



“Investing in Africa’s future”

COLLEGE OF HEALTH AGRICULTURE & NATURAL SCIENCE

DEPARTMENT OF PUBLIC HEALTH AND NURSING

MASTER OF PUBLIC HEALTH EXAMINATION

SPH 516: NON-COMMUNICABLE DISEASES

END OF FIRST SEMESTER FINAL EXAMINATIONS

April, 2022

LECTURER: DR F. MUTSEYEKWA

DURATION: 3 HRS

INSTRUCTIONS

Answer **one** question from a total of three

All questions carry equal marks (100).

DO NOT repeat material.

Write legibly.

Question 1

Surveillance is one of the strategies proposed in the WHO Action plan on NCDs, 2013-2020.

- a) Outline the 3 'steps' of the WHO STEPwise approach for NCD Risk factor surveillance. [1]
- b) Define the following parameters for estimation of behavioral & metabolic risk factors for NCDs:
 - i. Current daily tobacco smoking
 - ii. Physical inactivity
 - iii. Raised blood pressure
 - iv. Raised blood glucose
 - v. Overweight
 - vi. Raised cholesterol [6]
- c) The Global Monitoring Framework supports the Global Action Plan on the prevention & Control of NCDs, 2013-2020. Outline the nine targets set in this framework to guide country efforts. [3]
- d) Based on the achievements presented in the 2020 NCD Progress Monitor, discuss the extent to which African countries are implementing their commitments to develop national responses to the global burden of NCDs. Highlight the possible facilitators and barriers to progress. [15]

Question 2

- a) You are a team lead in the national NCDs Directorate. Describe the practical steps that you would take from the conception through to the realisation of adopting and implementing the 'Global Action Plan for Physical Activity' in a low resource setting.[15]
- b) Highlight some of the challenges that you may anticipate in rolling out this plan and your strategies for mitigation. [10]

Question 3

Discuss the global epidemiology, risk factors and economic burden (at individual, household, community and national levels) for mental ill-health. [25]

Question 4

A number of cancers of significant epidemiology in the African region are associated with the infectious disease burden and its social determinants.

- a) Indicate any three cancers whose aetiology is linked to infection that have a high burden in this context. [3]
- b) Outline the interventions under the 4 pillars of prevention, screening/early detection, treatment and palliative care that can be directed towards such communicable disease associated cancers. [12]
- c) For each of the 4 pillars of cancer programming, discuss at least one challenge to implementing cancer programmes in the local context and provide suggestions for mitigation. Cite examples in all cases. [10]

Question 5

The latest high level political declaration on NCDs was adopted by the UN General Assembly in January, 2022.

Discuss the merits and demerits of this commitment/paper highlighting its relevance in the low to middle income country (LMIC) context. [25]

Question 6

- a) Critique the applicability of the Package of Essential NCDs interventions (PEN) programme in the Zimbabwean context. [15]
- b) By focusing its ‘best-buys’ on the 5x5 Model, the **Global Action Plan in the prevention and control of NCDs** has come under fire for being “too narrow, and failing to address the needs, perspectives and rights of the poor” (*Lancet Global NCDI Poverty Commission, 2020*). Evaluate the authenticity of this argument based on our understanding of the NCD epidemiology, burden and programming in low income settings. [10]

End of Paper