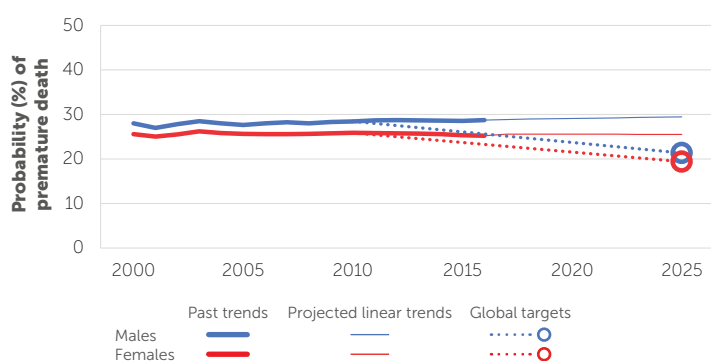


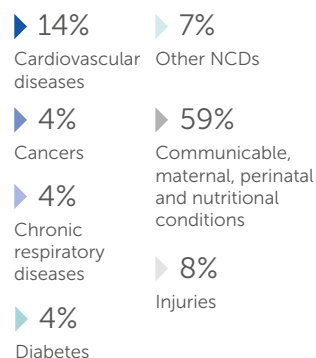
LESOTHO

2016 TOTAL POPULATION: 2 204 000
2016 TOTAL DEATHS: 30 000











RISK OF PREMATURE DEATH DUE TO NCDs (%)*



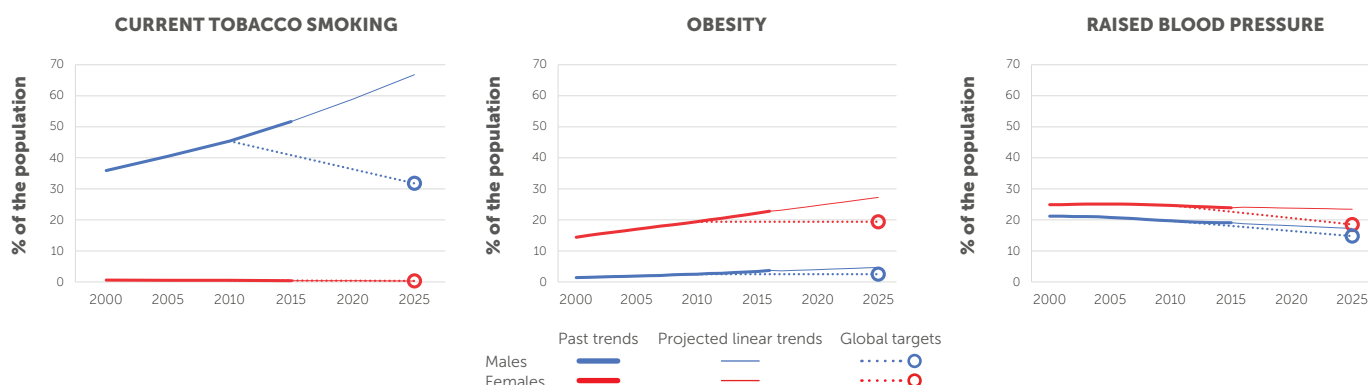
PROPORTIONAL MORTALITY*





1 300 LIVES CAN BE SAVED BY 2025 BY IMPLEMENTING ALL OF THE WHO "BEST BUYS"

NATIONAL TARGET SET			DATA YEAR	MALES	FEMALES	TOTAL	
MORTALITY*							
	Premature mortality from NCDs	✓	Total NCD deaths	2016	4 200	5 500	9 700
			Risk of premature death between 30-70 years (%)	2016	29	25	27
	Suicide mortality	-	Suicide mortality rate (per 100 000 population)	2016	-	-	21
RISK FACTORS							
	Harmful use of alcohol	✓	Total alcohol per capita consumption, adults aged 15+ (litres of pure alcohol)	2016	9	1	5
	Physical inactivity	✓	Physical inactivity, adults aged 18+ (%)	2016	6	6	6
	Salt/Sodium intake	✓	Mean population salt intake, adults aged 20+ (g/day)	2010	7	6	7
	Tobacco use	✓	Current tobacco smoking, adults aged 15+ (%)	2016	53	0	26
	Raised blood pressure	✓	Raised blood pressure, adults aged 18+ (%)	2015	19	24	22
	Diabetes	✓	Raised blood glucose, adults aged 18+ (%)	2014	5	8	6
			Obesity, adults aged 18+ (%)	2016	4	23	14
			Obesity, adolescents aged 10-19 (%)	2016	1	8	4
	Ambient air pollution	-	Exceedance of WHO guidelines level for annual PM2.5 concentration (by a multiple of)	2016	-	-	3
	Household air pollution	-	Population with primary reliance on polluting fuels and technologies (%)	2016	-	-	64

SELECTED ADULT RISK FACTOR TRENDS



NATIONAL SYSTEMS RESPONSE

	Drug therapy to prevent heart attacks and strokes	✓	Proportion of population at high risk for CVD or with existing CVD (%)	-	...
			Proportion of high risk persons receiving any drug therapy and counselling to prevent heart attacks and strokes (%)	-	...
			Proportion of primary health care centres reported as offering CVD risk stratification	2017	Don't know
			Reported having CVD guidelines that are utilized in at least 50% of health facilities	2017	No
	Essential NCD medicines and basic technologies to treat major NCDs	✓	Number of essential NCD medicines reported as "generally available"	2017	9 out of 10
			Number of essential NCD technologies reported as "generally available"	2017	4 out of 6

... = no data available

* The mortality estimates for this country have a high degree of uncertainty because they are not based on any national NCD mortality data (see Explanatory Notes)

World Health Organization - Noncommunicable Diseases (NCD) Country Profiles, 2018.