



## **Recommendations for the global monitoring framework and targets for the prevention and control of non-communicable diseases (NCDs)**

**January 2012**

This paper was produced in response to the World Health Organization's discussion paper for Member States on the global monitoring framework and voluntary global targets for the prevention and control of NCDs published on 21<sup>st</sup> December 2011.

The Political Declaration<sup>1</sup> states that prevention must be the cornerstone of the global response to NCDs. Obesity, unhealthy diets, excessive consumption of alcohol and physical inactivity are the most important preventable risk factors for NCDs after tobacco use. The World Health Organization estimates that elimination of these shared risk factors could prevent up to 80% of heart disease, stroke, and type II diabetes, and over a third of the most common cancers<sup>2 3</sup>. We call on high-level commitment from Member States to take concrete multi-sector action for the prevention of NCDs through legislation, regulation and the implementation of health-promoting public policies across all areas.

World Cancer Research Fund International recommends the following priority targets:

### **An ambitious overarching outcome target for NCD mortality**

A 25% reduction in death from NCDs across all age groups by 2025.

### **An ambitious target to combat the global obesity epidemic**

A year-on-year reduction in the prevalence of obesity and overweight in all age groups to below 5% of the population or any population sub-group by 2025.

Halting the year-on-year increase in obesity by 2015 should be an interim target only.

### **The inclusion of an ambitious target for physical activity\***

The proportion of the population that is sedentary to be halved every 10 years.

<sup>1</sup> Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases (document [A/66/L.1](#))

<sup>2</sup> World Health Organization (2011) [Global status report on noncommunicable diseases 2010](#)

<sup>3</sup> WCRF/AICR (2007) [Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective](#)

**An ambitious target for reducing alcohol drinking**

The proportion of the population drinking more than the recommended limits to be reduced by one third every 10 years.

A 10% relative reduction in persons aged 15+ alcohol per capita consumption (APC) by 2015 should be an interim target only.

**An ambitious target for reducing salt intake**

A reduction in mean population salt intake to less than 5 grams per day by 2025.

**The inclusion of ambitious targets for reducing the energy density of foods\*****The inclusion of an ambitious target for reducing total fat intake**

A reduction in total fat intake to 15-30% of energy intake by 2025.

**The inclusion of an ambitious target for reducing saturated fat intake**

A reduction in saturated fat intake to less than 10% of energy intake by 2025.

**The inclusion of an ambitious target for reducing sugar intake**

A reduction in free sugar intake to less than 10% of energy intake by 2025.

**An ambitious target for eliminating industrially produced trans-fats from the food supply**

We support the immediate elimination of industrially produced trans-fats (partially hydrogenated vegetable oil) from the food supply because of their impact on heart disease.

**An ambitious target for reducing tobacco use**

No set of targets for the prevention and control of NCDs would be complete without an ambitious goal for reducing tobacco use by 2025.

*\* These target areas are not included in the WHO's 21<sup>st</sup> December discussion paper.*

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