



# **NONCOMMUNICABLE DISEASES**

## **PROGRESS MONITOR 2022**



**World Health  
Organization**



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DISEASES  
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# FOREWORD

The COVID-19 pandemic has severely disrupted health systems, economies and societies. In many countries, this has set-back efforts to protect people from noncommunicable diseases (NCDs).

In 2015, all countries committed in the Sustainable Development Goals to reduce premature deaths from NCDs by a third by 2030 (target 3.4.1). Right now, few countries are on track to achieve this target.

In a world filled with uncertainty, a silver lining for NCDs is that we know both how to prevent them and how to manage them. This report presents evidence-based policies that represent the most effective and cost-effective actions for countries to protect their citizens from the death and disability wrought by NCDs.

The path to success for NCDs is a long one. But we know what it looks like. Return on investment analysis of the WHO “best buys” for NCDs shows that with the right strategic investments, countries facing the greatest burden of premature NCD deaths can change their disease trajectory. They can deliver significant health and economic gains for their citizens by focusing on a few

key policies in areas including tobacco and alcohol control, reducing salt intake, increasing physical activity, management of diabetes, and vaccination against human papillomavirus.

This Progress Monitor tracks the performance of countries against an agreed set of markers, and shows that 77 countries have fully achieved more indicators in 2022 compared with 2020, when the previous monitoring report was published. More countries are running campaigns to reduce tobacco use and developing clinical guidelines for NCD management. We have also seen progress in efforts to improve nutrition and food environments.

However, there are also challenges. Premature NCD mortality has increased in more than 20 mostly low- and middle-income countries. Rates of diabetes and obesity are on the rise. Fifty-four countries have lost ground, achieving fewer indicators than in 2020, and there have been major declines in physical activity awareness campaigns, NCD surveillance and the development of integrated NCD plans.

This is not just about meeting a target. The COVID-19 pandemic has highlighted how people with NCDs

are at increased risk of severe disease or death from COVID-19. To protect the health of its citizens, no country can afford not to invest in NCDs and strengthen health services as part of its preparedness for future pandemics and humanitarian emergencies.

This report lays out the targets for reducing NCDs and how to get there. What must come now is action at the national and community level. This can help to secure a healthy future for millions of people. SDG target 3.4.1 is more than a number: it is a promise to save lives.



**DR TEDROS ADHANOM GHEBREYESUS**

Director-General  
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# INTRODUCTION

Noncommunicable diseases (NCDs), such as cardiovascular diseases, cancer, diabetes and chronic respiratory diseases, are the leading global cause of death and are responsible for 74% of deaths worldwide. These NCDs share key modifiable behavioural risk factors like tobacco use, unhealthy diet, lack of physical activity, and the harmful use of alcohol, which in turn lead to overweight and obesity, raised blood pressure, and raised cholesterol, and ultimately disease. They continue to be an important public health challenge in all countries, including low- and middle-income countries where more than three quarters of NCD deaths occur.

Effectively tackling NCDs and their key risk factors requires a detailed understanding of the current status and progress being made at the country level. Feasible and cost-effective interventions exist to reduce the burden and impact of NCDs now and in the future. Tracking national

of progress being made against NCDs. It also serves to highlight challenges and areas requiring further attention.

In May 2015 the World Health Organization published a Technical Note (1) on how WHO would report in 2017 to the United Nations General Assembly on the progress achieved in the implementation of national commitments included in the 2011 UN Political Declaration and the 2014 UN Outcome Document on NCDs. The Technical Note was updated in September 2017 to ensure consistency with the revised set of WHO 'best-buys' and other recommended interventions for the prevention and control of noncommunicable diseases which were endorsed by the World Health Assembly in May 2017. The Technical Note outlines a set of ten progress monitoring indicators intended to show the progress achieved in countries in the implementation of selected national commitments.

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