



HEALTHCAP

PROJECT NEWSLETTER No. 5/2016

HEALTH RESEARCH CAPACITY AND WATER-RELATED DISEASES

EDITORIAL

The HEALTHCAP team developed an integrated master's program at the School of Public Health, Tashkent Medical Academy (TMA). The program, offered between October and November 2016, strengthens the TMA by offering courses tailored to the human resources requirements of the health-related institutions. It is offered as a Certificate Course on Environmental Health, jointly by Center for Development Research (ZEF), University of Bonn and TMA involving other HEALTHCAP Partners in addition to faculty from the Public Health Foundation of India (PHFI). By providing a foundation for multidisciplinary perspectives on environmental health issues in developing countries, and hands-on training applying statistical tools for analysis, the course trains students for meeting the human resource requirements of the health institutions in Uzbekistan

The course offers an understanding of the complex linkages between environmental risk factors and human health. This requires going beyond "why" towards "how". How do current policies and management practices of environmental management and health care practices affect human health? How are populations exposed to environmental hazards? How

are the environmental risks and benefits assessed and managed? What are the research tools available for surveillance and monitoring of human health? The courses are taught by a group of environmental health experts from Germany, Uzbekistan, and India, covering a wide spectrum of topics related to a social science approach to health, spatial epidemiology, health economics, and bio-statistics.

At the end of the course, the students are expected to be able to (i) identify the environmental hazards, their dose-response, different forms of exposures and characterize health risk, (ii) explain the role of policies, program and social values in the creation and control of environmental hazards, (iii) understand the different mechanism of health surveillance and monitoring for improved public health, and (iv) describe (quantitatively and qualitatively) the impact of environmental, social and economic factors on human health. The HEALTHCAP team expects to offer this certificate course in an online format.

The HEALTHCAP Team

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JULY 2016

Special points of interest:

- * The gender nexus in tackling health and water challenges



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GENDER AND HEALTH CHALLENGES IN CENTRAL ASIA

An epidemiological transition

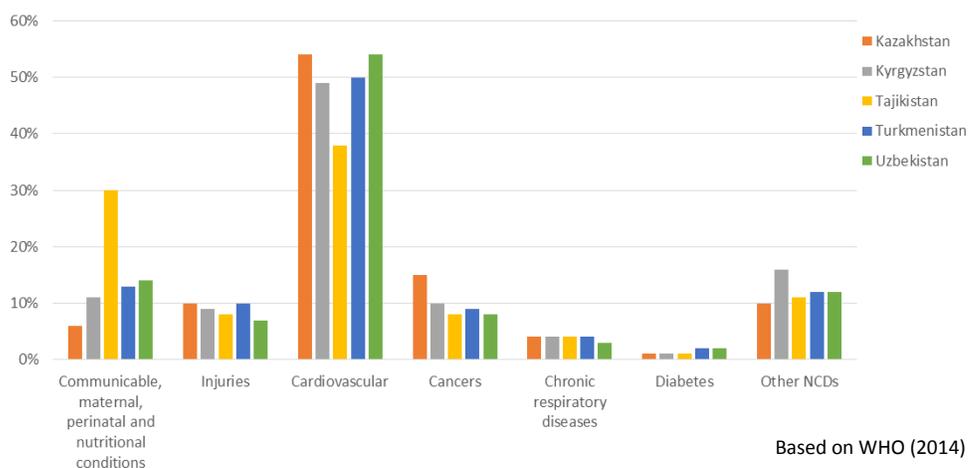
Research on health burdens in the Central Asian region invariably focus on infectious diseases such as viral hepatitis, nosocomial and blood-borne infections, and hemorrhagic fevers, because they are endemic to the region. But non-communicable diseases (NCDs) are a growing public health challenge.

As of 2014, cardiovascular diseases, cancers,

Unequal burdens

Particularly women are increasingly and differently vulnerable for NCDs, and this needs to be addressed by research and the public health system. Growing obesity rates increase the risk of chronic diseases, but awareness of obesity as a risk factor for cancer is less known and correspondingly little addressed in public health education. High rates of smoking also exacerbate the risk of breast cancer in the female Central Asian popula-

Proportional mortality in Central Asian countries



chronic respiratory diseases, and diabetes account for the vast majority of total deaths in the region. The burden of NCDs is the heaviest in Kazakhstan, where they accounted for 84% of reported deaths. Even in Tajikistan, where the lowest proportional mortality from NCDs was reported, they still account for 62% in Tajikistan, and the possibility of dying between age 30 and 70 from one of the 4 main NCDs is around 29%.

It has been observed that current research publications from Central Asia do not sufficiently grasp the importance and severity of this problem of a double burden of chronic and infectious diseases.

tion. It has also been suggested that different ethnic groups carry different chronic disease burdens, with the ethnic Russians exhibiting higher adult mortality.

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Sources: (1) Adambekov S. et al. (2016) *Health challenges in Kazakhstan and Central Asia. Journal of Epidemiological Community Health* 70:104-108. (2) WHO (2014) *Noncommunicable diseases (NCD) Country Profiles*



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RESEARCH NEWS

THE KNOWLEDGE BASE FOR ACHIEVING THE SUSTAINABLE DEVELOPMENT TARGETS ON WATER SUPPLY, SANITATION AND HYGIENE

International Journal of Environmental Research and Public Health

2016, 13(6), p 536

G. Hutton; C. Chase

In 2015, 91% of households in the world used improved drinking water sources, while 68% used improved sanitation. Considering the new water and sanitation targets set out in the sustainable development goals (SDGs) aspire to a “safely managed” standard, current service coverage is significantly low. Even though safe drinking water, sanitation, and hygiene (WASH) are fundamental to an improved standard of living, wealth disparities are stark and rural populations, slum-dwellers, and marginalized groups are left behind. The lack of access to WASH accounts for an economic impact of as much as 7% of the Gross Domestic Product, and this excludes its social and environmental consequences. Poor nutritional status, child growth, and school performance are some of the health and socio-economic consequences that research has pointed out. Water resource availability and biodiversity are also affected by groundwater over-extraction and the pollution of surface water bodies. An increasing amount of research shows the benefits of WASH interventions and how they can be optimally financed, implemented and sustained. Innovations in behavior change and service delivery could potentially be scaled up to meet the SDGs.

HEALTH CHALLENGES IN KAZAKHSTAN AND CENTRAL ASIA

Journal of Epidemiology and Community Health

2016, Vol. 70, 104-108.

S. Adambekov; A. Kaiyrylkyzy; N. Igissinov; F. Linkov

The Central Asian region has a rich history dating back to the Silk Road and the expansion of the Russian empire. But this region remains under-researched and under-investigated from a public health perspective. Many public health challenges exist that can be traced to the centralized medical systems practiced in the Soviet Union, and the rapid transitions that the countries of the region are currently undergoing. Low and middle-income countries around the world, not excepting the Central Asian countries, suffer from a double burden of chronic and infectious disease. The authors explore the most important public health challenges in the Central Asian region, including the limited scientific productivity, the need for healthcare reform, the double burden of chronic and infectious diseases, and the reduction in care variation. They argue that Central Asia has a large number of medical schools and centres and emerging research institutes that can be agents for change in medical and public health practice in the region.



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WOMEN FOR WATER IN CENTRAL ASIA

The Women for Water Partnership (WfWP) is now active in Central Asia.

The Women for Water Partnership, cooperating with the US Embassy in Astana,

Kazakhstan, Turkmenistan, Kyrgyzstan, Tajikistan, and Afghanistan discussed how to enhance the participation and empowerment of women in science, policy, and management work within the water sector.



the Socio-Ecological Fund PF in Almaty, and the US Geological Survey, ran a workshop on the “empowerment of women in sustainable management of water resources in Central Asia and Afghanistan, in Almaty, Kazakhstan in June 2016. Water resources women experts from

The workshop culminated in the establishment of the Women for Water network — comprising women scientists, engineers, managers, and policy makers.

Note: See <http://www.womenforwater.org>

CONFERENCE NEWS

Stockholm World Water Week

Stockholm, Sweden, 29th August – 2nd September 2016

This year, SIWI turns its attention to “water for sustainable growth”, as well as more generally, the implementation of the water-related Sustainable Development Goals and the new climate agreement.

ISNTD Water 2016

London, UK, 20th October 2016

The burden of Neglected Tropical Diseases which affect over 1.4 billion individuals worldwide, mostly the poorest and most vulnerable in areas with inadequate water and sanitation. This conference looks at how to break transmission cycles via improved sanitation

Budapest Water Summit

Budapest, Hungary, 28th – 30th November 2016

The six thematic plenary sessions are focused on the issues in the implementation of the Sustainable Development Goals related to water.



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WATER SUPPLY AND SANITATION SITUATION IN UZBEKISTAN

According to the results of the WHO/ UNICEF Joint Monitoring Program for water supply and sanitation in Uzbekistan, which were released in June 2015, sanitation coverage in Uzbekistan is now apparently complete, while its water supply still needs work.

Decrease in piped water supply

Piped water supply in both urban and rural areas has decreased from 57% in 1990 to 47% in 2010, while the dependence on other improved sources for drinking water has increased from 33% to 40%.

Although the use of surface water (from rivers, lakes, ponds, streams, and irrigation channels) for drinking purposes has decreased from 5% to 3%, there is an increase in the use of other unimproved sources, such as water brought in by carts with small tank or tanker trucks, from 5% to 10%.

Increased reliance on other unimproved water sources in rural areas

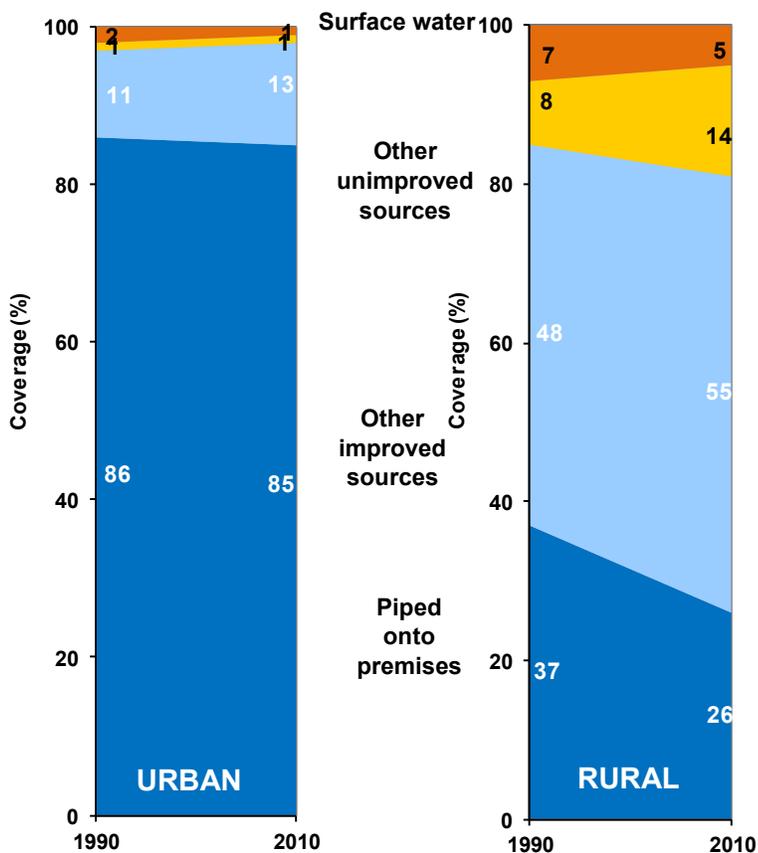
The differences are more pronounced in the rural areas. There, supply with piped water in rural areas steadily fell from 37% in 1990 to 26% in 2010. This was compensated by an increased reliance on

other both improved and unimproved water sources.

Sanitation coverage

The news on the front of sanitation coverage is better. Use of improved and shared facilities has increased from 84% in 1990 to complete coverage by 2010. The larger improvement was seen in the rural areas, where sanitation coverage (by improved and shared facilities) increased from 76% in 1990.

Drinking water trends, 1990-2010



Source: WHO/UNICEF Joint Monitoring Program for Water Supply and Sanitation, estimates on the use of water sources and sanitation facilities in Uzbekistan, June 2015



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NEWS ON HEALTH

UN Millenium Goals met in Uzbekistan

At the session of the Cabinet of Ministers dedicated to 2015 results, the President of Uzbekistan, Islam Karomov, announced that Uzbekistan had achieved the UN Millenium Goals to improve maternal health and reduce child mortality. In the last five years, maternal death decreased from 23.1 to 19 cases for 100,000 births. Under-5 child mortality dropped from 14.8 to 13.9 per 100,000, and infant mortality decreased from 11 to 10.7 per 1000,000.

trillion soums were also directed to the implementation of the state programme “The Year of Healthy Mother and Children”.

In March 2016, the Uzbek government also launched a campaign to provide medical examination for its population under the motto that no one will be left without care and attention. 300 leading scholars and doctors will conduct medical examination in all regions, and single out those who require additional attention for more in-depth care or treatment. The purpose of the campaign is disease prevention and advocacy for healthy lifestyles.

More spending on health

Uzbekistan reportedly spent about 500 billion soums in 2015 to construct and repair 141 healthcare institutions including regional multipurpose medical centers and medical associations. With that, the work on the optimization of rural medical centers and their medical equipments was declared complete by the President. About 1.3

Source: UzDaily, “About 500bn soums spent to construction and repair of medical institutions” 16-Jan-16; “Week of health to kick off in Uzbekistan”, 03-Mar-16; and “MPs consider execution of state budget”, 02-Jun-16, Available at <https://www.uzdaily.com>

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RIIWP

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ICIS

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www.zef.de/healthcap.html

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