



# Policy statement and early detection of breast cancer in the Eastern Mediter

## Policy goal

Implement an early detection programme to detect breast cancer at an early stage when they are small and localized, thus improving survival rates.

## Background

Breast cancer is the most common cancer in the Eastern Mediterranean Region, and its impact is growing. The International Agency for Research on Cancer (IARC) estimates that 61 000 cases of breast cancer were diagnosed in 2012, with 31 000 deaths from the disease. IARC has projected that by 2030 the number of cases in the Region will be around 169 100 and 74 200, respectively.

The risk of breast cancer is higher in women aged 50 years and older. Breast cancer risk decreases with the age of menarche.

## **Policy statement and recommended actions for early detection of breast cancer in the Eastern Mediterranean Region**

Publication date: 2016

Breast cancer is the most common cancer among women in all countries of the WHO Eastern Mediterranean Region, and its impact is growing. This policy statement was published in 2016 with the goal of identifying the priority actions for Member States to Implement an early detection programme to detect breast cancer and precancerous lesions at an early stage when they are small and localized, thus reducing mortality from breast cancer.

[English](#)

# Policy statement and early detection of cer Mediterranean Region

## Policy goal

Implement an early detection programme to  
stage when they are small and localized, thus

## Background

The International Agency for Research on  
were diagnosed in the Eastern Mediterranean  
Population-based cancer registry data from  
incidence rates of less than 6 cases per 100  
with successful screening programmes. Sign  
100 000 women have been reported in Mor  
mortality are generally low in the Region.

Screening is highly effective in the prevention

## [Policy statement and recommended actions for early detection of cervical cancer in the Eastern Mediterranean Region](#)

Publication date: 2016

The International Agency for Research on Cancer estimates that 15 000 cases of cervical cancer were diagnosed in the Eastern Mediterranean Region in 2012, with 8000 deaths due to the disease. This policy statement was published in 2016 with the goal of identifying the priority actions for Member States to implement an early detection programme to detect cervical cancer and precancerous lesions at an early stage when they are small and localized, thus reducing cervical cancer mortality rates.

[English](#)

# Policy statement and for early detection of Eastern Mediterranean

## Policy goal

Implement an early detection programme to detect colorectal cancer at an early stage when they are small and localized.

## Background

Despite comparatively lower incidence rates, there is a rising trend in the incidence of colorectal cancer in the Eastern Mediterranean Region. It has been estimated that 20 000 in men and 15 000 in women in 2012 in the countries of the Region are diagnosed in advanced stages. The survival rate of colorectal cancer patients with distant metastases.<sup>2</sup> Early diagnosis in symptomatic patients is a key outcome of colorectal cancer. Primary prevention

## [Policy statement and recommended actions for early detection of colorectal cancer in the Eastern Mediterranean Region](#)

Publication date: 2016

Despite comparatively lower incidence rates of colorectal cancer than in industrialized countries, a rising trend in the incidence of colorectal cancer has been observed in some countries of the Eastern Mediterranean Region. It has been estimated that 18 000 cases of colorectal cancer were diagnosed in men and 15 000 in women in 2012 in the Region. This policy statement was published in 2016 with the goal of identifying the priority actions for Member States to implement an early detection programme to detect colorectal cancer and precancerous lesions, at an early stage when they are small and localized, thus reducing colorectal cancer mortality rates.

[English](#)

# Policy statement and early detection of breast oral and prostate cancer Mediterranean Region

## Policy goal

Implement early detection programmes for breast, oral and prostate cancer to detect the cancer when it is small and localised.

## Background

The impact of the growing burden of cancer is becoming increasingly evident, and necessitates implementation of strategies. One of the key components of cancer control is the early detection and treatment.

Early detection of cancer aims to detect the cancer at an early stage, when it is more affordable, resulting in higher cure rates. H



## [Policy statement and recommended actions for early detection of breast, cervical, colorectal, oral and prostate cancers in the Eastern Mediterranean Region](#)

Publication date: 2016

The impact of the growing burden of cancer in countries of the Eastern Mediterranean Region is evident, and necessitates implementation of suitable and effective cancer control policies. An important component of cancer control is the early detection of major types of cancer that benefit from effective treatment. This policy statement was published in 2016 with the goal of identifying the priority actions for Member States to implement early detection programmes for breast, cervical, colorectal, oral and prostate cancer to detect the cancer when it is small and localized, thus reducing cancer mortality rates.

[English](#)

# Policy statement and for early detection of Mediterranean Region

## Policy goal

Implement an early detection programme to  
and localized, thus reducing mortality from

## Background

The incidence and frequency of oral cancer  
Mediterranean Region with the exception of  
Yemen.<sup>1</sup> A high risk of oral precancerous lesions  
(e.g. in Yemen)<sup>2</sup> and toombak (e.g. in Sudan)

Early diagnosis of oral cancer is feasible, as the  
health professionals or individuals. Cases of  
with advanced disease.

## [Policy statement and recommended actions for early detection of oral cancer in the Eastern Mediterranean Region](#)

Publication date: 2016

The incidence and frequency of oral cancer are low in almost all countries of the WHO Eastern Mediterranean Region with the exception of Pakistan, southern Saudi Arabia, Somalia, Sudan and Yemen. This policy statement was published in 2016 with the goal of identifying the priority actions for Member States to implement an early detection programme to detect oral cancers at an early stage when they are small and localized, thus reducing mortality from oral cancer.

[English](#)

# Policy statement and early detection of pro Mediterranean Regio

## Policy goal

Implement an early detection programme  
early stage when they are small and localiz

## Background

Although the age-standardized incidence of  
Region is lower than that in the high-inc  
increasing in those countries of the Region w  
a challenge to the existing cancer health c  
proportion of men with prostate cancer, the  
patient's lifetime. Therefore, although early  
persons will receive little or no benefit from  
which, if treated, might result in substanti

## [Policy statement and recommended actions for early detection of prostate cancer in the Eastern Mediterranean Region](#)

Publication date: 2016

Although the age-standardized incidence of prostate cancer in countries of the Eastern Mediterranean Region is lower than that in the high-income industrialized countries, the incidence is steadily increasing in those countries of the Region where data are available. This policy statement was published in 2016 with the goal of identifying the priority actions for Member States to implement an early detection programme to detect prostate cancer and precancerous lesions, at an early stage when they are small and localized; thus reducing prostate cancer mortality rates.

[English](#)

## Policy statement and recommended actions for lowering sugar intake and reducing prevalence of type 2 diabetes and obesity in the Eastern Mediterranean Region

### Policy goal

Lower sugar intake and reduced prevalence of type 2 diabetes and obesity, in order to reduce the risk of noncommunicable diseases in children and adults, with a particular focus on the prevention of unhealthy weight gain and associated conditions, such as diabetes and dental caries.

### Rationale

The policy is based on the WHO guidelines specifying that all individuals – children and adults – should consume less than 10%, or preferably 5%, of free sugars in their diet<sup>1</sup>. Given the extraordinarily high rates of obesity and diabetes in the Region, 5% is seen as the most appropriate long-term goal. Free sugars include mono-saccharides and disaccharides added to foods and beverages by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates. This will require a major change in food intake patterns and the proposed new low sugar goal of 5% will, realistically, require radical new policies as intakes are known to be far higher than 5% in most, if not all, countries of the Region.

Policy-makers and programme managers are now advised to assess current free sugar intake levels and their sources in both foods and drinks and consider how to develop nationwide measures that result in a transformation of the food chain in their country.

Governments should consider introducing a progressive and sustainable reduction in national sugar intake over the next 3–4 years. Substantial falls, e.g. of 50% or more in sugar intake, are now considered necessary to halt the rise in diabetes and obesity and reduce the burden of premature deaths due to noncommunicable diseases by 25% by 2025.

A more detailed analysis of why sugar leads to weight gain with all its complications of diabetes, heart disease and cancers, as well as the additional risk of diabetes independent of weight gain and major dental problems, such as tooth loss and dental infections in all age groups, and poor childhood growth, is summarized in Annex 1. However, given that the Region has the highest prevalence of diabetes in the world it is relevant that new systematic analyses estimate that an extra soft drink a day increases the risk of diabetes by nearly a fifth (18%)<sup>2</sup>. Obesity rates are also extraordinarily high in both children

<sup>1</sup> Guideline: sugars intake for adults and children. Geneva: World Health Organization; 2015 ([http://www.who.int/nutrition/publications/guidelines/sugars\\_intake/en/](http://www.who.int/nutrition/publications/guidelines/sugars_intake/en/), accessed 22 March 2016).

<sup>2</sup> Imamura F, et al. Consumption of sugar sweetened beverages, artificially sweetened beverages, and fruit juice and incidence of type 2 diabetes: systematic review, meta-analysis, and estimation of population attributable fraction. *BMJ*. 2015;351:h3576.

Publication date: 2016

This policy statement and proposed action plan is part of the WHO Regional Office for the Eastern Mediterranean's effort to reach the global targets of halting the rise in diabetes and obesity and reduce the burden of premature deaths due to noncommunicable diseases by 25% by 2025. Through a four-phased approach, this policy statement provides the steps that countries should follow to reduce sugar intake, which consequently leads to maintaining a normal body weight, avoiding type 2 diabetes and also preventing dental caries in children and adults.

[English](#)

[Arabic](#)

[French](#)

# Policy statement and reducing fat intake and rates in the Eastern M

## Policy goals

- 1) Eliminate all industrially produced trans
- 2) Reduce markedly the saturated fat cont

## Rationale

Trans-fat (TFA) from industrial refining is t  
needs to be eliminated. Saturated fat (SFA)  
disease and stroke. WHO recommends that  
energy from SFA, and 1% from naturally oc  
total fat range between 10% and 35% of total  
intake and the increased likelihood of weigh



## [Policy statement and recommended actions for reducing fat intake and lowering heart attack rates in the Eastern Mediterranean Region](#)

Publication date: 2014

This policy statement was published in 2014 with the goal of identifying the priority actions for Member States to eliminate all industrially produced trans-fats from the food supply as well as to reduce markedly the saturated fat content of the food supply. The suggested actions are divided into three phases which span over a period of two-years from 2014 to 2015.

[English](#)

[Arabic](#)

[French](#)

# Policy statement and lower national salt intake from high blood pressure in the Eastern Mediter

## Policy goal

A progressive and sustainable reduction in stroke and heart disease rates within 5 years

## Rationale

Current salt intakes are very high, with an average of 10g per day of the Region. There is no need for extra salt. A progressive but modest rather than rapid (drinking water per day) reduction in salt intake will reduce <sup>18/22</sup>

## [Policy statement and recommended actions to lower national salt intake and death rates from high blood pressure and stroke in the Eastern Mediterranean Region](#)

Publication date: 2014

This policy statement was published in 2014, aiming to achieve progressive and sustainable reduction in national salt intake in the following 3–4 years by 25% to reduce stroke and heart disease rates within 5 years. It addresses the salt intake in countries of the Eastern Mediterranean Region and suggests several country-level actions for achieving salt reduction in three phases.

[English](#)

[Arabic](#)

[French](#)

# The urgent need to fully implement the International Code of Marketing of Breastmilk Substitutes and relevant

## Policy goal

Member States are urged to implement in their countries the International Code of Marketing of Breastmilk Substitutes<sup>1</sup> and subsequent relevant WHO resolutions, and enforcing a national law, regulations or decrees based on the Code, and scaling up efforts to monitor implementation. Member States that have adopted a law for the implementation of the Code are Afghanistan, Bahrain, Islamic Republic of Iran, Jordan, Palestinian territory. Others are only in the process of doing so for this purpose, or are partially implementing the Code. Full implementation would support the achievement of the Sustainable Development Goal target of at least 50% of children exclusively breastfed in the first 6 months of life.

## [The urgent need to fully implement the International Code of Marketing of Breast-milk Substitutes and relevant WHA resolutions](#)

Publication date: 2014

This policy statement was published in 2014 aiming to urge Member States to implement in its entirety the International Code of Marketing of Breast Milk Substitutes and subsequent relevant World Health Assembly resolutions by developing, enacting and enforcing a national law, regulations or other appropriate measures covering all provisions in the Code, and scaling up efforts to monitor and enforce its implementation.

[English](#)

[Arabic](#)

[French](#)



[Increasing access to health workers in remote and rural areas through improved retention: Global policy recommendations](#)

Publication date: 2010

Half the world's people currently live in rural and remote areas. The problem is that most health workers live and work in cities. This imbalance is common to almost all countries and poses a major challenge to the nationwide provision of health services. WHO has therefore drawn up a comprehensive set of strategies to help countries encourage health workers to live and work in remote and rural areas. The guidelines are a practical tool that all countries can use. As such, they complement the WHO Global code of practice on the international recruitment of health personnel.

[English](#)

### **Related resources**

[WHO Global code of practice on the international recruitment of health personnel](#)

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