

National NCD Targets for Myanmar

Premature mortality from noncommunicable disease



• 20% reduction in the unconditional probability of dying between ages 30-70 from cardiovascular disease, cancer, diabetes, or chronic respiratory disease by 2025 (baseline 0.24)

Harmful alcohol use



• 10% reduction in the prevalence of heavy episodic alcohol drinking among adults by 2025 (baseline 10.3%)

Physical inactivity



• 10% reduction in prevalence of insufficient physical activity among adults by 2025 (baseline 12.7%)

Sodium intake



• 20% reduction in mean population intake of salt/sodium by 2025

Tobacco use



• 10% reduction in prevalence of tobacco use in persons aged over 15 years by 2025 (baseline 22% smoked, 29.7% smokeless)

Raised blood pressure



• 20% reduction in prevalence of raised blood pressure by 2025 (baseline 28.9%)

Diabetes and obesity



• Halt the rise in diabetes by 2025 (baseline 10.5%)

• Halt the rise in prevalence of overweight by 2025 (baseline 25.4%)

Drug therapy to prevent heart attacks and strokes



• 50% of eligible people receive drug therapy and counseling (including glycaemic control) to prevent heart attacks and stroke by 2025 (baseline 32%)

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



• 80% availability of affordable basic technologies and essential medicines, including generics, required to treat major NCDs in both public and private facilities by 2025