

## National NCD Targets for South Africa

### Premature mortality from noncommunicable disease



- At least a 25% relative reduction in premature mortality (under 60 years of age) from NCDs by 2020

### Harmful alcohol use



- 20% reduction of per capita consumption of alcohol by 2020

### Physical inactivity



- 10% increase in the prevalence of physical activity (defined as 150 mins of moderate-intensity physical activity per week, or equivalent) by 2020

### Sodium intake



- Reduce mean population intake of salt to <5 grams/day by 2020

### Tobacco use



- 20% reduction in tobacco use by 2020

### Raised blood pressure



- 20% reduction in the prevalence of high blood pressure by 2020

### Diabetes and obesity



[no target]

- 10% reduction in the percentage of people who are obese and/or overweight by 2020

### Drug therapy to prevent heart attacks and strokes



[no target]

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



- By 2017, 15% decrease in drug stock-outs and 90% availability of essential equipment