



# Plan of Action for the Prevention and Control of Noncommunicable Diseases in the Americas 2013-2019

The overall goal of the NCD plan of action is to reduce avoidable mortality and morbidity, minimize exposure to risk factors, increase exposure to protective factors, and reduce the socioeconomic burden of these diseases by taking multisectoral approaches that promote well-being and reduce inequity within and among Member States.



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# 9 NCD Targets - Global

Tobacco use:



**30%**  
reduction

Harmful use of alcohol



**10%**  
reduction

Salt intake



**30%**  
reduction

Physical inactivity



**10%**  
reduction

\*Premature mortality from

## 4 Lines of Action

### Line of Action 1

#### **Multisectoral policies and partnerships for NCD prevention and control:**

- ✓ Build and promote multisectoral action with relevant sectors of government and society, including integration into development agendas.

### Line of Action 2

#### **NCD risk factors and protective factors:**

- ✓ Reduce the prevalence of the main NCD risk factors through policies, legislation and regulation.
- ✓ Strengthen protective factors that promote health and wellbeing.

### Line of Action 3

#### **Health system response to NCDs and risk factors:**

- ✓ Improve coverage, equitable access, and quality of care for people at risk of, and living with NCDs.
- ✓ Focus on primary health care including prevention and self-care.

### Line of Action 4

#### **NCD surveillance and research:**

- ✓ Strengthen country capacity for surveillance and research on NCDs.
- ✓ Utilize the results of research to support evidence-based policy and programs.

# Monitoring Framework 2013-2025

Raised blood pressure



**25%**  
reduction

Diabetes & obesity



**0%**  
increase

Drug therapy



**50%**  
coverage

Essential medicines  
& basic technologies



**80%**  
coverage

**NCDs: 25% reduction**

## Time-bound commitments for NCDs

**2015**

**Set national NCD targets for 2025**

**2015**

**Develop national NCD multisectoral policies and plans to achieve national targets by 2025.**

**2016**

### **Reduce NCD risk factors:**

- ✓ Implement the WHO Framework Convention on Tobacco Control.
- ✓ Implement policies to reduce harmful use of alcohol.
- ✓ Implement policies to promote healthy diet (salt reduction, eliminate trans fats, limit marketing of unhealthy food and beverages to children, implement the International Code of Marketing of Breast-milk Substitutes).

**2016**

### **Strengthen health systems for NCDs through primary health care:**

- ✓ National evidence-based guidelines for NCD management.
- ✓ Provision of drug therapy for NCDs.

## For more information:

Plan of Action for the Prevention and Control of Noncommunicable Diseases in the Americas 2013-2019. Washington, DC: PAHO, 2014. Link: <http://goo.gl/iPDSyT>

Global action plan for the prevention and control of noncommunicable diseases 2013-2020. Link: <http://goo.gl/v1XrJ9>

Noncommunicable Diseases and Mental Health Data Portal. Link: <http://goo.gl/wNMj8X>

Noncommunicable Diseases Global Monitoring Framework: Indicator Definitions and Specifications. Link: <http://goo.gl/eJu6wK>

Getting to 2018: progress monitor on NCDS. Preparing for the third UN high-level meeting on NCDS. Link: <http://goo.gl/F6AI2N>

Visit [www.paho.org/nmh](http://www.paho.org/nmh) for more information.

# What is PAHO doing?



**PAHO provides technical cooperation to Member States to address NCDs through:**

- ✓ Policies, legislation and regulations.
- ✓ Guidelines for NCD management.
- ✓ Surveillance and monitoring.
- ✓ Health system strengthening for NCDs.
- ✓ Knowledge dissemination.
- ✓ Strategic partnerships.
- ✓ Capacity building and training.
- ✓ Advocacy and awareness.



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