



IASO welcomes the World Health Organization's (WHO) inclusion of obesity as one of nine targets in the Global Monitoring Framework on Non-communicable Diseases (NCDs).

The 9 voluntary global targets, announced earlier this month, are a major development in global efforts to combat premature mortality from NCDs including obesity, raised blood pressure, cancer and cardiovascular disease.

The leading target, to achieve a **25 % reduction in mortality from NCDs by 2025**, was adopted earlier this year by the World Health Assembly and the other eight targets serve to help achieve this target.

The target “**to halt the rise in diabetes and obesity by 2025**” will be measured using three indicators

- **Age-standardized prevalence of overweight and obesity in adults** aged 18+ years (defined as body mass index greater than 25 kg/m² for overweight or 30 kg/m² for obesity)
- **Age-standardized prevalence of overweight and obesity in adolescents** (defined according to the WHO Growth Reference, overweight-one standard deviation BMI for age and sex and obese-two standard deviations BMI for
- **Age-standardized prevalence of raised blood glucose/diabetes** among adults aged 18+ years (defined as fasting plasma glucose value ≥ 7.0 mmol/L (126 mg/dl) or on medication for raised blood glucose)

Additionally, there are targets for raised blood pressure, physical activity, tobacco, alcohol, salt, essential medicine technologies and drug therapies to prevent heart disease and stroke.

Raised blood pressure – A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure according to national circumstances

Physical Inactivity – A 10% relative reduction of insufficient physical activity

Harmful use of alcohol - At least 10% relative reduction in the harmful use of alcohol, as appropriate within the national context

Salt/sodium intake: A 30% relative reduction in mean population intake of salt [/sodium intake]

Tobacco: A 30% reduction in prevalence of current tobacco use in persons aged 15+ years

Drug therapy to prevent heart attack and stroke: At least 50% eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes

Essential medicines and technologies: 80% availability of affordable basic technologies and essential medicines, including generics, required to treat major NCDs in both public and private facilities

More information available using the links below

WHO Press release: http://www.who.int/mediacentre/news/notes/2012/ncd_20121109/en/index.html

Report from the form WHO members meeting, held in Geneva, 5-7th November 2012:

http://apps.who.int/gb/ncds/pdf/A_NCD_2-en.pdf