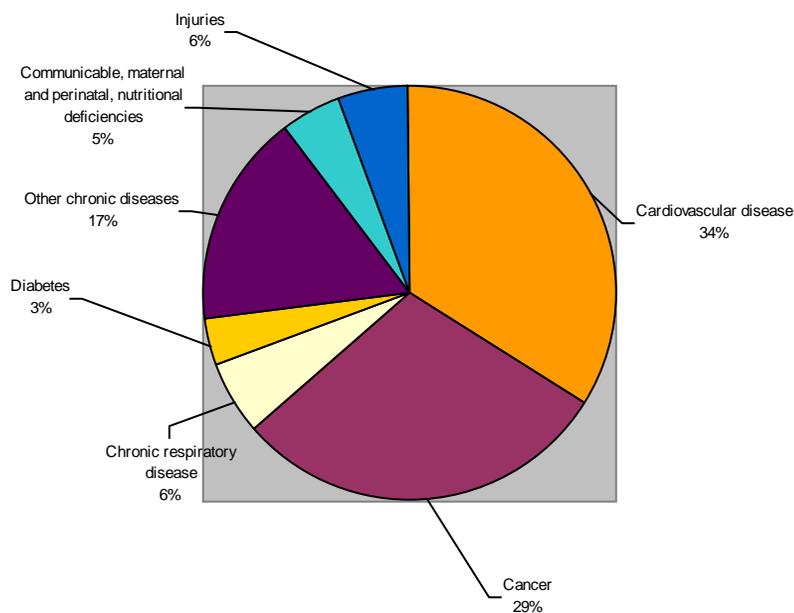


FACING THE FACTS: THE IMPACT OF CHRONIC DISEASE IN CANADA

Chronic diseases are the major cause of death and disability worldwide.
In Canada, chronic diseases are projected to account for 89% of all deaths (see below).

Projected deaths by cause, all ages, Canada, 2005



The data presented in this information sheet were estimated by WHO using standard methods to maximize cross-country comparability. They are not necessarily the official statistics of Member States.

Total projected deaths in Canada, 2005 = 231,000

Total projected chronic disease-related deaths in Canada, 2005 = 207,000

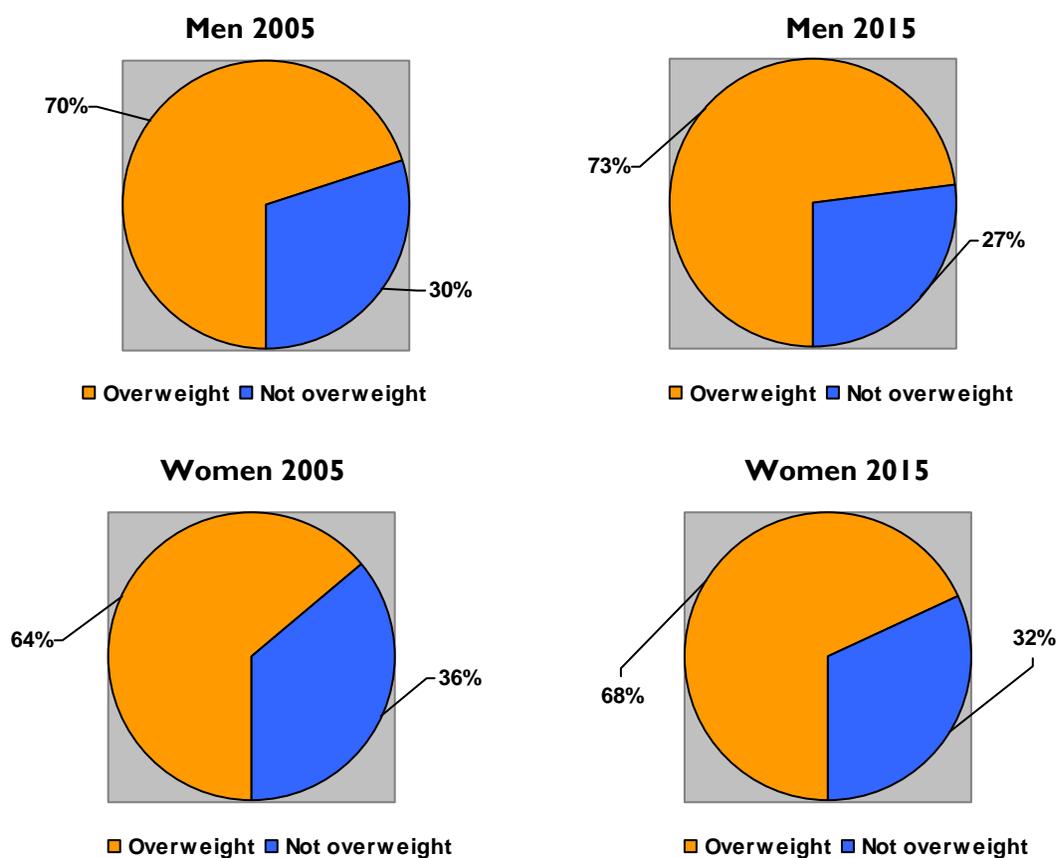
WHO projects that over the next 10 years in Canada:

- Over 2 million people will die from a chronic disease.
- Deaths from infectious diseases, maternal and perinatal conditions, and nutritional deficiencies combined will increase by 6%.
- Deaths from chronic diseases will increase by 15% - most markedly, deaths from diabetes will increase by 44%.



Raised body mass index (overweight and obesity) is an important cause of chronic disease. Prevalence of overweight in Canada is expected to increase in both men and women over the next 10 years (see below).

Projected prevalence of overweight, Canada, males and females aged 30 years or more, 2005 and 2015



Economic impact

Chronic diseases create large adverse – and underappreciated – economic effects on families, communities and countries.

In 2005 alone, it is estimated that Canada will lose 500 million dollars in national income from premature deaths due to heart disease, stroke and diabetes (reported in international dollars to account for differences in purchasing power between countries)¹. These losses are projected to continue to increase: cumulatively, Canada stands to lose 9 billion dollars over the next 10 years from premature deaths due to heart disease, stroke and diabetes.

Solutions

At least 80% of premature heart disease, stroke and type 2 diabetes, and 40% of cancer could be prevented through healthy diet, regular physical activity and avoidance of tobacco products. Cost-effective interventions exist: the most successful strategies have employed a range of population-wide approaches combined with interventions for individuals. Using these approaches, Canada has already made important gains in reducing chronic disease death rates: WHO estimates that from 1970 to 2000, over 1 million cardiovascular disease deaths were averted in Canada.

WHO further estimates that an additional 2 percent annual reduction in national-level chronic disease death rates in Canada over the next 10 years would result in an economic gain of 1 billion dollars for the country.

¹ An international dollar is a hypothetical currency that is used as a means of translating and comparing costs from one country to the other using a common reference point, the US dollar. An international dollar has the same purchasing power as the US dollar has in the United States.