

## 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.

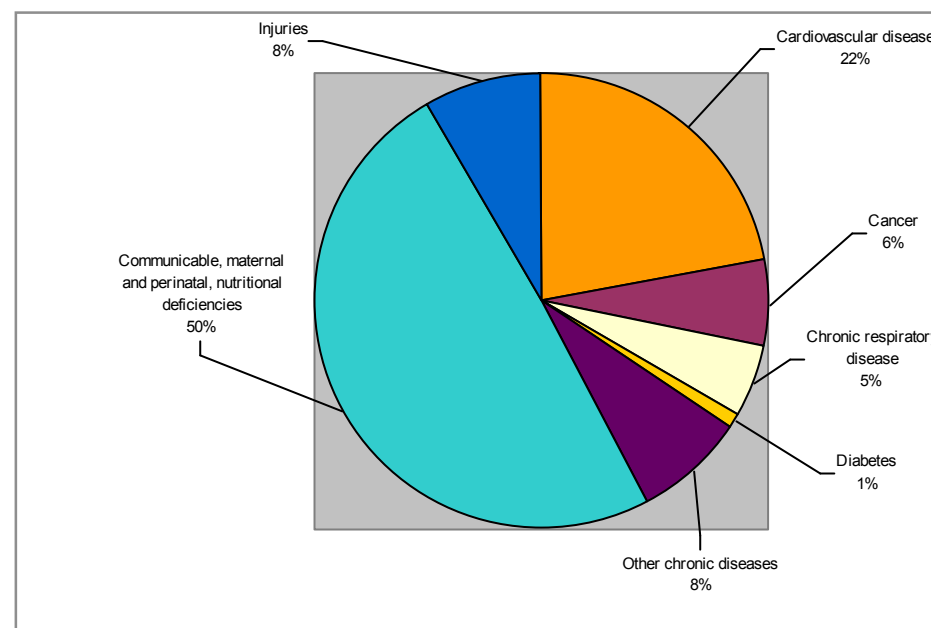
#### WHO projects that over the next 10 years in Pakistan:

- 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.

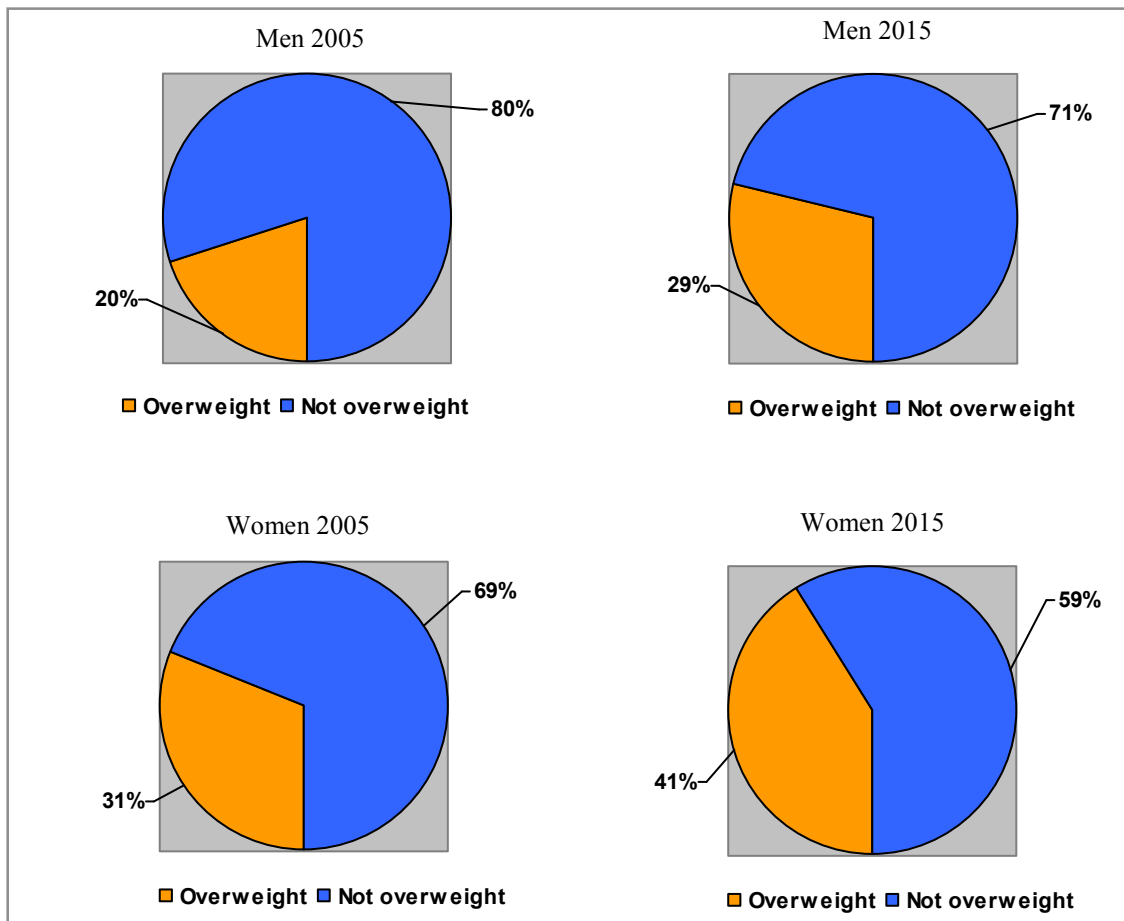
*Projected deaths by cause, all ages, Pakistan, 2005*



**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.<sup>1</sup>

**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.

<sup>1</sup>The 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.