

RESOLUTION

XII INTERNATIONAL CONFERENCE ON CITY HEALTHCARE

«CITY HEALTH»

April 27-28, 2023, Bishkek, Kyrgyzstan

The participants of the XII International Conference on Urban Health Care “City Health”, represented by medical and scientific communities, non-profit organizations, government agencies, the media and international experts from Germany, the UK, the USA, Poland, China, Mongolia, Russia, Georgia, Kazakhstan and Uzbekistan after having listened to the reports and jointly discussed the proposals, unanimously agreed that the modern health care system of densely populated cities and the suburb areas in the region has faced a big number of problems and challenges.

Issues such as proper and balanced nutrition, providing the population with quality and legal medicines, smoking, excessive consumption of alcohol, the distribution of drugs, especially synthetic ones among young people, air quality, constant population growth, the growth of illegal trade in food (including counterfeit) and everyday life are increasingly contributing to the development non-communicable chronic diseases and placing an enormous burden on national economies.

The participants of the conference recognize that these problems do not exist in isolation, and the whole society should be highly active in addressing them in their social and political contexts. The conference called for a critical examination of the causes and solutions to these problems and the relationship of public health with institutions that are interested and play an important role in their structure.

After having listened to the reports, discussions and opinions shared, the participants of the conference, as its results, consider as necessary the following:

- recognize that the conference has created a platform for knowledge sharing and discussion on how all stakeholders can work together and most effectively respond to challenges and major public health issues.
- apply a joint approach to solving traditional and modern public health problems (especially NCDs) in the region with the joint efforts of governments, businesses, the media, and public associations. This approach opens opportunities for an effective prevention of NCDs.
- promote an approach based on the concept of reduction harm from unhealthy lifestyle behaviors (excessive alcohol consumption, unbalanced diet, smoking, physical inactivity, reproductive hygiene, and drug addiction) and thereby reducing risk as. The harm reductions approach is a missing element in addressing comprehensively NCDs, particularly in prevention and increasing effectiveness of disease therapies.
- to carry out a comprehensive program for prevention of the use of narcotic drugs, including raising public awareness of new illegal ways for the distribution of traditional and non-traditional psychoactive substances, including tightening control over the circulation of sedative drugs through pharmacies. Promoting national harm reduction programs to manage drug addiction for further socialization of people at risk.
- consider the effective use of harm reduction tools in the management of drug addiction, including the experience of developed countries such as the UK, the USA and China, and recommend that the Governments of the countries of the

region to apply this Concept to deal with other NCD risk factors: addiction to alcohol and smoking, unbalanced diet, etc.

- systematically improve the quality of primary health care for the population in the region and promote harm reduction in the prevention of not only diseases, but also various injuries, burns, traffic, and other accidents.
- encourage differentiated regulation of products and goods with scientifically substantiated less harmful potential in accordance with the national laws of countries in the region based on the experience of developed countries and ensure the availability of such products as a harm reduction tool for NCD risk factors prevention and other certain infectious diseases such as tuberculosis, AIDS, etc.
- continuously improve the social life and health of prisoners in prisons in the region as well as systematically improve the quality of special medical services for certain vulnerable groups in the countries.
- recommend to the Governments of the countries participating in the conference to consider the opportunity to legally frame the definitions of “Harm reduction concept” and its tools in local laws.
- study international experience and propose feasible measures to improve the environmental situation in large cities and their suburbs (air pollution, dense population, disruption of the natural wind rose), which leads to the development of a number of chronic diseases.
- create an international coalition of associations, government agencies and experts - supporters of the harm reduction, coordinated by the organizers of the conference, and ensure a systematic exchange of knowledge, experience, and data on scientific developments.
- recommend to the Governments of the participating states to establish a dialogue with international organizations on promoting the concept of harm reduction as a missing element in the prevention of NCDs and their risk factors.