

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
- \bullet 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]