TOGETHER WE CAN PREVENT AND CONTROL THE WORLD’S MOST COMMON DISEASES

The challenge is unprecedented -- a 25% reduction by 2025 in premature deaths from noncommunicable diseases.

What we know

More than 14 million people between the ages of 30 and 70 die each year from noncommunicable diseases (NCDs). Eighty-five per cent live in developing countries.

- Implementing simple interventions that reduce NCD risk factors will decrease premature deaths by half to two-thirds.
- Health systems that respond to the needs of people with NCDs can reduce mortality by another third to half.

WHO Global NCD Action Plan

A road map with policy options to be implemented from 2013 to 2020 focusing on four modifiable risk behaviors that are linked to four preventable noncommunicable diseases.

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Disease</th>
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</thead>
<tbody>
<tr>
<td>Tobacco use</td>
<td>Cancer, Cardiovascular disease, Chronic respiratory disease</td>
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<tr>
<td>Inactivity</td>
<td>Cancer, Cardiovascular disease, Chronic respiratory disease</td>
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<tr>
<td>Physical inactivity</td>
<td>Cancer, Cardiovascular disease, Chronic respiratory disease</td>
</tr>
<tr>
<td>Harmful use of alcohol</td>
<td>Cancer, Cardiovascular disease, Chronic respiratory disease</td>
</tr>
</tbody>
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COUNTRIES
- Set national targets
- Develop national action plans
- Monitor results

Characteristics of the WHO Global NCD Action Plan

- Support countries with policy advice
- Support countries with technical advice
- Support countries to set national targets focusing on action areas
- Shift focus to population interventions and nonessential drugs
- Support countries to facilitate collaboration between governments and other partners

Nine Targets for 2025

- Establish 80% availability of affordable technology and medicine to treat NCDs
- Ensure that 10% of people receive preventive therapy for heart attacks and strokes
- Halt the rise in diabetes and obesity
- 30% reduction in salt intake
- 10% reduction in harmful use of alcohol
- 25% reduction in prevalence of high blood pressure
- 10% reduction in tobacco use
- 10% reduction in prevalence of insufficient physical activity
- 7.5% reduction in premature death of people age 50 to 70 from cardiovascular diseases, cancers, diabetes, or chronic respiratory diseases

Six Global Objectives

- Make prevention and control of NCDs a priority
- Strengthen national capacities and leadership
- Reduce modifiable risk factors
- Strengthen health systems
- Promote high-quality research
- Monitor trends of disease

Action versus Inaction in developing countries

NCDs constitute a public health challenge that undermines social and economic development

$7 trillion estimated loss of productivity and price of health care without taking action over the next 20 years

$11 billion estimated cost per year of implementing the Global Action Plan