

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)



Pan American Health Organization



World Health Organization

REGIONAL OFFICE FOR THE AMERICAS

Advancing the

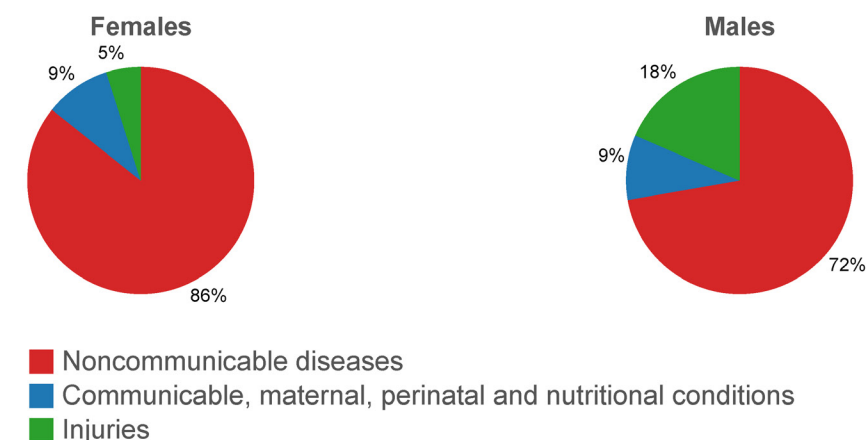
NCD Agenda in the Caribbean



TRINIDAD AND TOBAGO

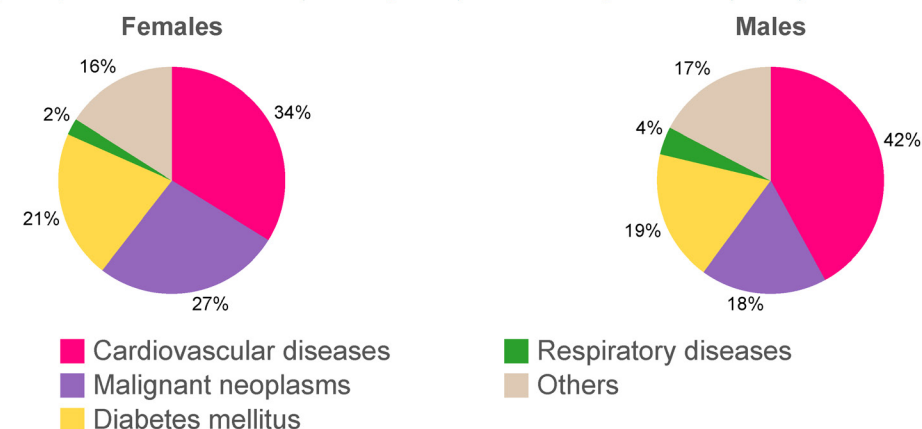
Premature Mortality

Percentage of premature deaths (30-69 years) by groups of causes (2009)



77% of deaths in 30-69 year-old in Trinidad and Tobago were caused by NCDs in 2009

Percentage of premature deaths (30-69 years) from 4 major NCDs (2009)



65% of deaths in 30-69 year-old in Trinidad and Tobago were caused by the 4 priority NCDs in 2009

Risk Factors

Prevalence of Behavioural Risk Factors

Heavy Episodic Drinking¹

Adults (15+ years):

- Males: 30.7%
- Females: 6.7%
- Both: 18.7%

Insufficient Physical Activity²

Adults (18+ years):

- Males: 30.1%
- Females: 52.9%
- Both: 41.5%

Adolescents (11-17 years):

- Males: 78.2%
- Females: 85.1%
- Both: 81.5%

Current Cigarette Smoking³

Adults (15-64 years):

- Males: 33.5%
- Females: 9.4%
- Both: 21.1%

Current Tobacco Use⁴

Youth (13-15 years):

- Males: 20.0%
- Females: 16.3%
- Both: 18.4%

Prevalence of Biological Risk Factors

Hypertension (18+ years):⁵

- Males: 25.7%
- Females: 21.8%
- Both sexes: 23.7%

Diabetes (18+ years):⁶

- Males: 13.0%
- Females: 14.5%
- Both sexes: 13.7%

Overweight BMI ≥ 25 Kg/m² (18+ years):⁷

- Males: 51.5%
- Females: 64.6%
- Both: 58.1%

Obesity BMI ≥ 30 Kg/m² (18+ years):⁷

- Males: 19.1%
- Females: 34.6%
- Both: 27.0%

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 cigarettes 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 ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg) and mean systolic blood pressure.
6. Raised blood glucose (fasting glucose ≥ 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 ≥ 25 kg/m² for overweight and body mass index ≥ 30 kg/m² 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.