



AFGHANISTAN SURVEY OF NONCOMMUNICABLE DISEASE RISK FACTORS 2018

Combined risk factors



Current daily smokers



Less than 5 servings of fruits and vegetables per day



Insufficient physical activity



Overweight (BMI ≥ 25 kg/m²)



Raised BP (SBP ≥ 140 and/or DBP ≥ 90 mmHg or currently on medication for raised BP)

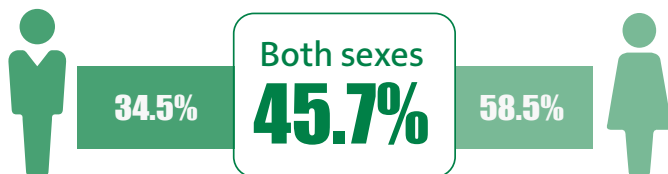
None of the above risk factors

Adults aged 18–44 with three or more of the above risk factors



Adults aged 45–69 with three or more of the above risk factors

Adults aged 18–69 with three or more of the above risk factors



OUR TARGET

A **30%** relative reduction in premature mortality from noncommunicable diseases by 2030.



World Health Organization

REGIONAL OFFICE FOR THE Eastern Mediterranean