

National NCD Targets for Nepal

Premature mortality from noncommunicable disease



- 25% relative reduction in overall mortality from cardiovascular diseases, cancers, diabetes, or chronic respiratory diseases by 2025

Harmful alcohol use



- 10% relative reduction in the harmful use of alcohol by 2025

Physical inactivity



- 10% relative reduction in prevalence of insufficient physical activity by 2025

Sodium intake



- 30% relative reduction in mean population intake of salt/sodium by 2025

Tobacco use



- 30% relative reduction in prevalence of current tobacco use in persons aged over 15 years by 2025

Raised blood pressure



- 25% relative reduction in prevalence of raised blood pressure by 2025

Diabetes and obesity



- Halt the rise in diabetes by 2025

- Halt the rise in obesity by 2025

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

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