

National NCD Targets for Malta

Premature mortality from noncommunicable disease



- 20% reduction in death rates for coronary artery disease in persons under the age of 65 by 2020

Harmful alcohol use



- 5% reduction in the frequency of being drunk during the previous month among 16 year olds and younger by 2020

Physical inactivity



- Increase the proportion of the population who carry out a moderate or high level of physical activity daily or on most days from 43.5% (2010) to 70% (2020).
- Reduce the proportion of children and adolescents who never perform any exercise by 5% by 2020.

Sodium intake



- Limit salt consumption by 10% by 2020

Tobacco use



- Reduce prevalence of smokers to 15% by 2020 (20% 2008)
- 4% reduction in the number of adolescents (aged 16 years) who take up regular smoking by 2020
- 50% reduction in passive smoking

Raised blood pressure



- 3% reduction in the prevalence of self-reported hypertension in adults by 2020

Diabetes and obesity



- Limit the prevalence of persons with diabetes among those aged 34 years and over to 10% through 2020

- Reduce the prevalence of obesity within the population over the age of 15 years from 22% to 18% by 2020
- Keep the prevalence of obesity among 13 year olds below 15% 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]