>

8.

## नसर्ने रोगबाट जोगिन आनीबानी सुधार्न सुझाव

हाम्रो डक्टर न्युज समाचार



Source: <https://www.hamrodoctornews.com/detail/13188>



## 7.2 Newspapers print published news:

1.  
**Gorkhpatra Daily,**  
**Sept.09, 2019**



2.  
**Rajdhani daily**  
**Sept.09, 2019**



Few program clicks:







