Honduras

Total population: 7,936,000
Income Group: Lower middle

Percentage of population living in urban areas: 52.2%
Population proportion between ages 30 and 70 years: 31.4%

### Age-standardized death rates*

<table>
<thead>
<tr>
<th>Year</th>
<th>Cardiovascular Diseases</th>
<th>Chronic Respiratory Diseases</th>
<th>Cancers</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>270</td>
<td>150</td>
<td>100</td>
<td>20</td>
</tr>
<tr>
<td>2012</td>
<td>250</td>
<td>130</td>
<td>80</td>
<td>15</td>
</tr>
</tbody>
</table>

### Proportional mortality (% of total deaths, all ages, both sexes)*

- Cardiovascular diseases: 27%
- Cancers: 14%
- Communicable, maternal, perinatal and nutritional conditions: 23%
- Chronic respiratory diseases: 5%
- Other NCDs: 13%
- Diabetes: 2%

Total deaths: 36,000
NCDs are estimated to account for 61% of total deaths.

### Premature mortality due to NCDs*

The probability of dying between ages 30 and 70 years from the 4 main NCDs is 16%.

### Adult risk factors

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Males</th>
<th>Females</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current tobacco smoking (2011)</td>
<td>...</td>
<td>...</td>
<td>...</td>
</tr>
<tr>
<td>Total alcohol per capita consumption, in litres of pure alcohol (2010)</td>
<td>5.7</td>
<td>2.3</td>
<td>4.0</td>
</tr>
<tr>
<td>Raised blood pressure (2008)</td>
<td>27.6%</td>
<td>21.2%</td>
<td>24.3%</td>
</tr>
<tr>
<td>Obesity (2008)</td>
<td>12.1%</td>
<td>24.3%</td>
<td>18.4%</td>
</tr>
</tbody>
</table>

### National systems response to NCDs

- Has an operational NCD unit/branch or department within the Ministry of Health, or equivalent: No
- Has an operational multisectoral national policy, strategy or action plan that integrates several NCDs and shared risk factors: No
- Has an operational policy, strategy or action plan to reduce the harmful use of alcohol: No
- Has an operational policy, strategy or action plan to reduce physical inactivity and/or promote physical activity: No
- Has an operational policy, strategy or action plan to reduce the burden of tobacco use: Yes
- Has an operational policy, strategy or action plan to reduce unhealthy diet and/or promote healthy diets: No
- Has evidence-based national guidelines/protocols/standards for the management of major NCDs through a primary care approach: No
- Has an NCD surveillance and monitoring system in place to enable reporting against the nine global NCD targets: No
- Has a national, population-based cancer registry: No

---

*The mortality estimates for this country have a high degree of uncertainty because they are not based on any national NCD mortality data (see Explanatory Notes).

---