



# 2023 ANNUAL REPORT



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# About CHELD

**CHELD is a governmental organisation registered in Nigeria and established in 2010. We are a research think-tank and an implementer in public health, mental health, child health and survival, gender-based violence, NCDs, and migration, and their intersections with health, amongst other areas of interest.**

In support of the principle of “Health for All,” the human right to health and universal health coverage, CHELD provides research, analyses of issues, and reasoned solutions, bringing extensive understanding of health law and policies to various cross-cutting issues such as migration, human rights, gender amongst others.

We provide services to governments, regulatory authorities, global health agencies, development organisations, international donors, and persons involved in health development. CHELD provides policymakers with ongoing, systematic, and informed international and comparative analyses and reflections on policy options and their implications from legal, social, and ethical perspectives.

CHELD’s multidisciplinary team consists of a group of experienced legal practitioners and specialist consultants with several years of experience in policy advocacy, developing legislation, and conducting research in law, public health, migration, gender, gender-based violence and youth development. The team is led by Prof. Cheluchi Onyemelukwe, a Professor of Law, and a leading health lawyer in Nigeria who has been involved in health law reform nationally and internationally.



## VISION

Our vision is to promote health through Law, Education, Research and Advocacy.

## MISSION

Our vision is to see a truly healthy world where the right to health is recognized in laws and policies and health services are inclusive of the needs of vulnerable populations.



# Message from our Executive Director



This section is an opportunity to demonstrate how top management is taking the lead and giving direction to the company's sustainability efforts.

## Our Year in Review

### Strategic Highlights

2023 was an important year for us at CHELD. Our work across research, advocacy, participation in policy reforming, and training service providers and others across our different programmes enabled us to make positive impacts. From the organisation of an online series on Migration and Health to our mental health activities to participating in the stakeholders' forum on suicide prevention framework. We hope to deepen these impacts in 2024.

We launched our ProjectREACH IDP this year. The project has been impactful since its launch with projects ranging from vocational training to a medical outreach in different camps and shelters in Abuja. Our GBV programmes continue to focus on 'Engaging Men and Boys in Campaigning Against Sexual Violence' as our research found, that males are underutilised in the fight against sexual and gender-based violence. Therefore, we carried out a series of sensitisation workshops at secondary schools across Lagos aimed at engaging male students as allies in the campaign against gender-based violence.

We produced two policy briefs, several reports and 3 migration and health newsletters in 2023.

Our mental health and glaucoma policy briefs state our policy position on the issues and our recommendations on the best course of action on issues of mental health and glaucoma in Nigeria. Our migration and health newsletters focus breaks down for readers the conversation had during the sensitisation series during the year.

During the year, we organised various activities in support of the Sustainable Development Goals, particularly Goals 3, 5 and 16. Through our activities, we improve awareness and use the law to improve health outcomes.

### Looking Ahead

At CHELD, we envision a society where everyone enjoys the right to health. Our work supports this vision by applying the tools of law and policy reform and implementation in Nigeria and Africa. For the next year, we are looking to amplify our work in bringing greater awareness to NCDs in Nigeria and Africa and the rights of persons with disabilities, including mental health conditions. We will endeavour to take on more research work and engage more in our programme areas, to ensure wider reach for the communities we serve.

# Priority SDGs



## Priority SDG 3

### Good Health and Well-Being

CHELD provides rehabilitation and support through its rehabilitation programmes including awareness and support for persons living with mental illness and disability in Nigeria.



## Priority SDG 5

### Gender Equality

CHELD is both a research think-tank and an implementer in the area of gender-based violence and its intersections with health, amongst other areas of interest. It does extensive work on the intersections of health and gender-based violence.



## Priority SDG 10.7

### Responsible and Well-Managed Migration Policies

Our work in migration brings the approach of Health for All to migrants' health. Health is also a cross-cutting issue in the African Union Migration Framework and within the Action Policy for the National Migration Policy in Nigeria.



## Priority SDG 13

### Climate Action

CHELD Programme aims to increase awareness of climate change and integrate climate change measures into national policies, strategies and planning.

# Through our work in 2023...



1,800

## Professionals

received training to develop their skill



1,800

## People Networked

and exchanged knowledge in over 10 events

4



## Policy Documents

We ensured that statements towards human rights, gender equality, and climate protection are included in



12

## Knowledge Products

have been written to deepen expert knowledge



70,000

## Social Media Users

were reached in online campaigns

# Advocacy against Gender-Based Violence

CHELD does extensive work at the intersections of health and gender-based violence. We conduct research as well as providing support to various clients which has helped inform the organisation on the importance of this research project.

CHELD has been involved in promoting awareness of sexual and gender-based violence in schools in Nigeria. We also collaborate with government and non-governmental agencies to provide support for clients. We have also provided trainings to students, health professionals, women and other communities on domestic violence and other kinds of gender-based violence. We provide support with obtaining protection orders, divorces, custody in situations of domestic violence.

Since 2012, CHELD has supported over 4,000 women with legal aid, material assistance and referral on domestic violence through its interventions. We have been involved in promoting awareness of sexual and gender-based violence in schools in Nigeria. We also collaborate with government and non-governmental agencies to provide support for clients. We have also provided trainings to students, health professionals, women and other communities on domestic violence and other kinds of gender-based violence. We provide support with obtaining protection orders, divorces, custody in situations of domestic violence.

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## International Women's Day – Vocational Training

Consistent with the theme for International Women's Day - #EmbraceEquity, CHELD organised vocational training workshops for residents of three (3) IDP camps in Abuja, as part of our ProjectREACH for IDPs programme which is part of our work in migration and health.

The purpose of the training was to equip female residents with skills that would enable them to become economically productive and to take advantage of the opportunities at the camp to boost their earning power and support their families. At the end of the training sessions, participants were given food items, recharge cards and sanitary items to enable them to start immediately without excuse.



## International Day for the Elimination of Violence against Women – First Ladies Forum

As part of activities to celebrate International Day for the Elimination of Violence against Women, Prof Onyemelukwe spoke at a forum for First Ladies of the various states in Nigeria organised by UN Women in Abuja.

At the event, Prof Onyemelukwe spoke on the need and importance of instituting policies to fight and eliminate violence and abuse against women and girls in states across states and the role of the first ladies in helping to implement the policies.

Furthermore, she talked about the various factors fuelling gender-based violence in Nigeria. She identified cultural norms like patriarchy, gender stereotyping, socially assigned gender roles and certain religious beliefs as the root causes of GBV in Nigeria. She cited various examples ranging from cases handled in her professional capacity to the ones in her environment, in national dailies and a video that trended online featuring a man narrating to a large congregation in a church gathering his preference for male children.



## International Day for the Elimination of Violence against Women and Girls – School Outreach

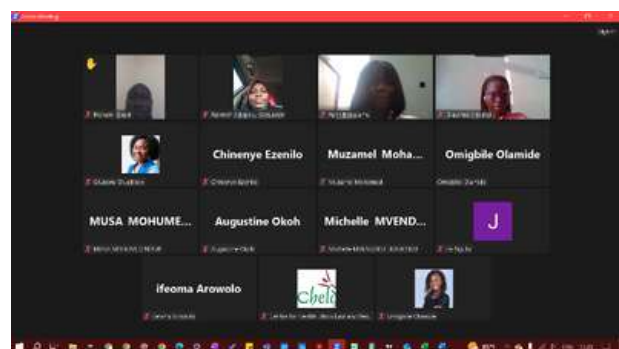
As part of activities for the International Day for the Elimination of Violence against Women and Girls, CHELD organised seminars in several secondary schools across Lagos and Abuja. In Lagos, we held a school outreach at Ilupeju Senior Grammar School and Estate Senior Grammar School respectively. The CHELD team spoke on the 'Impact of Violence on Women and the Need to Break the Culture of Silence.'

Over 400 students participated, allowing them to ask various questions on the issue of gender-based violence. Some of the questions asked include how many can be engaged in the fight against sexual violence and abuse in society. The team explained that men can be involved in this fight by actively including them in intervention programs or initiatives seeking to address sexual violence and abuse.



## Webinar: What Can Men Invest in Addressing Violence against Women and Girls

In continuation of our activities for the International Day for the Elimination of Violence Against Women and Girls, we organised a webinar to discuss the role men can play to prevent violence against women and girls in our communities. The webinar had more than 30 persons in attendance. During the session, participants learnt the different ways men can invest in addressing violence against women.



## UNFPA Project on Sexual Exploitation, Abuse and Harassment in Tertiary Institutions in Ogun State

With support from the United Nations Population Fund (UNFPA) and the Ogun State Ministry of Women Affairs, CHELD provided technical support towards developing an evidence-based sexual exploitation, abuse and harassment (PSEAH) policy for tertiary institutions in Ogun State.

In developing the policy, CHELD conducted a study in selected institutions in the state to determine the prevalence of sexual violence and exploitation, and possible drivers and identify policy actions required to address the issue of sexual violence in tertiary institutions. The report informed the development of a PSEAH Policy for tertiary institutions in the State. The report was presented to the State Commissioner of Women Affairs and other top-ranking officials from the Ministry.



### Domestic Violence Survivor A

CHELD continues to provide free legal support to a client who is a domestic violence survivor as she goes through her divorce in the courts and at negotiations at court-mandated family conferences.

### Domestic Violence Survivor B

CHELD supported a single mother with three primary school-aged children through monetary donations for purchases of food items and sanitary products.



# Project REACH:

**Restoring  
Education, Access  
to Healthcare, and  
Community  
Harmony for  
Internally  
Displaced Persons**



# MIGRATION

Our work in migration brings the approach of 'Health for All' to migrants' health. Health is also a cross-cutting issue in the African Union Migration Framework and within the Action Policy for the National Migration Policy in Nigeria.

Our recent migration related research includes a project targeted at improving sustainable rehabilitation and reintegration of victims of trafficking (VoTs), and other vulnerable groups in Nigeria. Researchers working with CHELD have participated in the development of country level and policy and legislation related to health and migration such as the Action Plan for the National Migration Policy in Nigeria, the National Diaspora Policy, etc. Most recently, CHELD has provided technical expertise on developing training modules on Migrants and Refugees Health for SLE contracted by the African Union.

Our activities in migration involves working with internally displaced persons. ProjectREACH for IDPs involves provision of support and other types of interventions in the areas of health. It is a project that stems from CHELD's work in health and migration.

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## Capacity Building on Victim-Centred and Rights-Based Approaches in the Provision of Services to Victims of Human Trafficking

During the year, CHELD held a 4-day capacity-building training programme for members of civil society, governmental agencies and faith-based organisations with work in human trafficking. The training programme was aimed at strengthening victim-centred and rights-based approaches in the provision of services to victims of trafficking in Northwest Nigeria

The programme was conducted with the support of the International Organization for Migration (IOM) and had participants from Jigawa, Kano and Katsina states. At the end of the training, participants understood service provision to VoTs through a Victim Centered Approach. Participants were also encouraged to step down the training to other organisations in their respective States.



## Baseline Assessment of Health Services and Living Conditions at IDP Camps in Abuja



As part of our work on migration, CHELD conducted research at selected IDP camps in Abuja. The camps surveyed were the Karamajiji, Durumi and Kuchiguro camps. A mixed data collection method was employed, which involved surveys with camp residents and interviews with camp leaders and men and women groups.

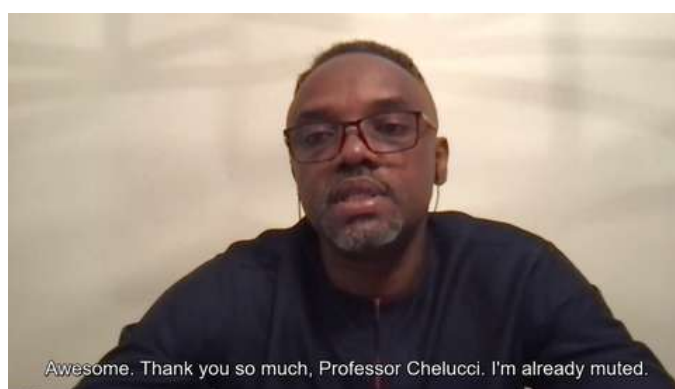
Findings from this research revealed that the majority of IDP Camp residents lacked access to basic care and were subjected to poor living conditions. Similarly, a majority of females had experienced a form of sexual violence or exploitation. At the same time, access to confidential and safe mechanisms to report protection concerns or incidents in the camp was limited. Interestingly, results also revealed that the majority of camp residents had experienced psychological distress or mental health challenges with women accounting for the majority.

## Online Sensitisation Series on Migration and Health

CHELD with the support of Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) and African Union (AU) organised four (4) webinar sessions as part of a series titled “Online Sensitisation Series on Migration and Health”. Topics discussed during the sessions are Intersections of Migration and Health, Universal Health Coverage, Gender and Migrants Health, Security and Migrants Health.

The sessions brought together a diverse group of participants from over 50 countries in Africa, North America and Europe to address critical issues and provide a platform for diverse stakeholders to come together, learn from one another, share experiences, and discuss key issues related to migration and health.

As part of our commitment to further the discussions on these issues, we published newsletters that further explored the topics of each session to reveal more insight and address critical subjects that require urgent attention. The sessions featured guest speakers from the United States, Ethiopia and Ghana and highlighted the importance of comprehensive healthcare accessibility for all individuals, regardless of their migration status.





## Medical Outreach

Further to the objectives of Project REACH for IDPs, CHELD organised a free medical outreach for IDPs at the New Kuchigoro Camp with a team of health professionals to cater to the health needs of the IDP residents at the camp. Our choice of the IDP Camp at New Kuchigoro is premised on the fact that the New Kuchigoro IDP Camp has the worst living conditions amongst the IDP camps in the F.C.T.

The medical outreach involved departments from the University of Abuja Teaching Hospital such as Internal Medicine, Ophthalmology, Dental, Pediatrics, Counseling, Laboratory, Pharmacy, Vital Signs, and Registration.

With the collaboration of medical professionals, the support of camp officials and government authorities, and proactive engagement with the IDP community, we were well-prepared to provide vital healthcare services to the 328 beneficiaries reached during the outreach.



## Menstrual Hygiene

CHELD under its menstrual hygiene project organised two (2) transformative training workshops at the Karamijiji Internally Displaced Persons Camp in Abuja. The workshop objective was to equip women and girls with the skill to design and produce reusable sanitary pads while also teaching them menstrual hygiene practices.

During the training, participants were taught how to make hygienic, reusable sanitary pads from easily-sourced and affordable materials in their locality. During the training the participants successfully sewed some reusable pads, demonstrating their dedication and commitment to enhancing their reproductive health and overall well-being.

At the end of the workshop, they received pad-making materials to enable them to continue practising their skills and to become architects of their menstrual destiny.

Over 115 women and girls at the Camp participated in the menstrual hygiene training workshop. The workshops were organised in partnership with MO Reusable Pad Initiative.



# MENTAL HEALTH

CHELD Mental Health Programme aims to increase awareness of mental health and support for disability rights in Nigeria and other African countries.

We give support to persons living with and affected by mental health conditions and advocate for their rights, and improve access to mental health services through mental health law and policy reform

Members of the team have supported law reform activities to replace the Lunacy Act. CHELD advocates for the visibility, awareness and support for persons living with mental illness and disability in Nigeria.

Our activities here include dissemination of information on the Convention on the Rights of Persons Living with Disability, analysis of the application of the Convention in African countries, advocacy for law reform based on the CRPD, decriminalization of attempted suicide in Nigeria, support for suicide prevention through policy, law, awareness creation, referral and material assistance.

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## National Mental Health Technical Working Group

At the Ministerial Roundtable on National Mental Health Act, Prof Cheluchi Onyemelukwe, Executive Director of CHELD spoke on the need for a complete implementation of the National Mental Health Act. She gave a brief overview of the mental health landscape in Nigeria. She pointed out the gaps that existed in the previous legislation and current legislation.

She also emphasised the tremendous hope the current legislation brings, listing the strengths and the importance of utilising the same. She emphasized the rights of persons living with mental health challenges as provided in the Act.



## World Mental Health Day

The theme for the 2023 World Mental Health Day was “Mental Health Right is a Human Right”. CHELD commemorated the day with a series of programmes and activities over a three-week period that included sponsorship of a campaign walk, a webinar and a series of talk at secondary schools in Lagos and Abuja:

### World Mental Health Day – Student Forum

As part of our activities to mark World Mental Health Day, we organised mental health talks for students in secondary schools in Lagos and Abuja to educate them on the need to pay attention to their mental health as much as they do to their physical well-being.





## World Mental Health Day 2023 Awareness Walk, University of Uyo

CHELD partnered with SaferPlace Africa and students of the Department of Psychology at the University of Uyo to organise an awareness walk to celebrate World Mental Health Day. The purpose was to sensitise the students and Uyo community on the importance of mental health to a person's overall well-being.

CHELD played a pivotal role in the campaign by designing and providing funds for printing pamphlets containing information on the rights of persons with mental illness as codified in the National Mental Health Act and inspiring placards with motivational messages.

The World Mental Health Day 2023 Awareness Walk was a momentous event. Through the collective efforts of the Nigeria Association of Psychology Students, SaferPlace Africa, Nigeria Mental Health, Road Safety, and Red Cross, the walk achieved its objective of effectively educating Uyo residents about the universal importance of mental health. The event's success and the milestones achieved, including the referrals for assessment, testify to the power of collaboration in advocating for mental health as a universal human right.



## Mental Health Special Ambassador

Prof Onyemelukwe was invested as a mental health Special Ambassador by Asido Foundation. The investiture was given in recognition of her effort towards advancing the cause of mental health in Nigeria and drafting the National Mental Health Act.



## Person A

The CHELD team represented by Mr Okoye visited the family of Rosemary Iwu. Diverse issues relating to Rosemary and her family were discussed and sorted out amicably. Also, the sum of N25,000 was given to her for the purchase of her drugs and for medical check-up.

## Person B

David came to us after we learned about his battle with depression and the thoughts of suicide he confronted. We provided financial support to him and referred him to for medical/psychiatrist evaluation.

## Person C

I'm writing this text to express my deepest gratitude to you. Thank you from the bottom of my heart I can not express how grateful I am for all you have done for me and my children. Your kindness and support mean the world to me, and I want to thank you from the bottom of my heart. Your unwavering support has been a source of strength for me and my family and I wanted to express my deep appreciation. Your support is invaluable, and I am grateful for it ma. Thank you so much.

# SUICIDE PREVENTION

CHELD's current activities include the Suicide Prevention Project under its Mental Health Project. The LCR2 Project advocates for the decriminalization of attempted suicide in Nigeria.

Through this Project, CHELD has provided legal support and representation, appearing before courts and obtaining the release of persons who have attempted suicide from prisons. CHELD provides rehabilitation and support through its rehabilitation programs. CHELD's work on decriminalizing attempted suicide has appeared in several local and international media outlets, including a CNN appearance in December, 2018, an appearance in Nigeria's Punch newspaper: [Police release youth who attempted suicide – Punch Newspapers \(punchng.com\)](#), amongst others.

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## National Suicide Prevention Strategic Framework

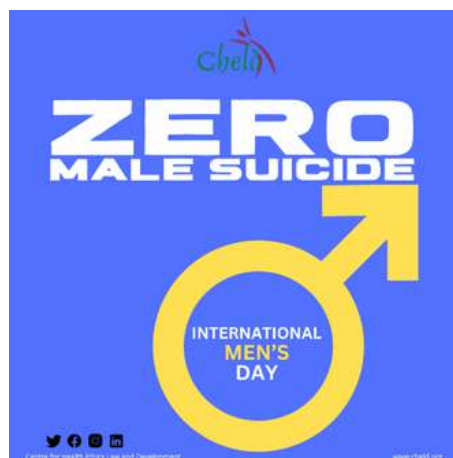
CHELD was invited to participate by the Federal Ministry of Health to participate in the discussion on the drafting of an appropriate framework for suicide prevention in Nigeria.

CHELD, as one of the key stakeholders in the workshop, expressed its commitment to supporting the development and implementation of the National Suicide Prevention Strategic Framework. This includes providing technical assistance, conducting research, and advocating for policies and programs that promote mental health and prevent suicide.



## International Men's Day – Zero Male Suicide

On the International Men's Day, we embarked on a social media campaign against male suicide titled 'Zero Male Suicide'. The aim of the campaign was to sensitise the public especially men about the increasing rate of male suicide and the need for men to seek help for mental health related issues.



## Survivor A

In 2020, we assisted a young man charged with attempted suicide, providing him with psychiatric care, legal aid, shelter and finance. We also worked to have the criminal charges against him stand withdrawn and the matter struck out.

We have continued to support him giving him part-time employment at the firm, helping pay for his UTME exams and tutorial classes and we are glad to report that he has gained admission this year to study at the University of Uyo. We are thrilled to see him make good use of available opportunities around him.





# WORLD HEALTH DAY

My Health, My Right





# Non-Communicable Diseases (NCDs)

Non-communicable diseases (NCDs) – diabetes, cancer, cardiovascular disease, chronic respiratory diseases, kidney diseases, mental ill health etc – are a growing challenge for Nigeria and other countries.

Globally, NCDs are estimated to cause 63 per cents of all deaths (WHO). 80 per cent of this occurs in low- and middle-income countries.

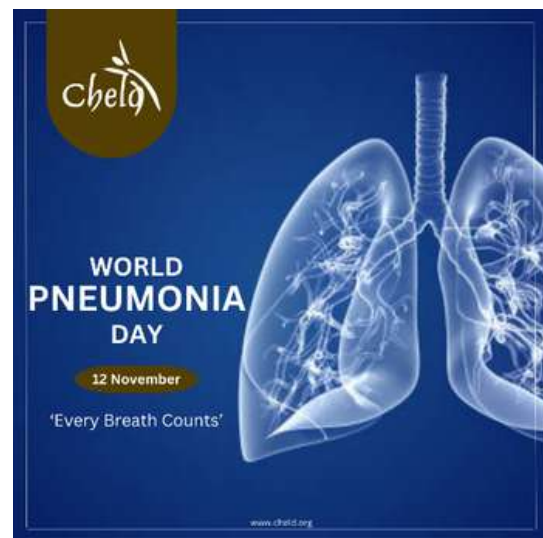
CHELD's NCDs programme aims to carry out projects in the areas of safe awareness campaigns, transfats policy advocacy, cancer and the law, and improving school health programmes.

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## Social Media Campaigns

CHELD commemorated observance days for several diseases in support of Non-Communicable Diseases.

As part of our public health advocacy, we embarked on awareness creation through social media to educate the public on the importance of avoiding habits, nutrition and lifestyles that encourage NCDs.



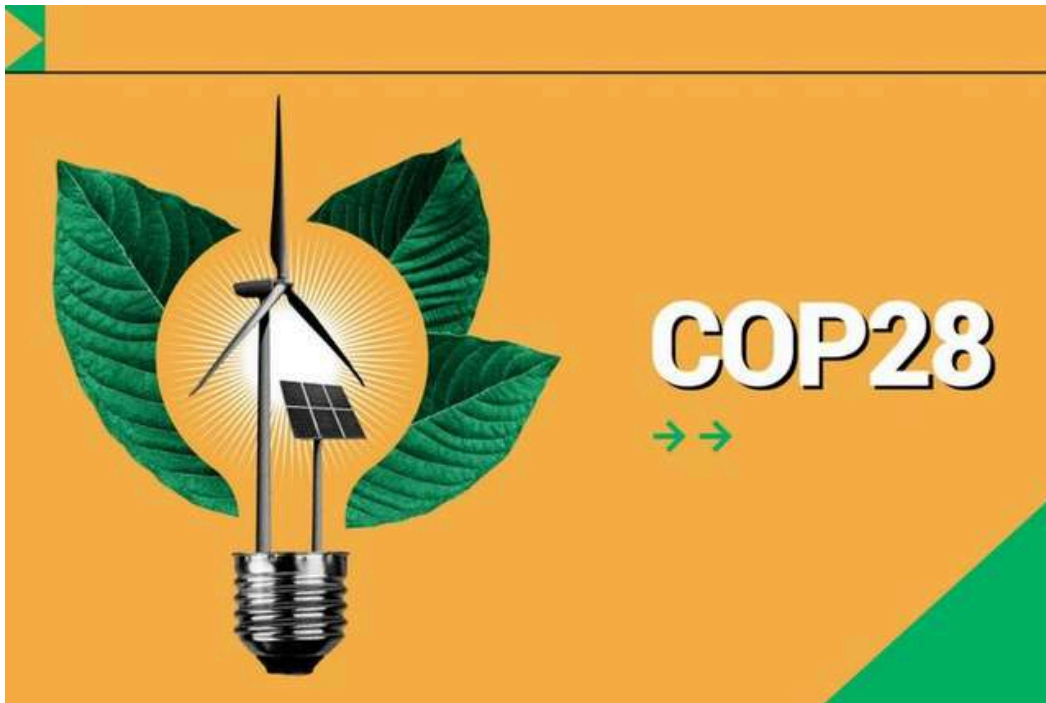
# CLIMATE CHANGE

CHELD Programme aims to increase awareness of climate change. We are thrilled about the recent focus on climate change and health at COP28, marked by the endorsement of the climate and health declaration by 123 nations. Recognising the interconnectedness of the climate crisis and health, we emphasise the urgency of a collective action.

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The COP 28 was significant. For the first time ever, a day was set aside for 'Health Day' which centred on five main themes - recognising and expanding adaptation strategies to tackle the effects of climate change on human health (including the One Health approach), presenting the foundational evidence and establishing the direct pathways through which climate change affects human health, amongst others. This, clearly, indicates that climate change and its effects on health have become the focal point of global concern.

At CHELD, our commitment remains steadfast in advocating for and implementing initiatives to tackle linkages between climate change and non-communicable diseases





# Knowledge Products



## Mental Health Policy Brief

CHELD has been at the forefront of issues of mental health in Nigeria through various advocacy programmes, including advocacy for the decriminalisation of attempted suicide, support for the rights of persons with mental health conditions and advocacy for the passage of the Act.

Led by its Executive Director, Prof Cheluchi Onyemelukwe, CHELD contributed significantly to the drafts of the recently passed National Mental Health Act 2021.

CHELD in its latest Mental Health Policy Brief discusses the historical context of mental health in Nigeria and the rationale behind the Act.

Essentially, the policy brief discusses the rights granted to persons with mental health conditions by the Act, such as humane and dignified treatment despite their mental health status, protection from discrimination, prohibition of abuse by health workers, the rights to housing and employment, and protection against wrongful termination of employment, etc. Furthermore, the policy brief outlines the next steps towards full implementation of the Act.



## Menstrual Hygiene Report

The plight of internally displaced persons (IDPs) in Abuja is characterized by significant challenges in accessing vital services, such as healthcare, education, and sanitation. These vulnerable populations are often forced to leave their homes due to conflicts, natural disasters, or other factors beyond their control, leading to displacement and a loss of essential resources.



## Ban on Single - Use Plastics

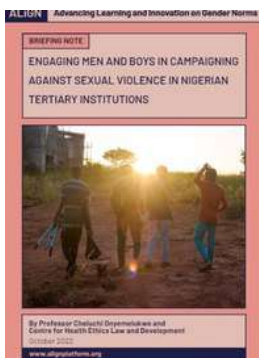
The Lagos state government banned Styrofoam and other single-use plastic products. The ban was to curtail the environmental impact of these products in the State. Widely used throughout the State by canteens, cafeterias and other types of food sellers serving the 20-million population of one of the most densely populated cities in the world, the ban has elicited many complaints from different quarters. The ban is the first of its kind by a government in Nigeria and has the potential to pave the way for similar prohibitions to be imposed by the federal and other state governments. This article reviews this ban and highlights key steps to be taken to ensure that the ban is effective.

## Glaucoma in Nigeria



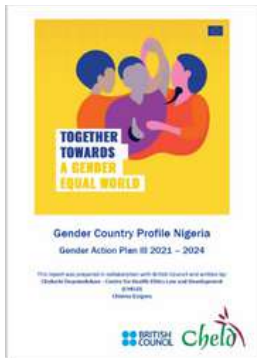
Glaucoma is the primary cause of irreversible blindness globally. Besides cataracts, it is the second leading cause of vision loss and vision impairment. In Nigeria, about 1.1 – 1.4 million adults aged 40 years and above suffer from glaucoma. Amongst the ethnic groups in Nigeria, the Igbo of South-East Nigeria have the highest prevalence of glaucoma which may be a result of genetic susceptibility.

The policy brief highlights the low levels of knowledge, screening, finance, inadequate equipment, paucity of human resources for health, timely referral, and dearth of ophthalmologists as challenges bedevilling the management of glaucoma in Nigeria. Additionally, the policy brief identified gaps in the policy and legal frameworks regarding UEH, including the non-justiciability of Chapter II, particularly section 17(3)(e) of the Constitution of the Federal Republic of Nigeria, 1999 (as amended), non-inclusion of eye health in the Guidelines for the Development of Primary Healthcare in Nigeria, non-inclusion at the secondary level about the Guidelines for the Administration, Disbursement, and Monitoring of the Basic Health Care Provision Fund. The policy brief calls for the engagement of stakeholders, and prioritisation of funding, amongst others, as key factors essential to achieving UEH in Nigeria.



## Engaging Men and Boys in Campaigning against Sexual Violence in Tertiary Institutions

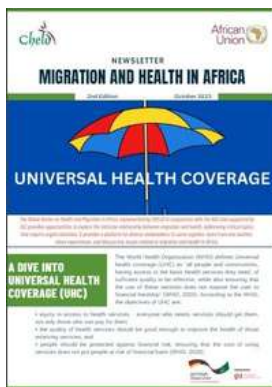
This research, conducted by the Centre for Health Ethics Law and Development (CHELD) sought to assess the level of male engagement by Women's Rights Organisations (WROs) involved in the campaign against sexual violence in Nigerian tertiary institutions. These organisations generally support policy development on sexual and gender-based violence in tertiary institutions, establish sexual violence response teams, and undertake awareness creation and training of students on sexual and other gender-based violence.



## Nigeria Country Gender Profile

The Country Gender Profile for Nigeria was prepared by CHELD in collaboration with the British Council for the European Union.

It provides an understanding of gender equality challenges and opportunities, the position and roles of girls, boys, women, and men, in all their diversity, in society, as well as the distribution of resources and power between them. The Report considers and analyses gender equality broadly in various spheres of activity and sectors including poverty and inequality, employment and enterprise, peace and security, health, education, gender-based violence, digitalisation, climate change, and inclusion and intersectionality.



## Migration and Health Newsletters

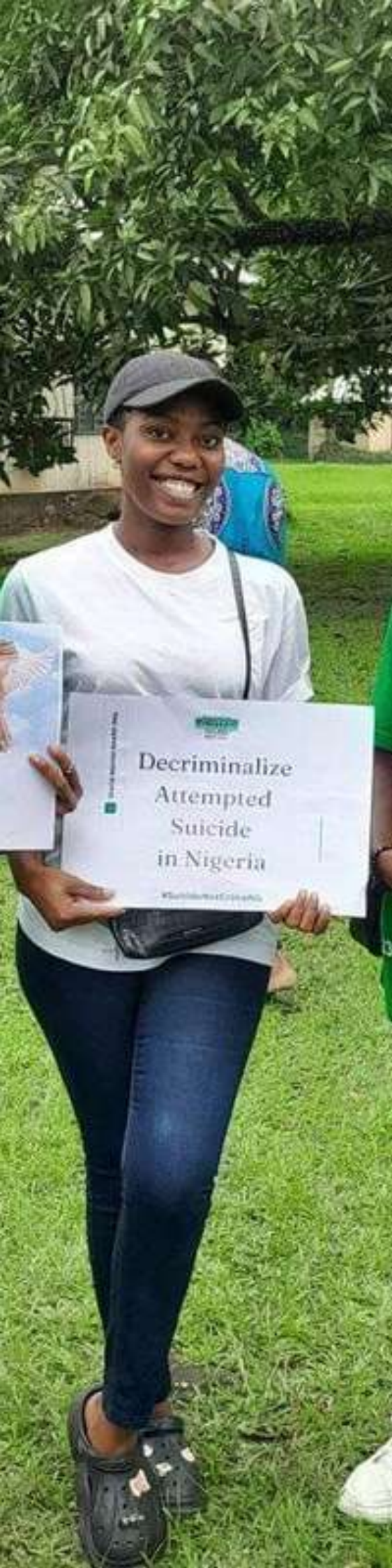
The Online Series on Health and Migration in Africa implemented by CHELD in conjunction with the AUC and supported by GIZ provides opportunities to explore the intricate relationship between migration and health, addressing critical topics that require urgent attention. It provides a platform for diverse stakeholders to come together, learn from one another, share experiences, and discuss key issues related to migration and health in Africa.

## Non – Communicable Diseases Policy Brief



Non-communicable diseases (NCDs), is classified as chronic diseases, cannot be passed from one person to another. These include cardiovascular diseases, chronic respiratory diseases, cancers, diabetes, mental health disorders and sickle cell disease.

Primarily, NCDs can be attributed to four major risk factors consisting of unhealthy diets, physical inactivity, use of tobacco and excessive consumption of alcohol. People across all age groups are susceptible to these risk factors, but a higher percentage of NCD-related deaths occur among people aged between 30 and 70 years.



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