**Myanmar**

**Total population:** 52,797,000  
**Income Group:** Low  
**Percentage of population living in urban areas:** 32.6%  
**Population proportion between ages 30 and 70 years:** 44.2%

### Premature mortality due to NCDs*

The probability of dying between ages 30 and 70 years from the 4 main NCDs is 24%.

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

- Cardiovascular Diseases: 25%
- Cancers: 11%
- Chronic respiratory diseases: 9%
- Injuries: 11%
- Communicable, maternal, perinatal and nutritional conditions: 30%

Total deaths: 441,000  
NCDs are estimated to account for 59% of total deaths.

### 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>38%</td>
<td>7%</td>
<td>22%</td>
</tr>
<tr>
<td>Total alcohol per capita consumption, in litres of pure alcohol (2010)</td>
<td>1.4</td>
<td>0.0</td>
<td>0.7</td>
</tr>
<tr>
<td>Raised blood pressure (2008)</td>
<td>31.1%</td>
<td>26.7%</td>
<td>28.9%</td>
</tr>
<tr>
<td>Obesity (2008)</td>
<td>1.9%</td>
<td>6.0%</td>
<td>4.0%</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: Yes
- Has an operational policy, strategy or action plan to reduce the harmful use of alcohol: Yes
- Has an operational policy, strategy or action plan to reduce physical inactivity and/or promote physical activity: Yes
- 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: Yes
- Has evidence-based national guidelines/protocols/standards for the management of major NCDs through a primary care approach: Yes
- 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

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* 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).