

HEALTH PROMOTION PROGRAMS AND INTERVENTIONS

NON-COMMUNICABLE DISEASES PREVENTION PROGRAMME IN THE CITY OF BELGRADE 2024-2030 (NCDSP)

Nemanja Stefanović

City Institute of Public Health of Belgrade, Belgrade, Serbia

DOI: 10.5937/BatutPHCO24201S

Background: Significant prevalence of unhealthy lifestyles in the population of Belgrade, reflected in the available 2019 data on tobacco use (27.8% smokes every day), alcohol use (2.4% drinks every day), unhealthy diets (57.1% overweight and 20.8% obese adults) and physical inactivity (19.7% engages in aerobic physical activity ≥ 150 min per week) required a systematic and long term public health approach, resulting in the creation of NCDsPP, which encompassed the key analytical findings, principles and activities in the field of noncommunicable diseases (NCDs) prevention for the 2024-2030 period.

Methods and Objectives: Descriptive and analytic study of the core elements of the Noncommunicable diseases prevention programme in the City of Belgrade 2024-2030, with objective of summarizing the key aspects of the document.

Results: The NCDsPP gives an overview of NCDs prevalence through situational analysis, followed by programme's principles and goals, with a conclusive section on programme activities. Situational analysis provides a comprehensive summary of the occurrence of 4 main NCDs risk factors, as well as cardiovascular diseases, cancers, chronic respiratory diseases and diabetes in the population of Belgrade, establishing an evidence-based background for practical action. Programme's principles and goals form a theoretical framework, which will direct the defined preventive activities. Programme activities constitute the main section of the document, proposing preventive activities to be implemented in the community, as well as their content, performance indicators and expected results in the 5 main fields of activity: programme management, prevention of harmful use of alcohol, physical inactivity, unhealthy diets and tobacco use.

Conclusions: The NCDsPP should establish a conceptual basis for the forthcoming preventive action in the area of NCDs in the City of Belgrade for the 2024-2030 period. Evidence-based preventive activities should become a standard for every future initiative on control and prevention of NCDs.

Keywords: noncommunicable diseases, harmful use of alcohol, physical inactivity, unhealthy diets, tobacco use