Key mission findings

1. Oman is strongly positioned to move forward on NCDs: (i) There is a strong political and technical commitment and increasing understanding of the need of action in different government ministries; (ii) Frameworks and coordination mechanisms are in place (e.g. Health Vision 2050, National NCD Policy, draft plan of action, inter-ministerial NCD Committee); (iii) There is a willingness of non-State actors to support government.

2. National Committee on NCDs has significant potential to coordinate and lead the NCDs response in Oman with support from Cabinet.

3. Achievements include tobacco control and salt reduction in bread. There is a need to progress policies that encourage healthy diet and physical activity.

4. Oman has a strong health system with a focus on universal health coverage and primary health care, including a national programme for detecting NCDs.

5. UN system is ready to provide coordinated technical assistance to catalyse NCD action.

“We simply cannot afford the costs of people becoming ill from NCDs at a young age.”

Dr Ahmed Mohammed Al-Saidi
Minister of Health of Oman

Key adult NCD mortality and risk factors*

- **Probability of premature mortality from NCDs:** 18% (2012)
- **21% of men (aged >= 15 years) smoke tobacco** (2015)
- **23% of adult men and 34% of adult women are obese** (2014)
- **7.5% of adults have raised fasting blood glucose** (2014)
- **17% of adult men and 15% of adult women have raised blood pressure** (2015)
- **Pure alcohol per capita consumption:** 0.9 litres per year (population 15+, 2015)
- **No data for fruit and vegetable consumption**
**Key recommendations**

1. Draft national multisectoral action plan on NCDs to be finalized and costed.

2. Conduct an NCD investment case.

3. The National Committee on NCDs to be a whole-of-government body supported by a high level Health Council.

4. Import taxes for tobacco products to be converted into (domestic) excise taxes and significantly increased in conjunction with the Gulf Cooperation Council.

5. Subsidies for unhealthy foods (salt, sugar, palm oil) to be replaced with healthy ones (fruit and vegetable and healthy oils) and labelling of food and beverages rich in salt, sugar or unhealthy fats to be implemented.

6. One-year Campaign on Physical Activity was launched on 27 December 2016.


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**Next steps**

1. WHO Mission regarding marketing of unhealthy food and beverages to children is planned for mid-2017.


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**“Tackling noncommunicable diseases is critical as it will support the children of Oman in reaching their full potential and living in a disease-free environment.”**

*Mr Osama Makkawi  
UNICEF Representative in Oman*

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**Adding value: actions taken following the mission**

1. Detailed 5-year national plan of action is currently being finalized.

2. UN Theme Group on NCDs was established; 2017 work plan is in discussion.

3. GCC regulation on trans fats was adopted by Government of Oman.

4. Three-step (50 cents each time) increase on tobacco tax was approved.

5. Removal of subsidies for unhealthy foods, 50% tax on sugary drinks and 100% tax on energy drinks is under consideration by the GCC.

6. One-year Campaign on Physical Activity was launched on 27 December 2016.


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**“The United Nations is committed to supporting Oman in further scaling up action to tackle NCDs. The levels of NCDs in Oman are very worrying and we are impressed that the government is taking this issue so seriously. We have seen a number of initiatives to tackle NCDs, including the way that government is working with bakeries to make their products more healthy.”**

*Dr Oleg Chestnov, Assistant Director-General for Noncommunicable Diseases and Mental Health, WHO*