



ArcMUN

Aristotelio College Model United Nations

WORLD HEALTH ORGANIZATION (WHO)



“Combating Non-Communicable Diseases (NCD’s)”

STUDY GUIDE

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1. Welcoming letter

Honorable delegates,

It is our sincere pleasure to welcome you to Arc MUN 2025 and especially to the World Health Organization Committee. The United Nations (UN) is based on the cooperation of its 193 Member States. Because of the different interests and concerns each state has, it is challenging to negotiate and pass resolutions. That's why every phase of the process requires a blend of creativity and diplomacy.

WHO is the United Nations agency that works to serve the vulnerable and leads global efforts to expand universal health coverage. This year, our topic of discussion will be "**Combating Non-Communicable Diseases (NCD's)**". Also known as chronic diseases, NCD's affect people of all age groups and countries, so they are to be given special attention.

This study guide is to provide you basic knowledge and terminology regarding the topic, as well as important decisions and actions already taken. Based on the information you acquire from this study guide, as well as from your own research, you have to cover the aspects of the issue that are clarified by the points that are to be addressed. In addition, it is important to focus on each country's policy in order to have specialized suggestions.

We are looking forward to meeting you and hearing your ideas!

Your Chairs,
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2. Introduction to the committee

The World Health Organization (WHO) is a special group within the United Nations that focuses on global public health and addressing upcoming health issues worldwide.

It was founded on April 7, 1948, as part of the United Nations, with the goal of improving international public health.

The WHO was created after the First World Health Assembly in 1948, where the WHO Constitution was adopted to officially establish the organization.

WHO leads global efforts to increase access to healthcare for everyone, while also coordinating the world's response to health emergencies by bringing together countries, partners, and individuals to promote health, ensure safety, and help those in need - so that everyone, everywhere can achieve the best possible health.

The WHO plays an important role in promoting fairness in health and its teamwork approach makes it an important place for global discussions.

For participants in an MUN, the committee provides an opportunity for individuals to delve into challenging topics that involve science, policies, and worldwide teamwork. It also helps in improving skills like diplomacy, negotiation, and problems solving.

3. Introduction to the topic

The term Non-Communicable Diseases (NCDs) refers to a group of diseases that are not transmissible directly from one person to another, result in long-term health consequences and often create a need for long-term treatment and care. NCDs may be chronic or acute. NCDs kill 41 million people every year, equivalent to 74% of all deaths globally; 77% are in low- and middle-income countries. These conditions are often associated with older age groups, but evidence shows that 17 million NCD deaths occur before the age of 70 years. The epidemic of NCDs poses devastating health consequences for individuals and communities and overwhelms health systems. The socioeconomic costs associated with NCDs make the prevention and control of these diseases a major development imperative for the 21st century.

Common NCDs are Parkinson's and Alzheimer's disease, autoimmune diseases, strokes, most heart diseases, most cancers, diabetes, chronic kidney disease, osteoarthritis, osteoporosis and mental disorders. These diseases are driven by forces that include rapid unplanned urbanization, obesity, mental illnesses, unhealthy lifestyles and population ageing. Modifiable behaviors, such as tobacco use, physical inactivity, unhealthy diet and the harmful use of alcohol, all increase the risk of NCDs.

Detection, screening and treatment of NCDs, as well as palliative care, are key components of the response to NCDs.

4. Definition of Key Terms

Chronic or acute disease: acute diseases are illnesses that have a rapid onset. This could describe anything from a broken bone to an asthma attack. A chronic condition, by contrast, is a long-developing syndrome, such as osteoporosis. Note that osteoporosis, a chronic condition, may cause a broken bone, an acute condition. Acute conditions, such as a first asthma attack, may lead to a chronic syndrome if untreated.

Rapid unplanned urbanization: the absence of planning standards and organizing urban laws leading to informal settlements that lack basic infrastructure, services and contribute to hazard creation. Urbanization is one of the main socioenvironmental factors which has relationship with changing lifestyles as an important risk factor for NCDs.

Primary Prevention: Primary prevention is action that tries to stop problems happening. This can be either through actions at a population level that reduce risks or those that address the cause of the problem.

Secondary Prevention: Secondary prevention is action which focuses on early detection of a problem to support early intervention and treatment and reduce the level of harm.

Tertiary Prevention: Tertiary prevention is action that attempts to minimize the harm of a problem through careful management.

Health Equity: Health equity is the state in which everyone has a fair and just opportunity to attain their highest level of health.

Comorbidities: Comorbidities are medical conditions that coexist alongside a primary diagnosis and affect your health, including your treatment and outlook. Multimorbidity is a similar term that means one person has two or more chronic conditions.

Palliative Care: Palliative care is an approach that improves the quality of life of patients and their families who are facing problems associated with life-threatening illness. It prevents and relieves suffering through

the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual.

5. Points to be addressed

This list contains some topics of the highest importance that could be brought up during the conference meeting:

1. Non-communicable diseases undoubtedly affect a large portion of the population at various degrees. However, does it disproportionately affect a specific age group? If yes, which one? Could an observation like this potentially aid the NCD issue, with more targeted measures?
2. How can society (mainly non-experts) on an individual level contribute to the progress against NCDs, as well as prevent themselves from being affected by them?
3. Rapid unplanned urbanization is directly correlated to an increase in NCD cases, as stated earlier. What reforms should be made in the urban planning of future cities to prevent this phenomenon, and what could be done on the cities already suffering from this issue? (Considering whether or not your country's cities are affected by it)
4. On a national level, what kind of measures does your country propose to be applied, in the short or the long run, to better combat the effects of NCDs on the population (public awareness, healthcare access, regulations etc.)? Do these solutions belong to primary, secondary or tertiary prevention?
5. On an international level, what partnerships between non-governmental organizations, other countries' governments and the private sector could be made to accelerate progress against NCDs?

6. Could any technological innovations, that are being researched or applied right now in your country, aid in combatting NCDs globally, whether those are chronic or acute diseases? How can the economic burden of these innovations be addressed by nations?

6. Actions already taken

Notable actions have been initiated by the WHO organization and other groups to aid in combatting NCDs.

- **Global action plan for the prevention and control of noncommunicable diseases 2013-2020**

The Global Action Plan for the Prevention and Control of NCDs 2013-2020 (GAP) was approved by Member States in May 2013 following months of engagement with pertinent stakeholders and extensive talks at the 66th World Health Assembly.

The Objectives

1. To emphasize NCD prevention and control through increased international collaboration and advocacy in national, regional, and worldwide agendas and international development goals
2. To use universal health coverage and people-centered primary healthcare to fortify and focus health systems for the prevention and management of noncommunicable diseases (NCDs) and the underlying socioeconomic determinants of health.
3. To encourage and assist the nation's ability to conduct top-notch research and development for NCD prevention and control
4. To track NCD trends and factors in order to assess advancements in prevention and management

- **WHO Framework Convention on Tobacco Control**

The FCTC (Framework Convention on Tobacco Control), one of the foremost rapidly approved treaties in United Nations history, is a supranational agreement that seeks "to protect present and future generations from the devastating health, social, environmental and economic consequences of tobacco consumption and exposure to tobacco smoke" by enacting a set of universal standards stating the dangers of tobacco and limiting its use in all forms worldwide. This treaty undoubtedly aids in the combat against NCDs, considering the massive risk factors tobacco products create to an individual's health.

Measures taken by this agreement include comprehensive bans on tobacco advertising (unless national constitution of member country forbids it), restricted sales to minors, health warning on tobacco product packaging and taxes and other measures to reduce tobacco demand.

7. Conclusion

In the twenty-first century, one of the main concerns for global health and development is combating non-communicable diseases. NCDs not only contribute significantly to premature mortality but also hinder economic development, and strain healthcare systems, particularly in countries with lower and moderate incomes. Because of its complex characteristics, this problem requires a comprehensive strategy that focuses on prevention, equal healthcare access, and sustainable solutions.

Your participation in this MUN conference has the potential to lay the foundation for significant change and demonstrate the power of diplomacy and international cooperation in tackling complex health crises. Let's utilize this opportunity to prioritize the health and well-being of people and ensure a brighter future for generations to come.

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