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Report of the

MEETING OF STEERING COMMITTEE OF THE INTEGRATED
 PROGRAMME FOR COMMUNITY HEALTH IN NONCOMMUNICABLE DISEASES
 (INTERHEALTH)

13-14 April 1992, Ilomantsi, Joensuu, Finland



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1. Opening

Professor P. Puska opened the meeting and welcomed the participants on behalf of the Ministry of Health and Social Welfare, National Public Health Institute and the North Karelia Project. Dr N. Khaltaev welcomed the participants on behalf of Director General, WHO, and introduced the background and purpose of the meeting.

2. Election of Chairman and Rapporteur

Professor P. Puska was elected as chairman and Professor A. Nissinen as rapporteur.

3. Adoption of the agenda

The proposed agenda of the meeting was adopted.

4. Monitoring of the progress of the INTERHEALTH Programme since the last meeting of Programme Directors in Alma-Ata in 1991

The following centres are in the INTERHEALTH programme:

AMRO:	Mauritius and Tanzania
EMRO:	Cyprus
EURO:	Finland, Lithuania, Malta and Russia (Moscow)
PAHO:	Chile, Cuba and USA (Florida, Stanford and Texas)
SEARO:	Thailand and Sri Lanka
WPRO:	China (Peking and Tianjin)

The progress of the INTERHEALTH programme was overviewed by Dr Khaltaev. Dr Nissinen reported about the activities of coordinating Centre and the participants gave brief information on the progress in their own centres.

The summary of the reports indicates that various activities are ongoing in accordance with the Protocol of the Programme agreed in 1986. The financial restrictions are the main concern both in WHO and in the country level: lack of resources influences also in the international collaboration.

Because Thailand and Sri Lanka have not reported any progress in recent years, the steering committee proposed the Programme Director's meeting to consider the continuation of the membership of these countries in INTERHEALTH. Dr Khaltaev was asked to negotiate with SEARO about the possible solution of the obvious problem.

The activities of the supporting centres of the Programme were acknowledged. The resource centres are:

WHO Collaborating Centre for Research and Development in Laboratory Techniques in Diabetes, Department of Medicine, The University of Newcastle upon Tyne - Director - Professor K.G.M.M. Alberti.

WHO Collaborating Centre for the Development of Integrated Primary Care Programme for Community Practice, Division of Diabetes Control, Centre for preventive Services, CDC, Atlanta, Georgia, USA - Head - Dr J. Koplan.

WHO Collaborating Centre for Community Programmes in Chronic Disease Prevention and Health Promotion, National Public Health Institute, Helsinki, Finland - Head - Professor P. Puska.

WHO Collaborating Centre for Epidemiology of Diabetes Mellitus and Health Promotion of Noncommunicable Diseases, Lion International Diabetes Institute, Royal Southern Memorial Hospital, Melbourne, Australia - Head - Professor P. Zimmer.

5. Discussions of the publication of preliminary results from the baseline survey from each demonstration project, future publication plans, possible monograph series of journal.

Risk factor data from Chile, Finland, Lithuania, Malta, Mauritius, Russia (Moscow), USA (Stanford) has been transferred to the Coordinating Centre by April 1992. The analysis of the baseline data of these centres has been made by Coordinating Centre with assistance of Dr A. Zaborskis from the Lithuanian programme.

The plan for publication was discussed. It was agreed that Coordinating Centre will prepare the first draft for the manuscript for the Programme Director's meeting as regard the baseline data on blood pressure, serum cholesterol, body mass index and smoking. The aim of the manuscript is to present the baseline data in different cultures to demonstrate the need for INTERHEALTH Programme both in developed and developing countries. The data to be included in the manuscript should be in Coordinating Centre by the end of June 1992.

The authorship of the publication was discussed. It was agreed that the paper will be published by "INTERHEALTH programme". The editorial group will be mentioned in footnote in addition to the programme directors + a few other keynames given by each centre. Drs Khaltaev, Korhonen, Zaborskis and Nissinen were elected as members of the editorial group.

Another topic such as diet and nutrition, hypertension, diabetes, smoking, body weight and mortality were mentioned as the possible areas for the publications. It was agreed that researchers who are interested in writing the articles on these areas should be encouraged. Such plans, if pooled data is used, must, however, be agreed by the programme directors.

It was proposed that Dr J. Tuomilhto on behalf of the INTERHEALTH programme will be asked to prepare the presentation on diabetes for the 15th International Diabetes federation Congress to be held in Kobe, Japan in 1994. The presentation of cardiovascular risk factors should be included in the third Congress on preventive Cardiology, which takes place in Oslo in 1993.

Formal presentations focusing on INTERHEALTH has to be cleared by Dr Khaltaev and Coordinating Centre and the steering committee must be informed. The presentation of new pooled data in whatever forum has always to be decided by the programme directors.

6. Preparation for the next Programme Director's meeting: time, location, associated teleconferences

Dr Khaltaev informed about the current situation the next meeting of Programme Directors. Due to financial restrictions in WHO, the meeting tentatively planned to take place in Australia in October 1992 has been canceled. The meeting will be postponed to be held in China in the beginning of April in 1993, provided the financial support will be available.

The teleconference in accordance with the meeting has been planned and Dr Khaltaev informed about the preparatory work done in WHO. It was agreed that the purpose of the teleconference is to increase the visibility of the INTERHEALTH programme in order to rise interest in member states and elsewhere to support activities against noncommunicable diseases along the ageing of the populations with increasing affluence.

The meeting emphasized the importance of the concept aspects of the INTERHEALTH programme in presentations. Thus the exhibition presenting the activities for centres could be organized with the teleconference.

The meeting established three working groups to prepare the teleconference: The tasks of the working groups are planning of the script, exhibition and data needed. Drs B. Posner and N. Khaltaev, Mrs M-J Watson and Mr P. Ozorie were elected for the planning of the script. Drs Khaltaev, Nissinen, Tian Huiguang and Mrs M-J. Watson to the group for the exhibition and Drs Zaborskis, Khaltaev, Nissinen and Posner in the group which prepares the data. The plans of the working groups should be available by the end of August 1992.

It was agreed that the next INTERHEALTH consultation involving also Steering Committee members will be organized in Slatibor, Yugoslavia, in late October 1992, provided the funds are available. The offer for the meeting place was given by Dr Jorga from Institute of Hygiene and Medical Ecology, Belgrade University.

7. INTERHEALTH - CINDI cooperation in Mauritius and other locations

The collaboration between the INTERHEALTH programme of Mauritius, which represents the WHO African regional office and the European CINDI-programme was discussed. The steering group welcome all kind of support for the Mauritius INTERHEALTH programme. Because WHO European Regional Office is obviously involved in NCD control activities there, it was recommended that if WHO European region is willing to invest resources in the Mauritius INTERHEALTH programme, it should be better coordinated with the already established INTERHEALTH work, and Headquarters should be informed.

It was stressed that INTERHEALTH is global programme; the countries included are selected to represent the countries in the WHO regions. Following the general principle of WHO working strategy adapted in WHO, Headquarters advocate the activities by regional programmes such as CINDI (EURO), MORE (PAHO).

8. INTERHEALTH visibility and fund-raising issues

The activities which increase the visibility of the INTERHEALTH programme during next year are the teleconference and the exhibition to be hold in China during the Programme Directors' meeting, the scientific articles and presentations on INTERHEALTH and the INTERHEALTH Newsletter. The Coordinating Centre will prepare the first number by the end of the year 1992.

Dr Khaltaev is working for extrabudgetary funds from outside sources to organizing the Programme Directors' meeting in China. Finnish group is continuously examining the resources for coordination. They reported that fund raising is easier for the bilateral work than multilateral.

9. Dietary component of INTERHEALTH

Dr B. Posner introduced the plan for the conference on nutrition. The meeting welcome and strongly supported this initiation coordinated by Dr B. Posner. The meeting will be held at Boston University, School of Medicine, School of Public Health in 1993. The conference will focus on the strategies in influencing diet in different cultural settings with different phase of disease transition.

Dr Posner also informed that since the meeting of Programme Directors in Alma-Ata, she has not received any data related to nutrition. The meeting regarded nutrition as one of the key topics in the intervention and recommended that the nutrition should be included in the agenda of the Programme Directors' meeting.

Before the Programme Directors' meeting Dr Posner will collect the data from the INTERHEALTH centres as regard the content and methodology in the measurement of dietary factors.

10. Secondary and tertiary prevention within INTERHEALTH

The meeting agreed that hypertension and diabetes treatment and follow-up programmes should be developed in the framework of INTERHEALTH. Dr Khaltaev will ask Dr K.G.M.M. Alberti to prepare the proposal together with Drs Tuomilhto and Nissinen to be discussed in Programme Directors' meeting.

11. Proposed behavioural and social technology workshop for strengthening intervention within INTERHEALTH demonstration projects, possible inclusion in meeting in China

Dr A. McAlister's proposal was reviewed and found to be very useful and important for the programme. Dr Khaltaev will work with the proposal to find most feasible and effective way to organize the training for the persons responsible for intervention.

12. Development of intervention support for Tanzania (ISHIB) and Cyprus (Austrian)

The WHO-AIDS-programme is interested in working jointly with the INTERHEALTH programme in Tanzania. The initiation was supported as well as the possible collaboration between the Australian centre with the programme in Cyprus.

13. Potential new sites for demonstration activity: Singapore, Seychelles, Syria, Zanzibar

The NCD programmes in Zanzibar, Japan, Singapore, South Africa, Seychelles and Syria have indicated their wish to join INTERHEALTH.

The meeting was informed by Dr R. Cooper about the NCD-related activities in Barbados and Jamaica in collaboration with Department of Preventive Medicine and Epidemiology, Loyola University Medical School, Maywood, USA, and Dr J. Jorga from the Institute of Hygiene and Medical Ecology, Diabetic Unit, Belgrade University Medical School, Yugoslavia reported about the activities in Zlatibor.

Inclusion of new sites and possible exclusion of the present programmes were discussed. It was agreed that discussions and decisions must be made in Programme Directors' meeting in China. General Feeling was that the decision should be very conservative. The regional representativeness must be the basis for the possible inclusion of new centres.

The meeting also stated that there is nothing against inviting observers from other countries in the meeting of Programme Directors.

14. Fellowships, exchanges, training opportunities

As the training opportunities the North Karelia visitors' programme was introduced. Two next programmes are in 1992, November 6th to 20th and in 1993, June 21st to 25th. National Public Health Institute (Helsinki, Finland) will organize the scientific meeting on Chronic Disease Prevention in April 1993.

ANNEX

MEETING OF STEERING COMMITTEE OF THE INTEGRATED
PROGRAMME FOR COMMUNITY HEALTH IN NONCOMMUNICABLE DISEASES
(INTERHEALTH)

13-14 April 1992, Ilomantsi, Joensuu, Finland

Dr X. Berrios, Departamento de Salud Publica, Escuela de Medicina de la Universidad Catolica, Santiago de Chile.

Prof. L.V. Chazova, Institute of Noncommunicable Disease Prevention, Moscow, Russian Federation.

- * Dr H. Gareboo, Ministry of Health, Port Louis, Mauritius.
- * Dr V. Grabauskas, Research Centre for Human Ecology, Health Promotion and Disease Prevention, Kaunas Medical Institute, Kaunas, Lithuania.

Dr H. Korhonen, National Public Health Institute, Helsinki, Finland.

- * Dr A.L. McAlister, The University of Texas Health Science Centre at Houston, Centre for Health Promotion, research and Development in Texas, Austin, TX, USA.

Dr D. Micic, Institute of Endocrinology, Diabetes and Diseases of Metabolism, University of Clinical Centre, Belgrade, Yugoslavia.

Prof A. Nissinen, Department of Community Health and General Practice, University of Kuopio, Kuopio, Finland.

- * Prof R.G. Oganov, Institute of Noncommunicable Disease Prevention, Moscow, Russian Federation.

Dr B.M. Posner, Director of Nutrition Research, The Framingham Heart Study, Boston University School of Medicine, Boston, USA.

Prof P. Puska, National Public Health Institute, Helsinki, Finland.

* unable to attend the meeting

WHO Secretariat

Dr N.G. Khaltaev, Acting Chief, Diabetes and other Noncommunicable Disease Unit.

Observer

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