



# NEWSLETTER WINTER 2011

## CONTENTS

From managing cancer to healthcare in Bangladesh – C3 International Breakfast Seminars continue to challenge	1
Following up on the UN: C3's report	1
Kiosks and cricket: health in action	2
Let's talk diabetes	2
Health in the City	3
You are what you eat...	3
Briefing the Lords	3
Hot off the press	4
Early origins of health	4
Climate change and NCDs: a common agenda	4
About C3	4

[www.c3health.org](http://www.c3health.org)

C3 is on  – follow us at [twitter.com/C3health](https://twitter.com/C3health)

C3 Collaborating for Health is a registered charity (no. 1135930) and a company limited by guarantee (no. 6941278), registered in England and Wales.



## From managing cancer to healthcare in Bangladesh – C3 International Breakfast Seminars continue to challenge

The use of technologies to prevent and treat non-communicable diseases in disadvantaged communities generated lively debate at a recent C3 Collaborating for Health breakfast seminar. Speaker Dr Jacqueline Sherris, from US NGO PATH, explained how work on women's cervical cancer offers approaches that can have much wider application

for NCDs, including tackling diabetes. PATH focuses on being practical, culturally relevant and sustainable in the projects it undertakes. With its main emphasis on Africa, PATH uses the latest advances in vaccines, diagnostics and medical devices, and matches them to local communities.

Dr Tracey Koehlmoos spoke at October's C3 seminar on her experience of using low-cost, low-tech health systems to tackle NCDs, and how the United Kingdom could learn from these. A health systems scientist with the International Centre for Diarrhoeal Disease Research in Bangladesh (ICDDR,B), Dr Koehlmoos spoke of Bangladesh's new focus on rapidly rising NCDs and the use of community health workers and informal care providers. Improving health transcends party politics and, even with changes in government, continuity and coherence in health policy is the top priority. Dr Koehlmoos spoke of the potential for lay workers, such as pharmacy assistants, to promote health in the UK, and the challenge this gives to professionals.



Christine Hancock and Tracey Koehlmoos

## Following up on the UN: C3's report

Following C3's attendance at the UN High-level Meeting on NCDs in September, we have compiled a report of the UN HLM and 20 of the side-events held in New York at the same time, including on urbanisation and NCDs, linkages between the HIV/AIDS and NCD agendas, and the intersection of agriculture, nutrition and health. It also provides a précis of the Political Declaration adopted at the UN HLM.

The report has been sent to all C3's contacts and is freely available to download on our website (<http://www.c3health.org/un-summit-2011/>) – and it has been widely welcomed.

C3's report is 'clear and interesting', 'very in-depth' and 'a great resource'.

## Kiosks and cricket: health in action



C3's Katy Cooper with Marcus Trescothick, England cricketer

C3 was invited to attend a day of discussion on workplace health at PepsiCo in the UK, which brought together employee-led Health Action Teams from all its sites. A recent success has been a 'health kiosk' pilot, run at the main drivers' depot. A range of health measurements are taken by each employee in the kiosk, and – although entirely voluntary – there has been strong take-up from the drivers, each of whom receives a printout of their own data. Statistics

will be anonymously collated, and this will expand as the programme rolls out to other sites from January 2012. The hope is to allow employees another chance in the future to redo their health check, to see what progress they have made.

The stop-smoking charity Quit spoke about its 2012 project to help PepsiCo employees stop smoking: six-week support groups supplemented with nicotine replacement therapy and a helpline. Successful quitters will be offered training in helping others to kick the habit – a peer-based approach that can be particularly effective.

The day closed with a Q&A with cricketer Marcus Trescothick, former opening batsman for England (and current captain of Somerset), who suffered serious depression when playing abroad. Having experienced this stress-related illness in his 'workplace', he now feels able to identify and give support to others going through similar experiences – an inspiring role model who shows not only that mental ill-health can affect even the most successful, but that it can be overcome.

## Let's talk diabetes

The first edition of e-newsletter *Diabetes Dialogue* reached the inboxes of parliamentarians across Europe on World Diabetes Day, 14 November. Produced and distributed by C3, with funds from Novo Nordisk Brussels, the aim is to give parliamentarians a digest of latest developments both in diabetes care and prevention, across Europe and globally, and to give them a chance to share innovative and successful projects being run in their home countries. The patron of the e-newsletter, which will be produced monthly from January 2012, is Adrian Sanders MP, chair of the UK's All Party Parliamentary Group on diabetes.



## Health in the City



Speakers at the Commonwealth Secretariat

How to create a healthy city? There are no easy answers, but an expert workshop (including a presentation by C3) run by

the Commonwealth Secretariat in London teased out many of the main elements needed. A discussion paper based on

the day is now being drafted to widen the debate, with C3 contributing thinking from the nursing and health professional perspective. A statement of outcomes has also been sent to Commonwealth leaders.

The workshop looked at health in cities across many of the 54 Commonwealth countries, addressing everything from inequalities and social justice to planning and health care. Strong views included the right of women and young people to be involved in health decisions, the need for cities to share best practice, and the importance of factoring in the huge growth of urbanisation into development plans.

## You are what you eat...

Just what impact are global and national food companies having on levels of nutrition within individual

countries? A new web-based index from GAIN, the Global Alliance for Improved Nutrition, is being planned, which will rank the contribution made by big food companies to over- and under-nutrition. C3 is in contact with GAIN about the index and is taking a keen interest in its findings.

The Access to Nutrition Index (ATNI) will allow users to change the weighting of different aspects of the rankings, to focus on their own particular areas of concern.

For further information, see <http://www.accesstonutrition.org/>.



## Briefing the Lords

In September, C3 was asked by Lord Nigel Crisp to prepare a short briefing paper, 'Non-communicable diseases in the UK'. This was preparatory reading for a debate that he initiated on NCDs, which took place in the House of Lords, the UK's upper house of Parliament. The paper is also available on C3's website.

## Hot off the press

C3 has been writing for expert journals over the past few months providing both opinion pieces and articles. Amongst these has been an article published in the UK's *Occupational Health* magazine in October – a particularly important audience, as occupational health professionals do not always appreciate how much of an impact workplace wellness can have on employees and the bottom line.



Following the UN High-level Meeting, the *Nursing Standard* has produced a campaigning piece calling on nurses to help fight NCDs globally, to which C3 contributed extensively. As Christine Hancock put it in the article, 'People listen to nurses!'

## Climate change and NCDs: a common agenda

Climate change is a huge and growing concern for the work of development organisations, as highlighted by the UN COP17 Climate Conference in Durban, South Africa, which was attended by C3's chair, Robin Stott. While there, the Climate and Health Council held a meeting for health professionals interested in this issue – reflecting C3's belief that the debate must be opened up still further. C3 has submitted two articles on climate change and health to journals – one for nurses in South Africa, and one (with Robin Stott) to the BMJ – to coincide with COP17.



## Early origins of health

C3's Pat Hughes addressed a group of diabetes specialist midwives on the importance of the first 1,000 days of life in the prevention of NCDs. The presentation was well received, and generated significant discussion, as this was an area new to the majority of participants. They were very positive about their role in health promotion and disease prevention, and were quick to acknowledge the escalating rate of diabetes among their client group.

## About C3

C3 Collaborating for Health is a registered charity, based in London and working globally: [www.c3health.org](http://www.c3health.org). Its **vision** is for the eradication of preventable chronic diseases in the UK and worldwide, and its **mission** is to foster partnerships and build collaboration between the different organisations that, between them, can overcome the many barriers to a healthy diet, stopping smoking and being physically active.