Premature mortality from noncommunicable disease

- 10% reduction in premature mortality from cardiovascular disease, malignant neoplasms, diabetes mellitus, and chronic respiratory diseases by 2022
- Reduce percentage of deaths of the population aged 30-69 years due to cardiovascular diseases from 52.8% in 2019 to 43.0% in 2025
- Reduce percentage of deaths of the population aged 30-69 years due to cancer deaths from 15.1% in 2019 to 14.0% in 2025
- Reduce percentage of deaths of the population aged 30-69 years due to diabetes mellitus from 5.7% in 2019 to 5.0% in 2025
- Reduce percentage of deaths of the population aged 30-69 years due to chronic respiratory diseases from 1.1% in 2019 to 0.9% in 2025

Harmful alcohol use

- 10% reduction in harmful alcohol consumption by 2022

Physical inactivity

- 10% increase in physical activity of the population by 2022

Sodium intake

- 15% reduction of consumption of food with high salt content by 2022
- Reduce salt consumption in the population from 15.1 g/day in 2017 to 10.5 g/day by 2025

Tobacco use

- 10% reduction in tobacco consumption by 2022

Raised blood pressure

- Restrain the growth in the number of patients with high blood pressure by 2022

Diabetes and obesity

- Restrain the growth in the number of patients with diabetes by 2022
- Restraining the growth in the number of patients with obesity by 2022
- Keep proportion of older population who are overweight (BMI ≥ 25 kg / m²) at or below 56.4% (2019 baseline) through 2025 (no rise)
- Keep proportion of population with obesity (BMI≥30 kg / m²) at or below 23.5% (2019 baseline) through 2025 (no rise)

Drug therapy to prevent heart attacks and strokes

- Provide at least 50% of patients at high-risk and patients with noncommunicable diseases with appropriate medication and counseling to prevent strokes and heart attacks by 2022

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

- Achieving 50% of medical institutions providing basic diagnostic tests, equipment and essential medicines necessary for the treatment of priority noncommunicable diseases by 2022

Reference: Концепция по предупреждению и лечения непропорциональной, поддержке здорового образа жизни и повышению уровня физической активности населения на 2019 — 2022 годы
ПОСТАНОВЛЕНИЕ ПРЕЗИДЕНТА РЕСПУБЛИКИ УЗБЕКИСТАН О ДОПОЛНИТЕЛЬНЫХ МЕРАХ ПО ОБЕСПЕЧЕНИЮ ЗДОРОВОГО ПИТАНИЯ НАСЕЛЕНИЯ 10 ноября 2020 г

Listed targets are only those closely linked to the Global NCD Targets. Other national targets may exist.