

## THE IMPACT OF CHRONIC DISEASE IN EUROPE

### Chronic diseases are the major cause of death and disability worldwide

#### Facts:

- In the WHO Region for Europe, chronic diseases are projected to account for 86% of all deaths (see below).
  - Total projected deaths in WHO Region for Europe, 2005 = 9,783,000.
  - Total projected deaths due to chronic disease in WHO Region for Europe, 2005 = 8,414,000.

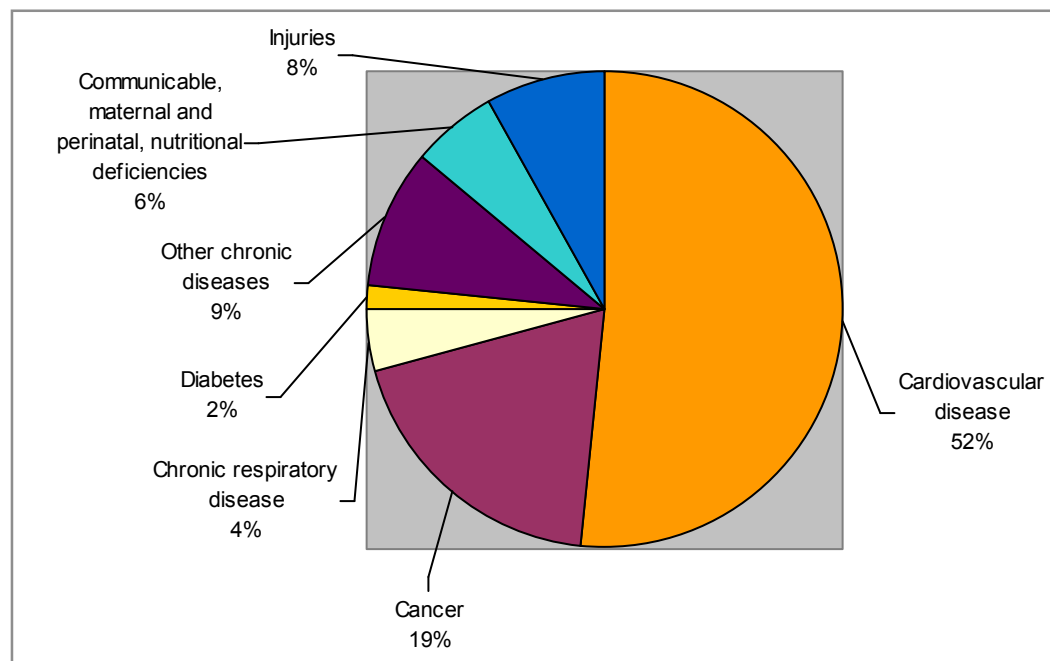
#### WHO projects that over the next 10 years in the WHO Region for Europe:

- 88 million people will die from a chronic disease.
- Deaths from infectious diseases, maternal and perinatal conditions, and nutritional deficiencies combined will increase by 7%.
- Deaths from chronic diseases will increase by 4% - most markedly, deaths from diabetes will increase by 23%.

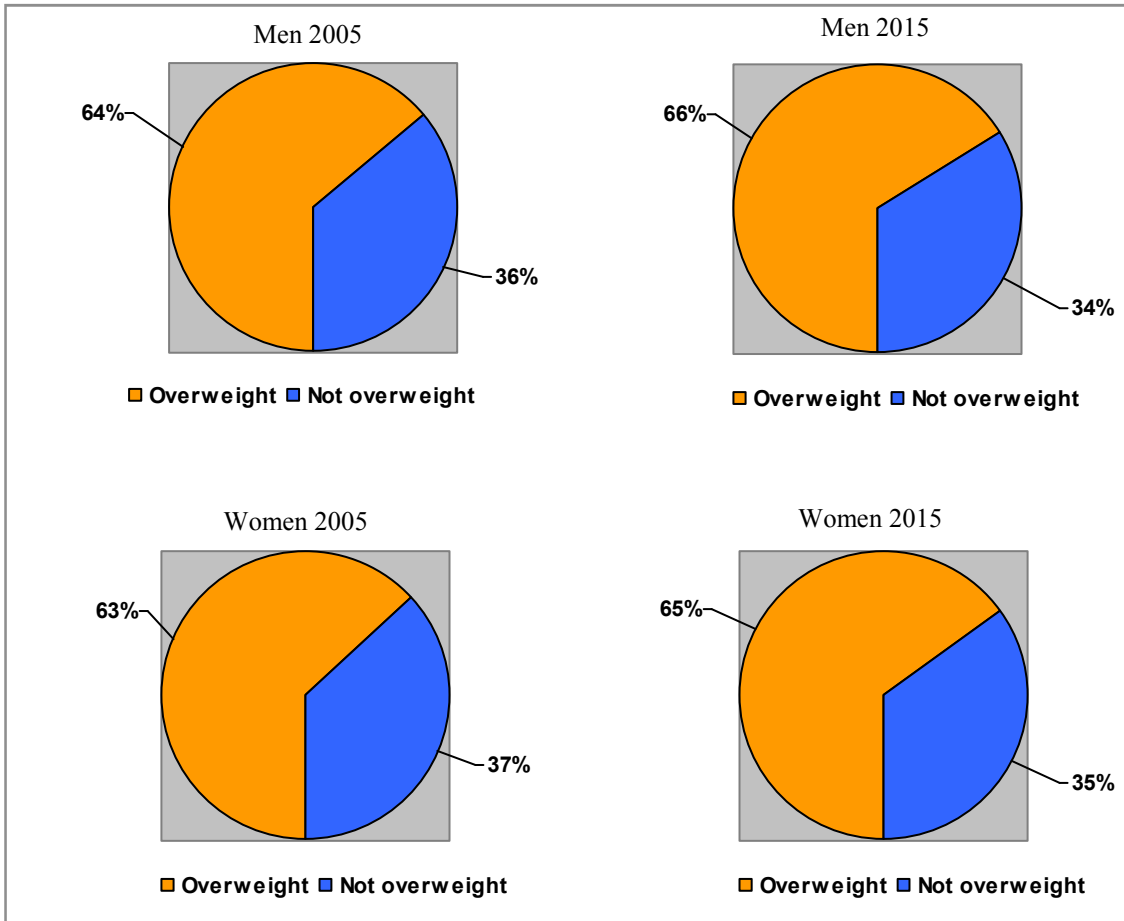
#### Note:

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 Europe, 2005*



*Projected prevalence of overweight, WHO Region for Europe, 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 Europe 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 Europe, a 2% annual reduction in chronic disease death rates over and above existing trends during the next 10 years would save almost 8 million lives; almost 3 million of these lives saved would be in people under age 70.