

## Annex 5

### Core indicators for consideration as part of the framework for NCD surveillance

#### Exposures

##### Behavioral risk factors

- Prevalence of current daily tobacco smoking among adults (%).
- Prevalence of insufficiently active adults (defined as less than 5 times 30 minutes of moderate activity per week, or less than 3 times 20 minutes of vigorous activity per week, or equivalent) (%).
- Prevalence of adult population consuming more than 5 grams of dietary sodium chloride per day (%).
- Prevalence of population consuming less than five total servings (400 grams) of fruit and vegetables per day (%).
- Adult per capita consumption in litres of pure alcohol (recorded and unrecorded).

##### Physiological and metabolic risk factors

- Prevalence of raised blood glucose among adults (defined as fasting plasma glucose value  $\geq 7.0$  mmol/L (126 mg/dl) or on medication for raised blood glucose) (%).
- Prevalence of raised blood pressure among adults (defined as systolic blood pressure  $\geq 140$  mmHg and/or diastolic blood pressure  $\geq 90$  mmHg or on medication for raised blood pressure (%).
- Prevalence of overweight and obesity in adults and adolescents (defined as body mass index greater than 25 kg/m<sup>2</sup> for overweight or 30kg/m<sup>2</sup> for obesity or for adolescents according to the WHO Growth Reference) (%).
- Prevalence of low weight at birth (< 2.5 kg) (%).
- Prevalence of raised total cholesterol among adults (defined as total cholesterol  $\geq 5.0$  mmol/l or 190mg/dl) (%).

#### Outcomes

##### Mortality

- All-cause mortality by age, sex and region (urban and rural, or by other administrative areas, as available).
- Cause-specific mortality data (urban and rural, or other administrative areas, as available).
- Unconditional probability of death between ages 30 and 70 years from cardiovascular diseases, cancer, diabetes, and chronic respiratory diseases.

##### Morbidity

- Cancer incidence data from cancer registries, by type of cancer.