

National NCD Targets for Cuba

Premature mortality from noncommunicable disease



• 25% reduction of premature mortality from cardiovascular diseases, cancer, diabetes and respiratory diseases by 2025, 2% reduction per year (2013 baseline)

Harmful alcohol use



• 10% relative reduction in harmful use of alcohol by 2025, 1% reduction per year (2010 baseline: 7.8%)

Physical inactivity



• 10% relative reduction in prevalence of physical inactivity by 2025, 1% reduction per year (2010 baseline: 40.4%)

Sodium intake



• 30% relative reduction of population daily average intake of salt/sodium by 2025, 2% reduction per year (2010 baseline)

Tobacco use



• 30% reduction in tobacco consumption among persons aged 15+ years by 2025, 2% reduction per year (2010 baseline: 23.7%)

Raised blood pressure



• 25% relative reduction in prevalence of hypertension by 2025, 2% reduction per year (2010 baseline: 30.9%)

Diabetes and obesity



• Stop the increase of diabetes by 2025 (2010 baseline)

• Stop the increase of obesity by 2025 (2010 baseline)

Drug therapy to prevent heart attacks and strokes



• Maintain 100% coverage for eligible people receiving drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes through 2025

Essential noncommunicable disease medicines and basic technologies to treat major noncommunicable diseases



• Maintain 80% availability of basic technologies and affordable essential medications, including generic medications, according to the comprehensive approach to NCDs at Primary Level Health Care, both in public and private health centers through 2025