POWER IN UNITY

Where We Are Going:
Moving Toward Policy Change For The Future.

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GUAM NON-COMMUNICABLE DISEASE STRATEGIC PLAN
2019 - 2023

A collaborative effort by the Department of Public Health and Social Services and the Guam NCD Consortium.
BY 2023:

INCREASE PHYSICAL ACTIVITY BY 10%

REDUCE TOBACCO USE BY 20%

REDUCE OBESITY BY 10%

Reduce premature NCD deaths by 25% in 5 years

INCREASE FRUIT AND VEGETABLE INTAKE BY 5%

INCREASE BREASTFEEDING BY 10%

REDUCE SALT CONSUMPTION BY 10% AND SUGAR SWEETENED BEVERAGES BY 5%
TOBACCO USE

Risk Factor 1

GOAL: Reduce tobacco use by 20% by 2023

- Amended current laws to include, ENDS
- Prevalence of youth e-cigarette use
- Amount of tax levied on tobacco products
GOAL: Reduce alcohol use by 10% by 2023

• # of citations for violations of existing laws

• Adult/Youth drinking and driving

• Incorporation of SBIRT
  (Screening, Brief Intervention & Referral Tx)
OBESITY

Risk Factor 3

GOAL: Reduce obesity by 10% by 2023

• Increase FRUIT AND VEGETABLE INTAKE

• Increase BREASTFEEDING

• Reduce SALT CONSUMPTION AND SUGAR SWEETENED BEVERAGES
PHYSICAL INACTIVITY

Risk Factor 4

GOAL: Increase physical activity by 10%

- Continue of policies concerning Guam Department of Education Village Community Centers Worksite Wellness Program (public/private)

- Marketing Campaign to promote PA

- Improve pedestrian/cycling community
THE END GAME

A

HEALTHIER

GUAM
Dangkulo Na Si Yu’us Ma’ase

Fa’afeta

Sulang

Kalangan en Komwi

Kinisou chapur

Mahalo

Kommwol tata

Kulomwa lulap