

**Government of Pakistan  
Poverty Alleviation and Social Safety Division  
Press Release**

**Dr. Sania makes global recommendations to reduce killer diseases**



February 6, 2020 - Geneva: As health leaders gathered in Geneva for the World Health Organization's Executive Board; Dr. Sania Nishtar, Special Assistant to the Prime Minister on Social Protection and Poverty Alleviation delivered the final report of the WHO Independent Commission on High-Level Commission on Noncommunicable Diseases to WHO's Director-General, Dr. Tedros Adhanom Ghebreyesus.

Noncommunicable diseases still account for more than 70% of deaths. Progress against NCDs and mental health conditions have been limited, which is why Dr. Sania pushed for a dramatic acceleration in action to ensure the world is to reach the target of universal health coverage by 2030. It also noted that many countries face challenges and need more support to implement solutions.

“We need to stop talking and accelerate action to beat the biggest killers,” said Dr. Sania Nishtar. “The new recommendations provide governments with concrete steps on how to take clear, which will dramatically decrease the mortality and morbidity of NCDs.” Dr. Nishtar outlined an eight-point recommendation plan to WHO’s Director-General, which could save millions of lives and promote mental health. The high-level commission was convened by Dr. Tedros in October 2017 and Dr. Sania was installed as a co-chair with several Heads of State from across the world. The aim was to identify innovative ways to curb the world’s leading causes of death: cardiovascular disease, cancers, diabetes, respiratory diseases and mental health conditions.

The report laid out a set of 8 recommendations for WHO, which included calls for continued strategic leadership and convening of all relevant stakeholders, support for in-country efforts to empower individuals to make healthier choices, meaningful engagement with civil society and increased investment in the prevention and control of NCDs.

Every year, 41 million people die from NCDs, 15 million of them between the ages of 30 and 69. Despite the many proven solutions, progress has been slow and uneven globally. WHO is committed to working with all partners to reduce pre-mature deaths from NCDs through prevention and treatment and the promotion of mental health and well-being.