



# JORDAN SURVEY OF NONCOMMUNICABLE DISEASE RISK FACTORS 2019 (JORDANIANS AND SYRIANS)

## Combined risk factors



Current daily smokers



Overweight (BMI  $\geq 25$  kg/m<sup>2</sup>)



Less than 5 servings of fruits and vegetables per day



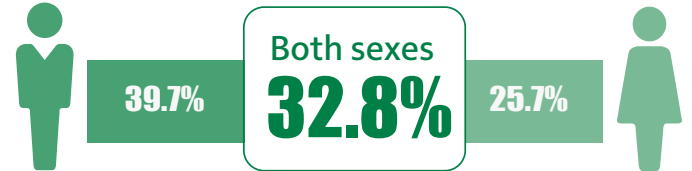
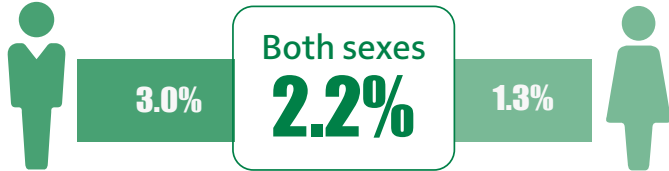
Raised BP (SBP  $\geq 140$  and/or DBP  $\geq 90$  mmHg or currently on medication for raised BP)



Insufficient physical activity

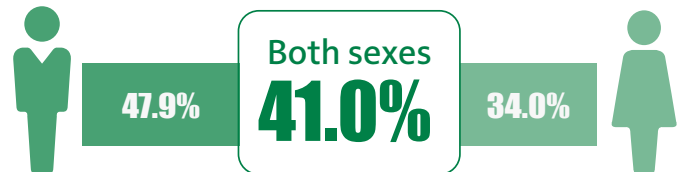
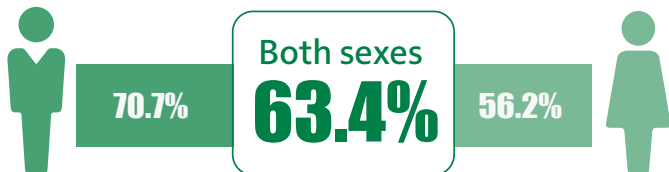
None of the above risk factors

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