

THE IMPACT OF CHRONIC DISEASE IN PAKISTAN

Chronic diseases are the major cause of death and disability worldwide

Facts:

- In Pakistan, chronic diseases are projected to account for 42% of all deaths (see below).
 - Total projected deaths in Pakistan, 2005 = 1,392,000.
 - Total projected deaths due to chronic disease in Pakistan, 2005 = 588,000.

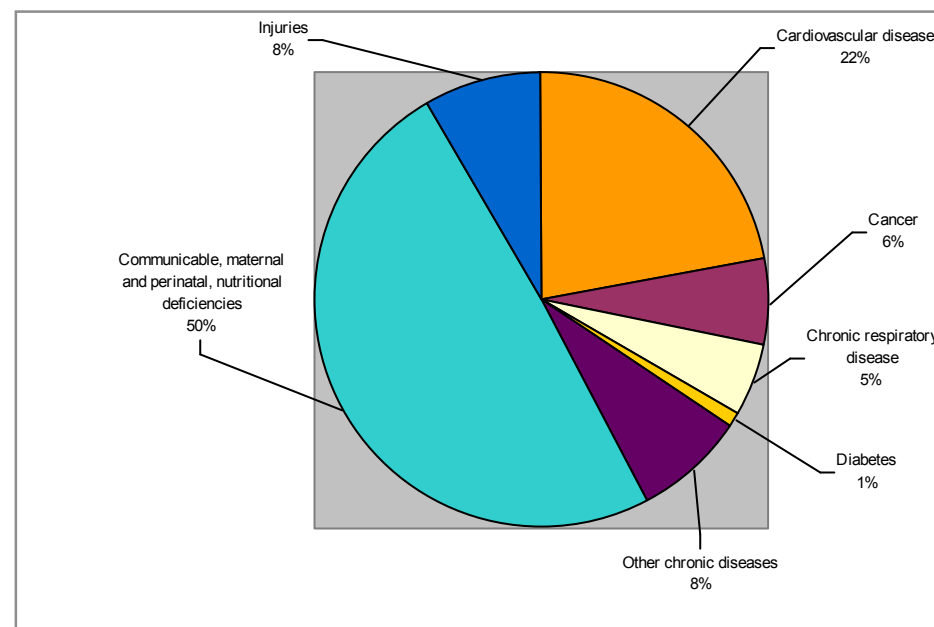
WHO projects that over the next 10 years in Pakistan:

- Over 6 million people will die from a chronic disease.
- Deaths from infectious diseases, maternal and perinatal conditions, and nutritional deficiencies combined will decrease by 12%.
- Deaths from chronic diseases will increase by 27% - most markedly, deaths from diabetes will increase by 51%.

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.

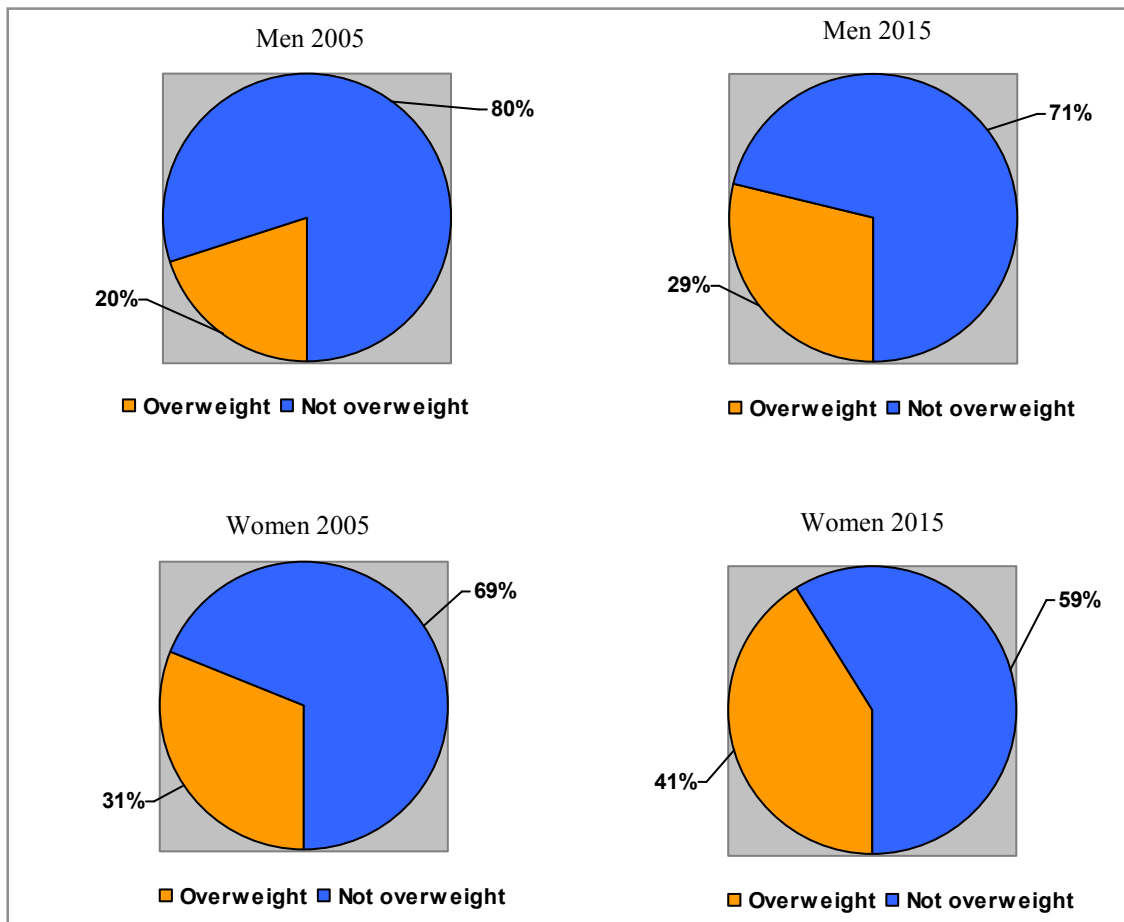
Projected deaths by cause, all ages, Pakistan, 2005



Facts:

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

Projected prevalence of overweight, Pakistan, 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 Pakistan will lose 1 billion dollars in national income from premature deaths due to heart disease, stroke and diabetes.
- These losses are projected to continue to increase: cumulatively, Pakistan stands to lose 31 billion dollars over the next 10 years from premature deaths due to heart disease, stroke and diabetes.¹

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 an additional 2% annual reduction in national-level chronic disease death rates in Pakistan over the next 10 years would result in an economic gain of 1 billion dollars for the country.

¹The estimates are reported in international dollars to account for differences in purchasing power between countries. 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.