



# TTNCDA

## WEBINAR

### ***AN NCD FREE T&T: ENABLING THE ENVIRONMENT FOR RISK FACTOR PREVENTION AND CONTROL***

**12 JANUARY 2021**

#### **CONCEPT:**

Chronic non-communicable diseases (NCDs) – principally, cardiovascular disease including hypertension, diabetes, cancer and asthma – are the cause of premature loss of life, lost productivity and spiralling health care costs in the Caribbean<sup>1</sup>.

In Trinidad and Tobago heart disease is the number one cause of death, accounting for 25% of all deaths annually and the cause of premature death in both men and women. Diabetes is the second leading cause of death (14%) followed by cancer (13%) and cerebrovascular disease (10%)<sup>2</sup>.

The COVID-19 pandemic has amplified the urgent need to reverse T&Ts ranking as the NCD Leader in the Caribbean. Persons Living with Non Communicable Diseases (PLWBCDs) are at greater risk of the severe disease and death due to COVID-19.

Keeping NCDs as a priority in T&T requires that the focus on the common modifiable risk factors of unhealthy diets, physical inactivity, tobacco use and harmful use of alcohol be sustained and amplified through all media platforms. In addition, the lifestyle and behavioural changes required to reduce the burden of NCDs, calls for a cultural shift and goes beyond the remit of health authorities. It requires multi-faceted, multi-sectoral whole of society approaches with engagement of persons of all ages.

The Trinidad and Tobago NCD Alliance (TTNCDA) is committed to raising the voice of civil society and of PLWNCDs in the fight against NCDs in Trinidad and Tobago.



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## **WEBINAR OBJECTIVE:**

This is the second in a series “Conversations with Persons Living with NCDs to engage the public on NCD prevention and control in Trinidad and Tobago. The Webinar will reflect on the enabling environment necessary for the prevention and control of NCDs and the factors that promote behaviour change.

### **Specifically, the Webinar will:**

- Provide update on the progress made in implementing policies and programmes for reducing the prevalence of NCD risk factors in the TT population
- Provide a platform to hear the PLWNCDS share their experiences and advocate for their rights in order to address the challenges met in managing their NCDs
- Facilitate a dialogue among PLWNCDS, civil society organizations and the Ministry of Health towards a more client-centered, integrated approach for action at individual, community and national levels.

The Webinar will take the form of an opening presentation to set the context and series of short presentations followed by a roundtable discussion among panellists and key respondents and a Question and Answer session.

Panellists will include representatives from the Ministry of Health, regional and academic institutions, and Persons Living with or caring for NCDs, representing all ages.

Join the Webinar at <https://www.ttnca.org/> and on Facebook from 10:00AM -11:30AM on **Tuesday 12 January 2021.**

### **References:**

1. NCDs at a Glance: NCD Mortality and Risk Factor Prevalence in the Americas, PAHO 2019
2. National Strategic Plan for Prevention and Control of Non Communicable Diseases, Ministry of Health Trinidad and Tobago, 2017-2021.



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