### Annex I

**List of “best buys” and other recommended interventions for prevention and control of NCD based on WHO guidance**

#### Guide to interpreting these tables:

The WHO-CHOICE analysis assessed and categorised 88 interventions (published in peer reviewed journal with demonstrated and quantifiable effect size) based on their feasibility and cost-effectiveness ratio (expressed as International dollars (I$) per disability adjusted life year (DALY)) of ≤ I$ 100 per DALY averted in low- and lower middle-income countries (LMICs); cost-effectiveness ratio > I$ 100 per DALY averted; and those for which WHO-CHOICE analysis could not be conducted. The absence of WHO-CHOICE analysis does not necessarily mean that an intervention is not cost-effective, affordable or feasible – rather, there were methodological or capacity reasons for which the WHO-CHOICE analysis could not be completed at the current time. The subsequent tables show three categories of interventions:

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Best buys”</td>
<td>are those interventions considered the most cost-effective and feasible for implementation, with an average cost effectiveness ratio ≤ I$100/DALY averted in LMICs</td>
</tr>
<tr>
<td>“Effective interventions”</td>
<td>are interventions with an average cost-effectiveness ratio &gt; I$100/DALY averted in LMICs</td>
</tr>
<tr>
<td>“Other recommended interventions”</td>
<td>are interventions that have been shown to be effective but for which no cost-effective analysis was conducted</td>
</tr>
</tbody>
</table>
**Risk factor: Unhealthy diet**

**Recommended interventions based on WHO-CHOICE analysis**

<table>
<thead>
<tr>
<th>Best buys</th>
<th>Effective interventions</th>
<th>Other recommended interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduce salt intake through the reformulation of food products</td>
<td>Eliminate industrial trans fats through the development of legislation to ban their use in the food chain</td>
<td>Promote and support exclusive breastfeeding for the first 6 months, including promotion of breastfeeding</td>
</tr>
<tr>
<td>Reduce salt intake through the establishment of a supportive environment in public institutions such as hospitals, schools, workplaces and nursing homes</td>
<td>Reduce sugar consumption through effective taxation on sugar-sweetened beverages</td>
<td>Implement subsidies to increase the intake of fruit and vegetables</td>
</tr>
<tr>
<td>Reduce salt intake through a behaviour change communication and mass media campaign</td>
<td></td>
<td>Replace trans fats and saturated fats with unsaturated fats through reformulation, labelling, fiscal policies or agricultural policies</td>
</tr>
<tr>
<td>Reduce salt intake through the implementation of front-of-pack labelling</td>
<td></td>
<td>Limit portion and package sizes</td>
</tr>
</tbody>
</table>

**Risk factor: Physical inactivity**

**Recommended interventions based on WHO-CHOICE analysis**

<table>
<thead>
<tr>
<th>Best buys</th>
<th>Effective interventions</th>
<th>Other recommended interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Implement community wide public education and awareness campaigns for physical activity</td>
<td>Provide physical activity counselling and referral as part of routine primary healthcare services</td>
<td>Ensure that macro-level urban design supports active transport strategies</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Implement whole-of-school programme that includes quality physical education, availability of adequate facilities and programmes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Provide convenient and safe access to quality public open space and adequate infrastructure to support walking and cycling</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Implement multi-component workplace physical activity programmes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Promotion of physical activity through organised sport groups and clubs, programmes and events</td>
</tr>
</tbody>
</table>
### Risk factor: Harmful use of alcohol

**Recommended interventions based on WHO-CHOICE analysis**

<table>
<thead>
<tr>
<th>Best buys</th>
<th>Effective interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase excise taxes on alcoholic beverages</td>
<td>Enacting and enforcing bans or comprehensive restrictions on exposure to alcohol advertising</td>
</tr>
<tr>
<td>Enact and enforce restrictions on the physical availability of retailed alcohol</td>
<td>Enacting and enforcing restrictions on the physical availability of retailed alcohol</td>
</tr>
<tr>
<td>Enacting and enforcing bans or comprehensive restrictions on exposure to alcohol advertising</td>
<td>Enacting and enforcing an appropriate minimum age for purchase or consumption of alcoholic beverages and reducing density of retail outlets</td>
</tr>
<tr>
<td>Enacting and enforcing an appropriate minimum age for purchase or consumption of alcoholic beverages and reducing density of retail outlets</td>
<td>Restrict or ban promotions of alcoholic beverages in connection with sponsorships and activities targeting young people</td>
</tr>
<tr>
<td>Enacting and enforcing an appropriate minimum age for purchase or consumption of alcoholic beverages and reducing density of retail outlets</td>
<td>Providing prevention, treatment and care for alcohol use disorders and comorbid conditions in health and social services</td>
</tr>
<tr>
<td>Enacting and enforcing an appropriate minimum age for purchase or consumption of alcoholic beverages and reducing density of retail outlets</td>
<td>Providing consumer information about, and label, alcoholic beverages to indicate, the harm related to alcohol</td>
</tr>
</tbody>
</table>

### Risk factor: Tobacco use

**Recommended interventions based on WHO-CHOICE analysis**

<table>
<thead>
<tr>
<th>Best buys</th>
<th>Effective interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase excise taxes and prices on tobacco products</td>
<td>Providing cost-covered, effective and population-wide support (including brief advice, toll-free quit line services) for tobacco cessation services to all those who want to quit</td>
</tr>
<tr>
<td>Implement plain/standardised packaging and/or large graphic health warnings on all tobacco products</td>
<td>Implementing measures to minimise illicit trade in tobacco products</td>
</tr>
<tr>
<td>Enact and enforce comprehensive bans on tobacco advertising, promotion and sponsorship</td>
<td>Ban cross-border advertising, including using modern means of communication</td>
</tr>
<tr>
<td>Eliminate exposure to second-hand tobacco smoke in all indoor workplaces, public places, public transport</td>
<td>Providing mobile phone based tobacco cessation services</td>
</tr>
<tr>
<td>Implement effective mass media campaigns that educate the public about the harms of smoking/tobacco use and second-hand smoke</td>
<td></td>
</tr>
</tbody>
</table>
### Disease: Cardiovascular diseases and diabetes

**Recommended interventions based on WHO-CHOICE analysis**

<table>
<thead>
<tr>
<th>Best buys</th>
<th>Effective interventions</th>
<th>Other recommended interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug therapy and counselling for people with high risk (≥30%) or moderate-to-high risk (≥20%) of developing a fatal and non-fatal cardiovascular events in the next 10 years</td>
<td>Treatment of new cases of acute myocardial infarction with drug therapy or primary percutaneous coronary interventions</td>
<td>Treatment of congestive cardiac failure with drug therapy</td>
</tr>
<tr>
<td></td>
<td>Treatment of acute ischaemic stroke with intravenous thrombolytic therapy</td>
<td>Cardiac rehabilitation post myocardial infarction</td>
</tr>
<tr>
<td></td>
<td>Primary and secondary prevention of rheumatic fever and rheumatic heart diseases</td>
<td>Anticoagulation for medium- and high-risk atrial fibrillation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Drug treatment of ischaemic stroke</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Care of acute stroke and rehabilitation</td>
</tr>
</tbody>
</table>

### Disease: Diabetes

**Recommended interventions based on WHO-CHOICE analysis**

<table>
<thead>
<tr>
<th>Best buys</th>
<th>Effective interventions</th>
<th>Other recommended interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventive foot care for people with diabetes</td>
<td>Diabetic retinopathy screening for all diabetes patients</td>
<td>Lifestyle interventions for preventing type 2 diabetes</td>
</tr>
<tr>
<td>Diabetic retinopathy screening for all diabetes patients</td>
<td>Effective glycaemic control for people with diabetes, along with standard home glucose monitoring for people treated with insulin</td>
<td>Influenza vaccination for patients with diabetes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Preconception care among women of reproductive age who have diabetes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Screening and treatment of people with diabetes for proteinuria</td>
</tr>
</tbody>
</table>
### Disease: Cancers

**Recommended interventions based on WHO-CHOICE analysis**

| Best buys | Vaccination against human papillomavirus of 9-13 year old girls  
|           | Prevention of cervical cancer by screening women aged 30-49 years |
| Effective interventions | Screening with mammography (once every 2 years for women aged 50-69 years) linked with timely diagnosis and treatment of breast cancer  
|           | Treatment of colorectal cancer (CRC), cervical cancer and breast cancer stages I and II  
|           | Basic palliative care for cancers: home-based and hospital care |
| Other recommended interventions | Prevention of liver cancer through hepatitis B immunisation  
|           | Population-based CRC screening at age >50 years, linked with timely treatment  
|           | Oral cancer screening in high-risk groups linked with timely treatment |

### Disease: Chronic respiratory diseases

**Recommended interventions based on WHO-CHOICE analysis**

| Best buys | Symptoms relief for patients with asthma with inhaled salbutamol  
|           | Symptoms relief for patients with chronic obstructive pulmonary disease with inhaled salbutamol  
|           | Treatment of asthma with low-dose inhaled beclometasone and short acting beta agonist |
| Other recommended interventions | Access to improved stoves and cleaner to reduce indoor air pollution  
|           | Cost-effective interventions to prevent occupational lung diseases  
|           | Influenza vaccination for patients with chronic obstructive pulmonary disease |

**Source:** Adopted from the WHO’s publication “Tackling NCDs: ‘best buys’ and other recommended interventions for the prevention and control of noncommunicable diseases (2017)”
Annex II
Steering Committee on Prevention and Control of Non-communicable Diseases
(from 24 November 2016 to 23 November 2018)

Terms of Reference
1. To steer the direction of work on NCD prevention and control in accordance with WHO’s Global Action Plan for the Prevention and Control of NCD 2013-2020;
2. To advise and oversee implementation of the time-bound commitments and achievement of the progress indicators;
3. To develop a set of voluntary targets and indicators based on local NCD situations, and monitor their achievements; and
4. To continue monitoring the implementation of outstanding action items of the three Action Plans.

Chairperson
Prof Sophia CHAN Siu-chee, JP

Deputy Chairperson
Dr Constance CHAN Hon-yee, JP

Non-official Members
Prof Juliana CHAN Chung-ngor
Dr Peter CHAN Hung-chiu
Ms Amy CHAN Lim-chee, JP
Mr CHIM Hon-ming
Dr CHOI Kin
Dr CHOW Chun-bong, BBS, JP
Prof FUNG Hong, JP (till January 2018)
Mrs Josephine KAN CHAN Kit-har
Ms Lisa LAU Man-man, BBS, MH, JP
Ms Susanna LEE Wai-yee
Ms LEE Yi-ying
Prof Gabriel Matthew LEUNG, GBS, JP
Dr Lobo LOUIE Hung-tak
Dr LUI Siu-fai, MH, JP
Ms Scarlett PONG Oi-lan, BBS, JP
Dr Thomas TSANG Ho-fai (since January 2018)

Ex-officio Members
Mr Howard CHAN Wai-kee, JP
Dr CHEUNG Wai-lun, JP (till January 2018)
Mr Raymond FAN Wai-ming, JP (till January 2018)
Mr FONG Kai-leung (till February 2018)
Dr Rita HO Ka-wai
Dr HO Yuk-yin, JP (till June 2017)
Mrs HONG CHAN Tsui-wah (till June 2017)
Dr Tony KO Pat-sing (since January 2018)
Mr KOK Che Leung (since March 2018)
Ms Ida LEE Bik-sai (since March 2018)
Mr Albert LEE Kwok-wing, JP (till August 2017)
Dr Samuel YEUNG Tze-kiu (since September 2017)
Mr WOO Chun-sing (since July 2017)
Miss Rosaline WONG Lai-ping (since August 2017)
Dr WONG Ka-hing, JP

Secretary
Dr Regina CHING Cheuk-tuen, JP
Annex III
Task Force underpinning the Steering Committee on Prevention and Control of Non-communicable Diseases

Terms of Reference
1. To advise and support the Steering Committee in the development of a set of local NCD targets and indicators based on WHO guidance; and
2. To make recommendations to the Steering Committee on systems, programmes and action plans required to achieve effective NCD prevention and control.

Convenor
Dr LUI Siu-fai, MH, JP

Members
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Dr Peter CHAN Hung-chiu
Ms Amy CHAN Lim-chee, JP
Mr CHIM Hon-ming
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Dr Margaret WONG Fung-yee
Mr Simon WONG Kit-lung, JP

Co-opted Members
Representative of Education Bureau
Representatives of Department of Health
Representative of Food and Environmental Hygiene Department
Representative of Hospital Authority
Representative of Leisure and Cultural Services Department
Representative of Social Welfare Department
Representative of Housing Department

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Dr Regina CHING Cheuk-tuen, JP
Annex IV
Meetings and topics discussed by the Task Force

<table>
<thead>
<tr>
<th>Meeting dates</th>
<th>Papers considered and discussed</th>
</tr>
</thead>
</table>
| **First meeting**  
(12 December 2016) |  - Work Schedule, Membership and Terms of Reference  [TFPC(NCD) Paper No. 01/2016]  
- Overview of Data Availability and Status of Local NCD Monitoring [TFPC(NCD) Paper No. 02/2016]  
- Proposed Non-Communicable Disease Priority Action Areas and Approach in Selecting Local Targets and Indicators [TFPC(NCD) Paper No. 03/2016] |
| **Second meeting**  
(24 February 2017) |  - World Health Organization (WHO)’s Recommended Programmes for NCD Prevention and Control and their Relevance to Hong Kong [TFPC(NCD) Paper No. 01/2017] |
| **Third meeting**  
(4 August 2017) |  - Proposed Interventions for Prevention and Control of NCD in Hong Kong [TFPC(NCD) Paper No. 02/2017] |
| **Fourth meeting**  
(29 November 2017) |  - Proposed targets and indicators for Prevention and Control of NCD in Hong Kong [TFPC(NCD) Paper No. 03/2017] |

Timeline of meetings of the Task Force and Steering Committee

Set up of Task Force (TF)  
1st TF meeting  
2nd TF meeting  
3rd TF meeting  
4th TF meeting  
5th SC meeting considered and endorsed TF’s report  
- local NCD targets and indicators for 2025  
- proposed policy coherence and multisectoral actions  
9th SC meeting considered and endorsed TF’s report  
- local NCD targets and indicators for 2025  
- proposed policy coherence and multisectoral actions