

National NCD Targets for Lesotho

Premature mortality from noncommunicable disease



- 25% relative reduction in mortality due to Cancer, Diabetes, CVD, CRD by 2020 (set 2014)

Harmful alcohol use



- At least 5% reduction in the harmful use of alcohol from 30.7% by 2020 (set 2014)

Physical inactivity



- 10% reduction in prevalence of insufficient physical activity by 2020 (set 2014)

Sodium intake



- 30% reduction in mean population intake of salt by 2020 (set 2014)

Tobacco use



- 15% reduction in prevalence of current tobacco use in persons aged 10+ years by 2020 (reduction from 10.1% - adolescents; reduction from 24.5% - adults)

Raised blood pressure



- 25% reduction in the prevalence of raised blood pressure by 2020 (set 2014)

Diabetes and obesity



- 50% reduction in the rate of increase of diabetes by 2020 (set 2014)

- 50% reduction in the rate of increase of obesity by 2020 (set 2014)

Drug therapy to prevent heart attacks and strokes



- At least 80% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes by 2020 (set 2014)

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



- An 80% availability of the affordable basic technologies and essential medicines, including generics, required to treat major non-communicable diseases in both public and private facilities by 2020 (set 2014)