

### Global best buys



#### Harmful use of alcohol

- Regulate commercial and public availability of alcohol
- Restrict or ban alcohol advertising and promotions
- Use pricing policies such as excise tax increases on alcoholic beverages



#### Diet and physical activity

- Reduce salt intake
- Replace trans fats with unsaturated fats
- Implement public awareness programmes on physical activity
- Promote and protect breastfeeding



#### Tobacco

- Reduce affordability of tobacco products by increasing tobacco excise taxes
- Create by law completely smoke-free environments in all indoor workplaces, public places and public transport
- Warn people of the dangers of tobacco and tobacco smoke through effective health warnings and mass media campaigns
- Ban all forms of tobacco advertising, promotion and sponsorship



#### Cardiovascular disease and diabetes

- Drug therapy (including glycaemic control for diabetes mellitus and control of hypertension using a total risk approach) and counselling to individuals who have had a heart attack or stroke and to persons with high risk ( $\geq 30\%$ ) of a fatal and nonfatal cardiovascular event in the next 10 years
- Acetylsalicylic acid (aspirin) for acute myocardial infarction

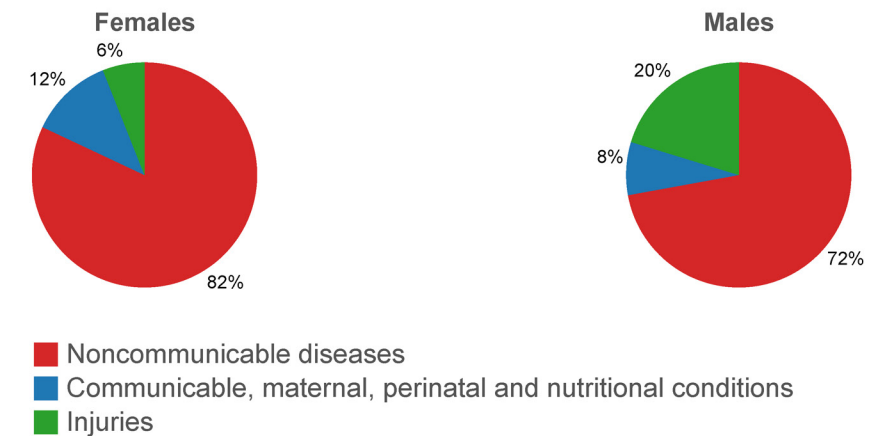


#### Cancer

- Prevention of liver cancer through hepatitis B immunization
- Prevention of cervical cancer through screening (visual inspection with acetic acid [VIA] linked with timely treatment of pre-cancerous lesions)

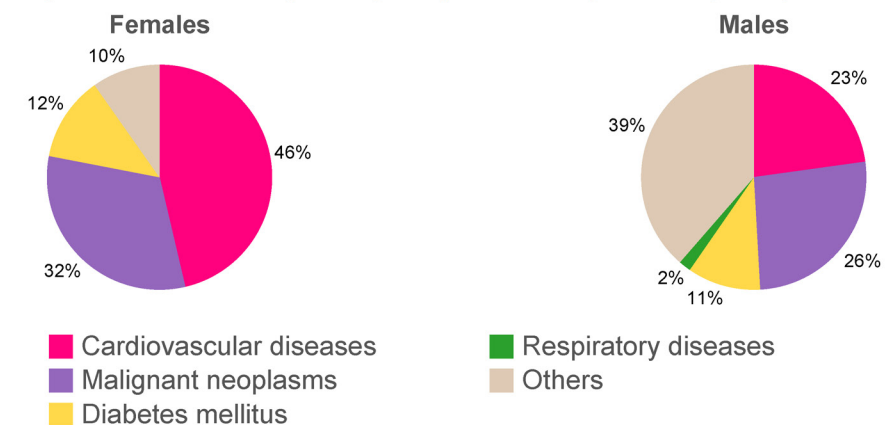
#### Premature Mortality

Percentage of premature deaths (30-69 years) by groups of causes (2012)



**76%** of deaths in 30-69 year-old in **Saint Kitts and Nevis** were caused by NCDs in **2012**

#### Percentage of premature deaths (30-69 years) from 4 major NCDs (2012)



**56%** of deaths in 30-69 year-old in **Saint Kitts and Nevis** were caused by the 4 priority NCDs in **2012**

## Risk Factors

### Prevalence of Behavioural Risk Factors

#### Heavy Episodic Drinking<sup>1</sup>

##### Adults (15+ years):

- Males: No data available
- Females: No data available
- Both: No data available

#### Insufficient Physical Activity<sup>2</sup>

##### Adults (18+ years):

- Males: 22.7%
- Females: 42.0%
- Both: 32.4%

##### Adolescents (11-17 years):

- Males: 78.0%
- Females: 85.5%
- Both: 82.2%

#### Current Tobacco Smoking<sup>3</sup>

##### Adults (25-64 years):

- Males: 16.2%
- Females: 1.1%
- Both: 8.7%

#### Current Tobacco Use<sup>4</sup>

##### Youth (13-15 years):

- Males: 10.4%
- Females: 7.8%
- Both: 9.2%

### Prevalence of Biological Risk Factors

#### Hypertension (18+ years):<sup>5</sup>

- Males: 27.1%
- Females: 22.2%
- Both sexes: 24.6%

#### Diabetes (18+ years):<sup>6</sup>

- Males: 13.0%
- Females: 14.9%
- Both sexes: 13.9%

#### Overweight BMI $\geq 25$ Kg/m<sup>2</sup> (18+ years):<sup>7</sup>

- Males: 50.8%
- Females: 62.9%
- Both: 56.9%

#### Obesity BMI $\geq 30$ Kg/m<sup>2</sup> (18+ years):<sup>7</sup>

- Males: 18.3%
- Females: 33.1%
- Both: 25.7%

WHO. Global Status Report on NCDs 2014. Geneva, 2014

PAHO. Regional Mortality Information System 2014

PAHO. Tobacco Control Report for the Region of the Americas 2013. Washington, DC, 2013

#### INDICATORS DESCRIPTION

1. Age-standardized prevalence of heavy episodic drinking among adolescents and adults, as appropriate, within the national context.
2. Age-standardized prevalence of insufficient physical activity.
3. Percentage of the adult population who smoked any tobacco product during the past 30 days.
4. Percentage of the population 13-15 years old that used at least once, any tobacco product, smoked or smokeless, during the past 30 days.
5. Age-standardized prevalence of raised blood pressure among persons aged 18+ years (defined as systolic blood pressure  $\geq 140$  mmHg and/or diastolic blood pressure  $\geq 90$  mmHg) and mean systolic blood pressure.
6. Raised blood glucose (fasting glucose  $\geq 7.0$  mmol/l (126 mg/dl) or on medication for raised blood glucose or with a history of diagnosis of diabetes)
7. Age-standardized prevalence of overweight and obesity in persons aged 18+ years (defined as body mass index  $\geq 25$  kg/m<sup>2</sup> for overweight and body mass index  $\geq 30$  kg/m<sup>2</sup> for obesity)

## Global targets



25%  
Reduction

1. **25%** relative reduction in the **overall mortality** from cardiovascular diseases, cancer, diabetes, or chronic respiratory diseases.



10%  
Reduction

2. At least **10%** relative reduction in the **harmful use of alcohol**, as appropriate, within the national context.



10%  
Reduction

3. A **10%** relative reduction in prevalence of **insufficient physical activity**.



30%  
Reduction

4. A **30%** relative reduction in mean population **intake of salt/sodium**.



30%  
Reduction

5. A **30%** relative reduction in prevalence of current **tobacco use**.



25%  
Reduction

6. A **25%** relative reduction in the prevalence of **raised blood pressure** or contain the prevalence of raised blood pressure, according to national circumstances.



Halt the rise

7. **Halt** the rise in **diabetes and obesity**.



50%  
Coverage

8. At least **50%** of eligible people receive **drug therapy and counselling** (including glycaemic control) to prevent heart attacks and strokes.



80%  
Coverage

9. An **80%** availability of the affordable **basic technologies and essential medicines**, including generics required to treat major noncommunicable diseases in both public and private facilities.