

## The Goals of Preventing and Controlling Non-Communicable Diseases in Thailand

### A list of the 9 goals in Preventing and Controlling Non-Communicable Diseases by the year 2025 with sources of information, national measurements, and responsible agencies in Thailand

Information	Goals	Sources of Information, National measurements, and Responsible agencies
<b>Mortality</b>		
Premature mortality from NCDs	(1) The mortality rate from cardiovascular diseases, cancer, diabetes and / or chronic lung diseases of the population aged between 30 -70 years decreases by 25per cent.	<u>Sources of Information:</u> Death registration of the Bureau of Registration and encoded for the cause of death by the Bureau of Policy and Strategy <u>Responsible agencies:</u> TheBureauof Policy and Strategy, Ministry of Public Health, Thailand
<b>Risk factors</b>		
<b>Behavioral risk factors</b>		
Harmful use of alcohol	(2) The amount of alcohol consumed per capita per year of the population aged 15 and above decreases by 1 <sup>1</sup> percent. (*Measured in liters of pure alcohol).	<u>National Measurements:</u> Calculated from (1) sales volume, local production volume and importation volume of alcoholic beverages (The Excise Department) and (2) mid-year population

<sup>1</sup> Note Considering to select indicator of the nine goals with sources of information, accordance with readiness, system and context of Thailand by academic committee of sources of information and indicators of preventing and controlling non-communicable diseases (NCD) under cooperation of Communicable Disease Division, Ministry of Public Health, and in Thailand and NCD Network

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		(aged 15 years and above) of the Policy and Strategy Bureau, Ministry of Public Health, Thailand. <u>Responsible agencies:</u> Center for Alcohol Studies
Physical inactivity	(3) The prevalence of insufficient physical activity*decreases by10 percent. (*Refers to the physical activity at the moderate level that is less than or equal to 150 minutes per week).	<u>Sources of Information:</u> The Thai Health Examination Survey <u>Responsible agencies:</u> The Thai Health Examination Survey Office
Salt/sodium intake	(4) The average salt/sodium intake of Thai population decreases by 30 percent. (* According to the World Health Organization, the recommended intake is less than 5 grams of salt or 2grams of sodium per day).	<u>Sources of Information:</u> The Thai Health Examination Survey <u>Responsible agencies:</u> The Thai Health Examination Survey Office
Tobacco use	(5) The prevalence of tobacco use in the Thai population aged 15 years and more decreases by 30 percent.	<u>Sources of Information:</u> The survey of smoking and drinking behaviors of the Thai population by the National Statistical Office  <u>Responsible agencies:</u> The Bureau of Tobacco Control

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Biological risk factors		
Raised blood pressure	(6) The prevalence of high blood pressure*decreases by 25 percent. (*Refers to the systolic blood pressure $\geq$ 140mmHg and/or diastolic blood pressure $\geq$ 90mmHg in the population aged 18 years or more)	<u>Sources:</u> The Thai Health Examination Survey <u>Responsible agencies:</u> The Thai Health Examination Survey Office
Diabetes and obesity	(7) The prevalence of hyperglycemia/ diabetes* and obesity**does not increase.  (*Refers to the level of high blood sugar/ diabetes in the Thai population aged 18 years or more (which means the fasting plasma glucose $\geq$ 7.0 mmol /L (126 mg / dl) or receive medication to control blood sugar, ** a BMI greater than 25kg/ m <sup>2</sup> , and obesity is a BMI greater than 30kg/ m <sup>2</sup> ).	<u>Sources:</u> The Thai Health Examination Survey <u>Responsible agencies:</u> The Thai Health Examination Survey Office
National system response		
Drug therapy to prevent heart attacks and strokes	(8) The Thai population aged 40 years or more who are at risk for heart disease and stroke receive advice to change behaviors and receive	<u>Sources:</u> The Thai Health Examination Survey <u>Responsible agencies:</u> The Thai Health Examination Survey

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	<p>medications when having indications to prevent heart disease and stroke (Including medications controlling blood sugar levels) not less than 50 percent.</p> <p>(* There is a risk of heart disease and stroke in ten years, or 10-year cardiovascular risk greater than or equal to 30).</p>	Office
Essential NCD medicines and basic technologies to treat major NCDs	(9) The availability of essential medicines and basic technologies for important non-communicable diseases in 80 percent of the public and private service sectors.	<u>Sources:</u> World Health Organization and related agencies