



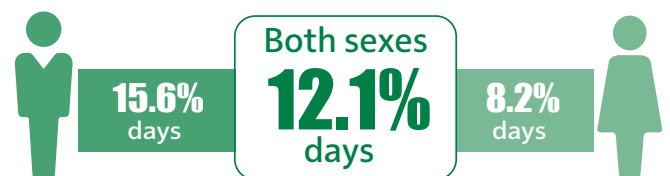
# AFGHANISTAN SURVEY OF NONCOMMUNICABLE DISEASE RISK FACTORS 2018

## Salt/sodium and raised blood pressure

Always or often add salt or salty sauce to their food before eating or as they are eating



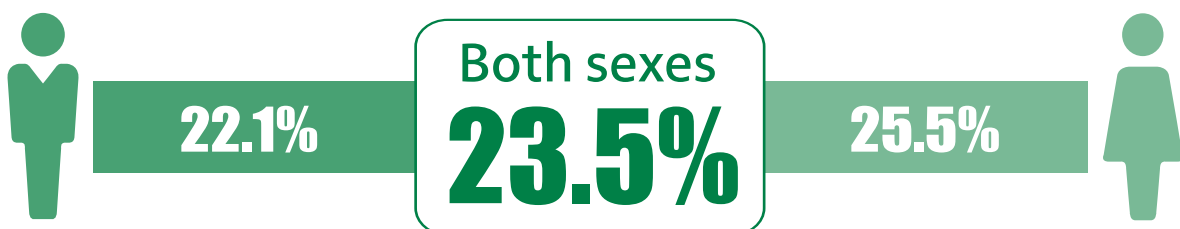
Always or often eat processed foods high in salt



Raised BP (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) who are currently on medication for raised BP



Raised BP (SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg) who are not currently on medication for raised BP



### OUR TARGET

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



World Health Organization

REGIONAL OFFICE FOR THE Eastern Mediterranean