Panama

Total population: 3,802,000
Income Group: Upper middle

Percentage of population living in urban areas: 75.3%
Population proportion between ages 30 and 70 years: 41.5%

Premature mortality due to NCDs

The probability of dying between ages 30 and 70 years from the 4 main NCDs is 13%.

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>23%</td>
<td>4%</td>
<td>14%</td>
</tr>
<tr>
<td>Total alcohol per capita consumption, in litres of pure alcohol (2010)</td>
<td>11.2</td>
<td>4.7</td>
<td>8.0</td>
</tr>
<tr>
<td>Raised blood pressure (2008)</td>
<td>31.2%</td>
<td>21.9%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Obesity (2008)</td>
<td>19.2%</td>
<td>31.5%</td>
<td>25.4%</td>
</tr>
</tbody>
</table>

National systems response to NCDs

- Has an operational NCD unit/branch or department within the Ministry of Health, or equivalent: Yes
- 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: 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: Yes