



THE IMPACT OF CHRONIC DISEASE IN NEPAL

Chronic diseases are the major cause of death and disability worldwide

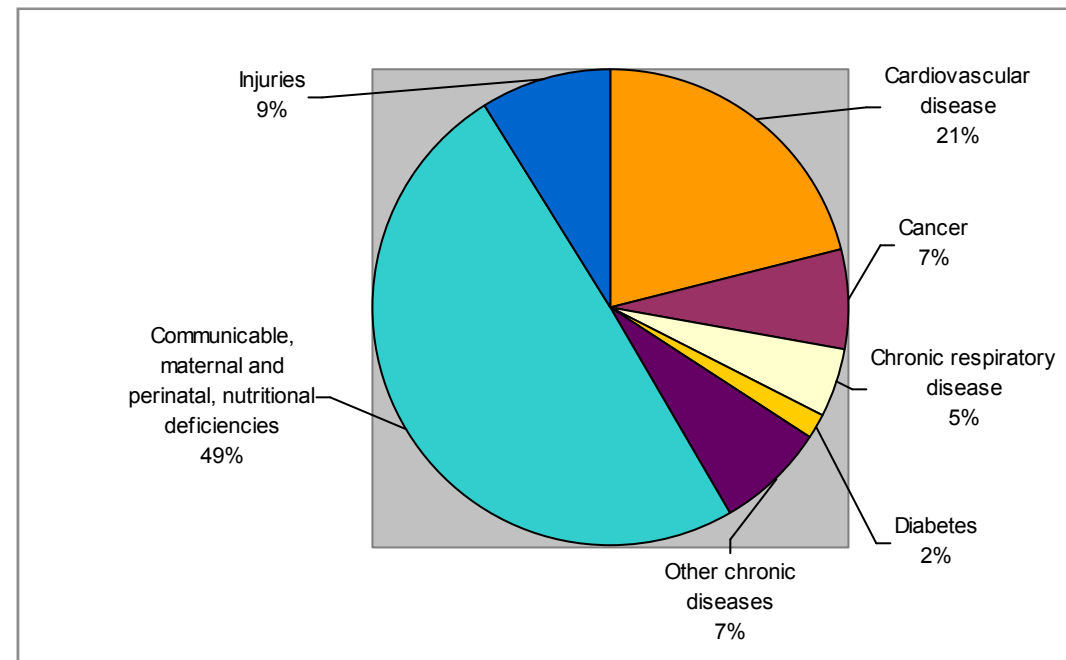
Facts:

- In Nepal, chronic diseases accounted for 42% of all deaths in 2002 (see chart, right).
 - Total deaths in Nepal, 2002 = 235,000.
 - Total deaths due to chronic disease in Nepal, 2002 = 98,000.

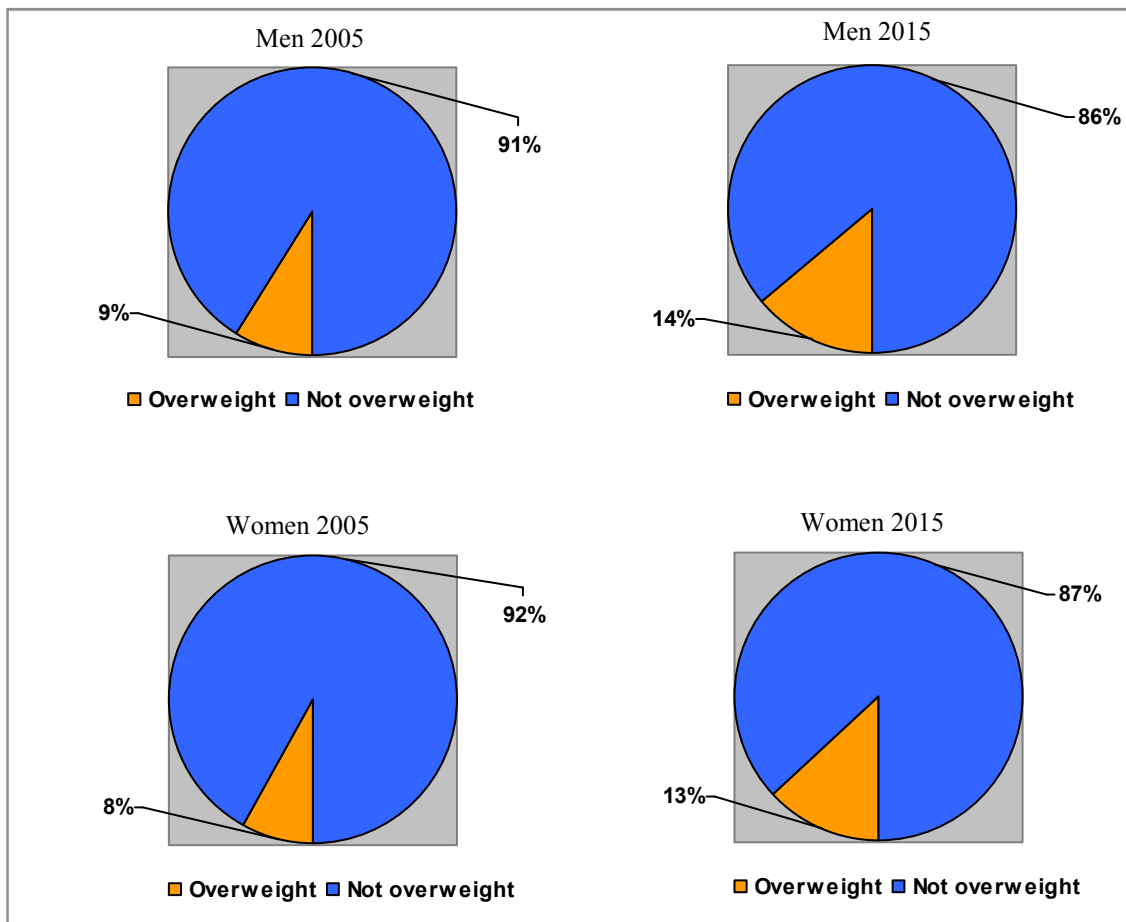
Note:

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.

Deaths by cause, all ages, Nepal, 2002



*Projected prevalence of overweight, Nepal,
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 Nepal 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.