

## National NCD Targets for Timor-Leste

### Premature mortality from noncommunicable disease



- 20% relative reduction in the unconditional probability of dying between ages 30 and 70 years from four major NCDs by 2025

### Harmful alcohol use



- 10% relative reduction in the prevalence of heavy episodic drinking among adults by 2025

### Physical inactivity



- 15% relative reduction in the prevalence of insufficiently physically active adolescents (aged 13-17 years) by 2025
- 10% relative reduction in the prevalence of insufficiently physically active persons aged 18+ years by 2025

### Sodium intake



[no target]

### Tobacco use



- 20% relative reduction in the prevalence of current tobacco use among persons aged 18+ years by 2025
- 30% relative reduction in the prevalence of current tobacco use among adolescents (13-17 years) by 2025

### Raised blood pressure



- 25% relative reduction in the prevalence of raised blood pressure among adults aged 18+ years by 2025

### Diabetes and obesity



- Halt the rise in the prevalence of diabetes among adults by 2025

- Halt the rise of the prevalence of overweight and obesity in adults aged 18+ years by 2025

### Drug therapy to prevent heart attacks and strokes



- By 2025, 50% coverage of drug therapy to prevent heart attacks and strokes (includes glycemic control), and counselling for people aged 40 years and over with a 10-year cardiovascular risk greater than or equal to 30% (includes those with existing cardiovascular disease)

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



- By 2025, 80% availability of generic essential NCD medicines and basic technologies in both public and private facilities