Goals

Goals, objectives or targets related to nutrition:

**Goal:** Reduce deaths caused by major NCDs through improving control and surveillance of NCDs and their risk factors and through effective health promotion action

3.1. **Objective 1.** To create sustainable mechanism for coordination on prevention and control of major NCDs such as cardiovascular diseases, cancer and diabetes mellitus

3.2. **Objective 2.** To reduce risk factors of major NCDs by promoting healthy lifestyles and supportive environment

3.2.1. provide intensive information, education and communication (IEC) activity towards acquiring healthy diet behavior among population through reducing consumption of animal fat, salt and sugar and increasing fruit and vegetables intake in the die

3.2.5. support healthy lifestyle by improving capacity of organization and communities and increasing number of healthy cities, khorooos, soums, bags, schools, workplaces, hospitals, communities and families;

3.2.6. take the following measures to enhance healthy lifestyle - proper use of diet:

1/ to acquire the skills to control of calories of diet in accordance with age and profession

2/ to reduce the usage of the following: a/ animal fat b/ salt c/ sugar and candy

3/ to increase the usage of the following : a/ fruit and vegetables intake b/ dietary fiber

4/ proper amount of food for single use: a/ not to eat fully b/ to avoid regular use of food with high calories like fatty and sugary

5/ to prepare and use of food by appropriate technology; a/ to reduce the usage of fried and conserved food b/ to avoid use of too hot tea and meal

3.3. to develop and implement treatment-training program for the people at risk including smoking cessation, reduction of high blood pressure and overweight, to deter mine and treat causes of obesity etc.

Strategies

Strategies and activities related to nutrition:
M&E Indicators

M&E Indicators related to nutrition:

Expected outcomes

- To be introduced community-based health service for prevention and control of major NCDs and improved its continuity, quality and accessibility.
- Established mechanism for management and coordination of the prevention and control activities on major NCDs and their common risk factors thus enabling a surveillance system for monitoring morbidity and mortality of those.

Indicators

4. Fruits intake (days per week): 1.6 in 2005; 2.5 in 2013
5. People who consume vegetables more than 2 units per day (by percentage) 44.4 in 2005; 55.0 in 2013
7. Prevalence of people with obesity (body mass index BMI > 25 kg/m²): 39.3 in 2009; 37.0 in 2013
9. Prevalence of people with high cholesterol (>200 mg/dl or 5.2 mmol/l) (by percentage): 12.4 in 2005; 11.7 in 2013

M&E Indicator types:

- Prevalence of people with high blood glucose (>5.6 - <6.1 mmol/l): 10.2 in 2005; 9.8 in 2013
- Prevalence of people with high cholesterol (>200 mg/dl or 5.2 mmol/l) (by percentage): 12.4 in 2005; 11.7 in 2013
- Blood (arterial) pressure average a/systolic: 128.5 in 2005; 127.5 in 2013; b/diastolic: 79.4 in 2005; 78.4 in 2013
- Prevalence of people with obesity (body mass index BMI > 25 kg/m²): 39.3 in 2009; 37.0 in 2013
- Salt intake (gram per day): 10.1 in 2005; 9.1 in 2013
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- Prevalence of people with high cholesterol (>200 mg/dl or 5.2 mmol/l) (by percentage): 12.4 in 2005; 11.7 in 2013
- Prevalence of people with high blood glucose (>5.6 - <6.1 mmol/l): 10.2 in 2005; 9.8 in 2013
Policy topics:

- Overweight and obesity in school age children and adolescents
- Overweight and obesity in adults
- Raised blood cholesterol
- Raised blood glucose/diabetes
- Raised blood pressure
- Fat intake
- Fruit and vegetable intake
- Sodium/salt intake
- Sugar intake
- Nutrition counselling on healthy diets
- Media campaigns on healthy diets and nutrition
- Food-based dietary guidelines (FBDG)
- Food labelling
- Reformulation of foods and beverages high in fat, sugars, salt
- Taxation on unhealthy foods
- Physical activity and healthy lifestyle
- Promotion of fruit and vegetable intake
- Salt reduction
- Fat reduction (total, saturated, trans)
- Sugar reduction
- School-based health and nutrition programmes
- Provision of school meals / School feeding programme
- Hygienic cooking facilities and clean eating environment
- Food safety

Partners in policy implementation

- Government
  - Other
- Sub-national
  - Details: more
  - National Council of Public Health Governmental
  - Health Promotion Fund Governmental
  - Scientific and Technology Fund Local sub-Council of Public Health
- Research / Academia
  - Details: more
  - Public Health Institute
- Other
  - Details: more
  - Center for Health Development

Links

[1] https://extranet.who.int/nutrition/gina/sites/default/files/MNG%202007%20NATIONAL%20PROGRAMME%20NCD.pdf