### National NCD Targets for Estonia

#### Premature mortality from noncommunicable disease
- Reduce premature (under 65) cardiovascular disease mortality rate (per 100,000 citizens) from 94 in 2011 to 56 by 2020

#### Harmful alcohol use
- Reduce annual consumption of absolute alcohol per citizen (liters) from 10.2 in 2012 to <8 by 2020

#### Physical inactivity
- Increase prevalence of persons aged 16-64 regularly participating in sport from 36.3% in 2010 to 53% by 2020

#### Sodium intake
- [no target]

#### Tobacco use
- Reduce prevalence of daily smokers among persons aged 16-64 from 26.2% in 2010 to 18.3% by 2020

#### Raised blood pressure
- [no target]

#### Diabetes and obesity
- [no target]
  - Reduce percentage of obese persons in the age group 16-64 from 15.2% in 2006 to 12% by 2020
  - Reduce percentage of overweight school students from 7.8% in 2006/7 to 6% by 2020

#### Drug therapy to prevent heart attacks and strokes
- [no target]

#### Essential noncommunicable disease medicines and basic technologies to treat major noncommunicable diseases
- [no target]

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Reference: National Health Plan 2009–2020

Based on country-provided documents as of September 2017.

Listed targets are only those closely linked to the Global NCD Targets. Other national targets may exist.