

THE IMPACT OF CHRONIC DISEASE IN THE EASTERN MEDITERRANEAN

Chronic diseases are the major cause of death and disability worldwide

Facts:

- In the WHO Region for the Eastern Mediterranean, chronic diseases are projected to account for 52% of all deaths (see below).
 - Total projected deaths in WHO Region for the Eastern Mediterranean, 2005 = 4,259,000.
 - Total projected deaths due to chronic disease in WHO Region for the Eastern Mediterranean, 2005 = 2,192,000.

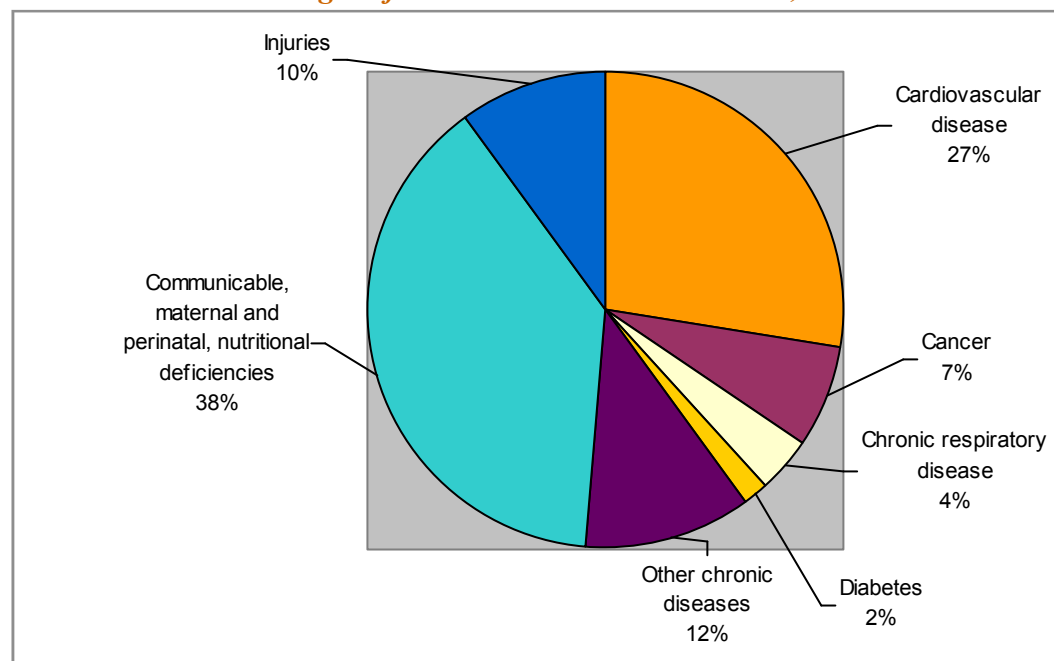
WHO projects that over the next 10 years in the WHO Region for the Eastern Mediterranean:

- 25 million people will die from a chronic disease.
- Deaths from infectious diseases, maternal and perinatal conditions, and nutritional deficiencies combined will decrease by 10%.
- Deaths from chronic diseases will increase by 25% - most markedly, deaths from diabetes will increase by 50%.

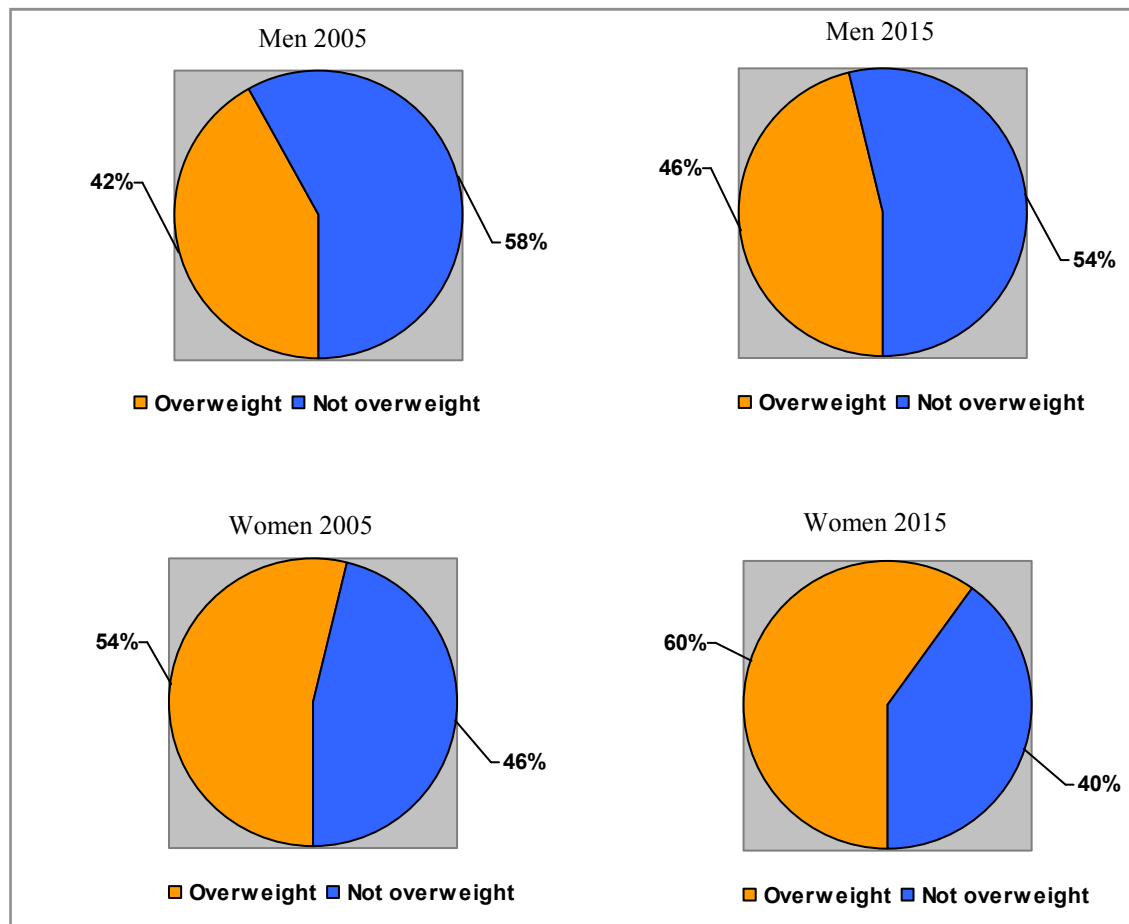
Note:

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 WHO Member States.

*Projected deaths by cause, all ages,
WHO Region for the Eastern Mediterranean, 2005*



Projected prevalence of overweight, WHO Region for the Eastern Mediterranean, males and females aged 30 years or more, 2005 and 2015



Facts:

- Raised body mass index (overweight and obesity) is an important cause of chronic disease.
- Prevalence of overweight in the WHO Region for the Eastern Mediterranean is expected to increase in both men and women over the next 10 years (see charts, left).

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, and have worked in many countries: the most successful strategies have employed a range of population-wide approaches combined with interventions for individuals.
- WHO estimates that in the Region for the Eastern Mediterranean, a 2% annual reduction in chronic disease death rates over and above existing trends during the next 10 years would save over 2 million lives; over 1 million of these lives saved would be in people under age 70.