



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

## Diet and physical activity

Number of servings of fruit consumed per day



Number of days fruit consumed in a typical week



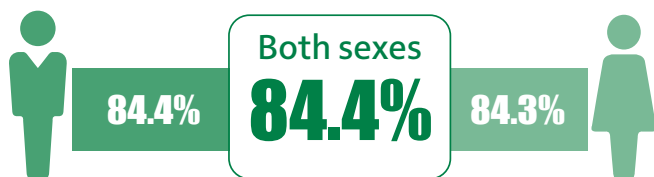
Number of servings of vegetables consumed per day



Number of days vegetables consumed in a typical week



Ate less than 5 servings of fruit and/or vegetables per day



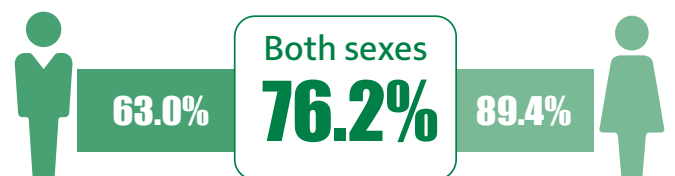
Insufficient physical activity (<150 minutes of moderate-intensity activity per week)



Time spent in physical activity per day



Not engaging in vigorous activity



### OUR TARGET

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



World Health Organization

REGIONAL OFFICE FOR THE Eastern Mediterranean