



# Leading the Fight Against Asia's Silent Epidemic

## A SHORT COURSE ON NON-COMMUNICABLE DISEASES IN ASIA

**Non-communicable diseases (NCDs) are the quiet emergency claiming lives every day.**

NCDs also strain health systems, limit economic growth, and affect communities for generations. Asia, home to a growing ageing population, is especially susceptible to NCDs, making prevention and effective interventions urgent for the world's largest continent.

### Course Description

Participants of this course will be provided with an overview of the global burden of NCDs with a focus on Asia. It is curated for participants who are keen to learn more about NCD prevention and the implementation and evaluation of NCD interventions in the region. Participants will learn key epidemiological concepts and understand the challenges and opportunities present in the prevention of key NCDs such as cancer, cardiovascular diseases, and mental health. With a focus on health systems, the course will also highlight the implications of NCD patterns and trends on health systems and the need for integrated NCD care.

### Learning Objectives

**The Non-Communicable Diseases: Building Health Systems Capacity course will help you gain a deeper insight into**

- Understanding NCD patterns and trends, with a focus on the Asian landscape
- Designing and implementing effective prevention and lifestyle interventions
- Applying evidence-based frameworks for integrated NCD care
- Strengthening your skills to drive real-world impact in health systems

**Course Code**  
GMS5153

**Course Director**  
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Consultant, SingHealth Duke-NUS Internal Medicine Academic Clinical Programme

**Course Dates**  
9 - 13 March 2026

**Course Fee**  
S\$5,400 + 9% GST

**Registration Date**  
1 Sept to 5 Dec 2025

**Get in Touch**  
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**Learn with Us!**



This course can be taken as a standalone or as part of the **Graduate Certificate in Global Health Practice in Asia**.

Scan the QR code or get in touch to find out more.