



AFGHANISTAN SURVEY OF NONCOMMUNICABLE DISEASE RISK FACTORS 2018

Diet and physical activity

Number of servings of fruit consumed per day



Number of days fruit consumed in a typical week



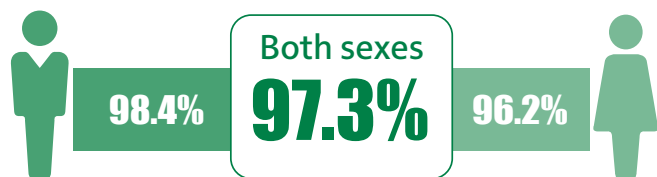
Number of servings of vegetables consumed per day



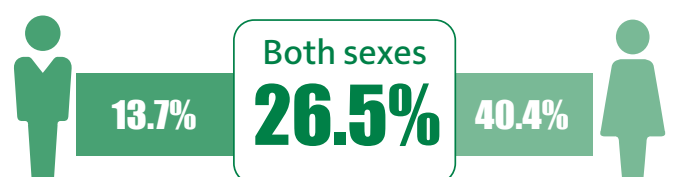
Number of days vegetables consumed in a typical week



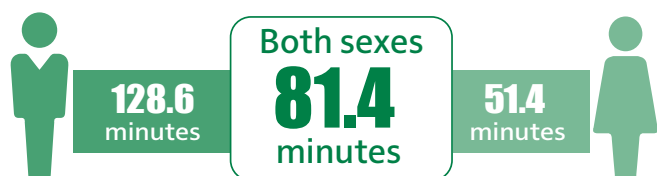
Ate less than 5 servings of fruit and/or vegetables per day



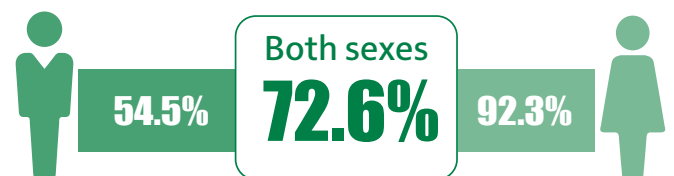
Insufficient physical activity (<150 minutes of moderate-intensity activity per week)



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