Facts:
- In Afghanistan, chronic diseases accounted for 30% of all deaths in 2002 (see chart, right).
  - Total deaths in Afghanistan, 2002 = 485,000.
  - Total deaths related to chronic disease in Afghanistan, 2002 = 141,000.

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 prevalence of overweight, Afghanistan, 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 Afghanistan 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.