**2017-2022 NCDPCP STATEGIC PLAN FOR ILOCOS REGION**

PART I. BACKGROUND

Lifestyle Related Diseases including health and well-being of Senior Citizens Program are top killers comprising more than 50% of all deaths from 2011-2015. These are linked by four most common preventable risk factors related to lifestyle, namely: smoking, unhealthy diet, harmful use of alcohol and physical inactivity. There are about \_\_\_% of all NCD deaths are happening before the age of 70. Non-Communicable Diseases (NCD) can cause various complications and can lead to disability. The management can be costly and can worsen poverty. It will likely to continue as a priority health problem because of continuously high prevalence risk factors: prevalence of smoking among adults more than 20 years old is 26.5%, higher than the national rate which is 24.4%; overweight and obesity among adults is 27.3%; overweight among children is also an emerging concern; hypertension among adults is 23.3% higher than the national rate; prevalence of diabetes among adults is 4.0%.

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