

Plan of Action for the Prevention and Control of Noncommunicable Diseases in the Americas 2013-2019

Noncommunicable diseases (NCDs)—principally cardiovascular diseases, cancers, diabetes, and chronic respiratory diseases, together with their risk factors: tobacco use, unhealthy diet, physical inactivity, and the harmful use of alcohol—account for more than 80% of all deaths in the Region of the Americas. Thirty five percent of these deaths occurred prematurely in persons under 70 years of age. If no action is taken, deaths and disabilities from this epidemic are expected to increase, along with the burden they place on health systems and national economies.

Strategic Line of Action 1: Multi sectoral policies & partnerships

- Build and promote multisectoral action with relevant sectors of government and society, including integration into development and economic agendas.

Strategic Line of Action 2: NCD risk factors and protective factors

- Reduce the prevalence of main NCD risk factors and strengthen protective factors, with emphasis on children, adolescents and vulnerable populations;
- Use evidence-based health promotion strategies and policy instruments, including regulation, monitoring, and voluntary measures; and
- Address the social, economic, and environmental determinants of health.

Strategic Line of Action 3: Health system response to NCDs and risk factors

- Improve coverage, equitable access, and quality of care for NCDs, with emphasis on primary health care that includes prevention and strengthened self-care.

Strategic Line of Action 4: NCD surveillance and research

- Strengthen country capacity for surveillance and research on NCDs, their risk factors and their determinants, and utilize the results of this research to support evidence-based policy and program development and implementation.



Set of 9 voluntary global NCD targets for 2025

Following the Political Declaration on Noncommunicable Diseases (NCDs) adopted by the UN General Assembly in 2011, WHO developed a global monitoring framework to enable global tracking of progress in preventing and controlling major noncommunicable diseases - cardiovascular disease, cancer, chronic lung diseases and diabetes - and their key risk factors. The framework comprises 9 voluntary global targets aimed at combatting global mortality from the four main NCDs, accelerating action against the leading risk factors for NCDs and strengthening national health system responses.



50%

Target 1: A 25% relative reduction in risk of premature mortality from CVDs, cancer, diabetes, chronic respiratory diseases



10%

Target 2: At least 10% relative reduction in the harmful use of alcohol, as appropriate, within the national context



Target 3: A 10% relative reduction in prevalence of insufficient physical activity



25%

Target 4: A 30% relative reduction in mean population intake of salt/sodium



30%

Target 5: A 30% relative reduction in prevalence of current tobacco use in persons aged 15+ years



30%

Target 6: A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances



80%

Target 7: Halt the rise in diabetes and obesity



25%

Target 8: At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes



10%

Target 9: An 80% availability of the affordable basic technologies and essential medicines, including generics, required to treat major NCDs in both public and private facilities