

## **Request to submit a statement by accredited non-State actors at sessions of the WHO Regional Committee for Africa**

In accordance with Paragraph 15 of the Annex of the Document AFR/RC71/2, accredited non-State actors wishing to make a statement at sessions of the WHO Regional Committee for Africa must submit a request to the External Relations, Partnerships and Governing Bodies Unit (EPG) of the WHO Regional Office for Africa (at the e-mail address: [GoverningBodiesAfro@who.int](mailto:GoverningBodiesAfro@who.int)) not later than one week before the start date of the session.

The statement should respect the time and word limits set for statements by non-State actors for the relevant session, as specified in the session's Information note disseminated to all participants. The statement should focus on technical issues and should be directly relevant to both the agenda item and to the document prepared for the item. The statement should not raise issues of a political nature that are unrelated to the agenda item and should not contain any inappropriate or offensive reference to Member States. While there should be no reference to any individual Member State or areas of Member States, it is recalled that nomenclature must follow that of the United Nations.

The Chairperson of the Regional Committee decides whether or not to accord the accredited non-State actors the right to make its oral statement during the session in light of its relevance to the discussion, the time constraints or any other reason.

The statement is posted on the website of the WHO Regional Office for Africa for a limited time period as determined by the Secretariat, and will not be retained thereafter.

**Name and acronym of the accredited non-State actor** (in English, French or Portuguese):

Global Self-Care Federation (GSCF)

**Date and title of the session:** Regional Committee for Africa: 75th Session, 25-27 August, 2025

**Agenda item (number, title):** Agenda Item 16.9: Progress Report on the Regional framework for integrating essential noncommunicable disease services in primary health care

**Form of the statement:** ☒ Written ☐ Oral

**If in oral form, name and function of the person wishing to read the statement:** \_\_\_\_\_

**Statement** (in English, French or Portuguese): We welcome the African Progress Report on the  
Regional work for Integrating Essential NCD Services in Primary Health Care (2017-2030). We share  
its call for accelerated and innovative action to close persistent gaps in service coverage, access to  
medicines, and health workforce capacity. Evidence based self-care interventions including responsible  
use of non-prescription medicines, health technologies, lifestyle practices, and preventative actions enable  
people to prevent and manage conditions such as cardiovascular disease, diabetes, respiratory,  
cancer, oral health, and mental health. Community level access to self-care products reduces the need  
for hospital or doctor visits, which are often time consuming and costly for individuals  
and systems. These everyday actions complement formal healthcare services, extend care beyond clinical  
settings, and help reduce key NCDs. Evidence demonstrates that self-care including the responsible use  
of non-prescription medicines delivers substantial cost and time savings. In Sub-Saharan Africa alone  
it is already generating \$1 billion in annual healthcare savings, while saving 141 million hours for individuals  
and 7 million hours for physicians. These benefits can support efforts to expand NCD services, reduce  
workforce pressure, improve medicine access and advance prevention strategies. To unlock the full  
potential of self-care we urge stakeholders to: 1) Invest in self-care infrastructure: access to products  
digital tools and education; 2) Integrate self-care into national NCD and PHC strategies; 3) Reform  
financing models to include and incentivise self-care; 4) Strengthen workforce planning to align clinical  
expertise with complex care while supporting self-management

**Name:** Catherine Lavery

**Position:** Director of Communications & Policy

**Date:** 14th August, 2025