

THE IMPACT OF CHRONIC DISEASE IN UPPER MIDDLE INCOME COUNTRIES

Chronic diseases are the major cause of death and disability worldwide

Facts:

- In upper middle income countries, chronic diseases are projected to account for 76% of all deaths (see below).
 - Total projected deaths in upper middle income countries, 2005 = 3,570,000.
 - Total projected deaths due to chronic disease in upper middle income countries, 2005 = 2,731,000.

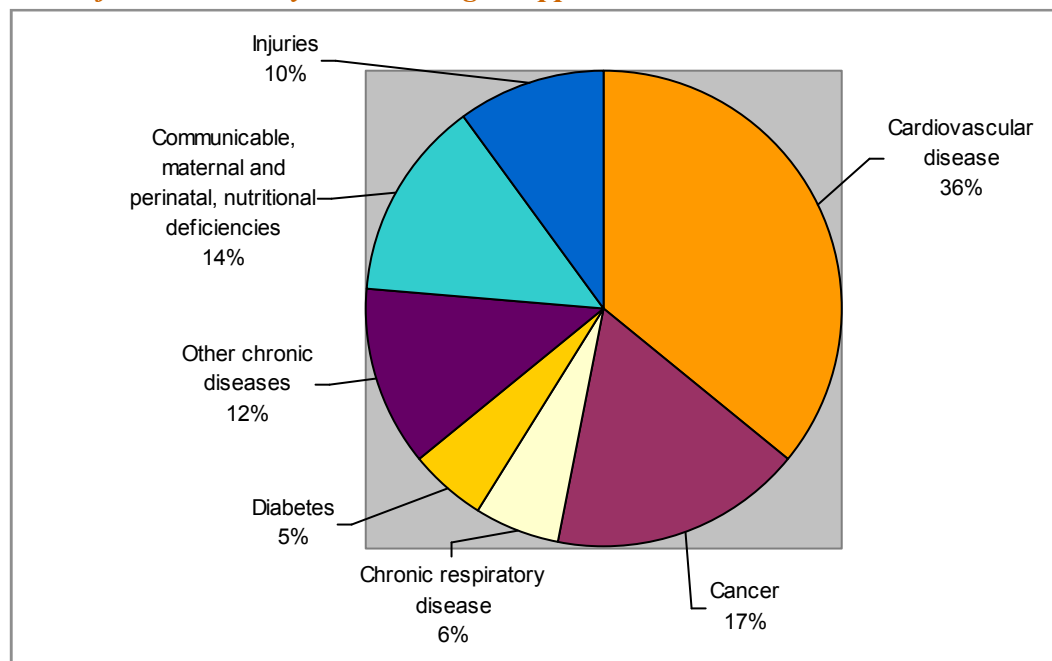
WHO projects that over the next 10 years in upper middle income countries:

- 31 million people will die from a chronic disease.
- Deaths from infectious diseases, maternal and perinatal conditions, and nutritional deficiencies combined will decrease by 7%.
- Deaths from chronic diseases will increase by 21% - most markedly, deaths from diabetes will increase by over 80%.

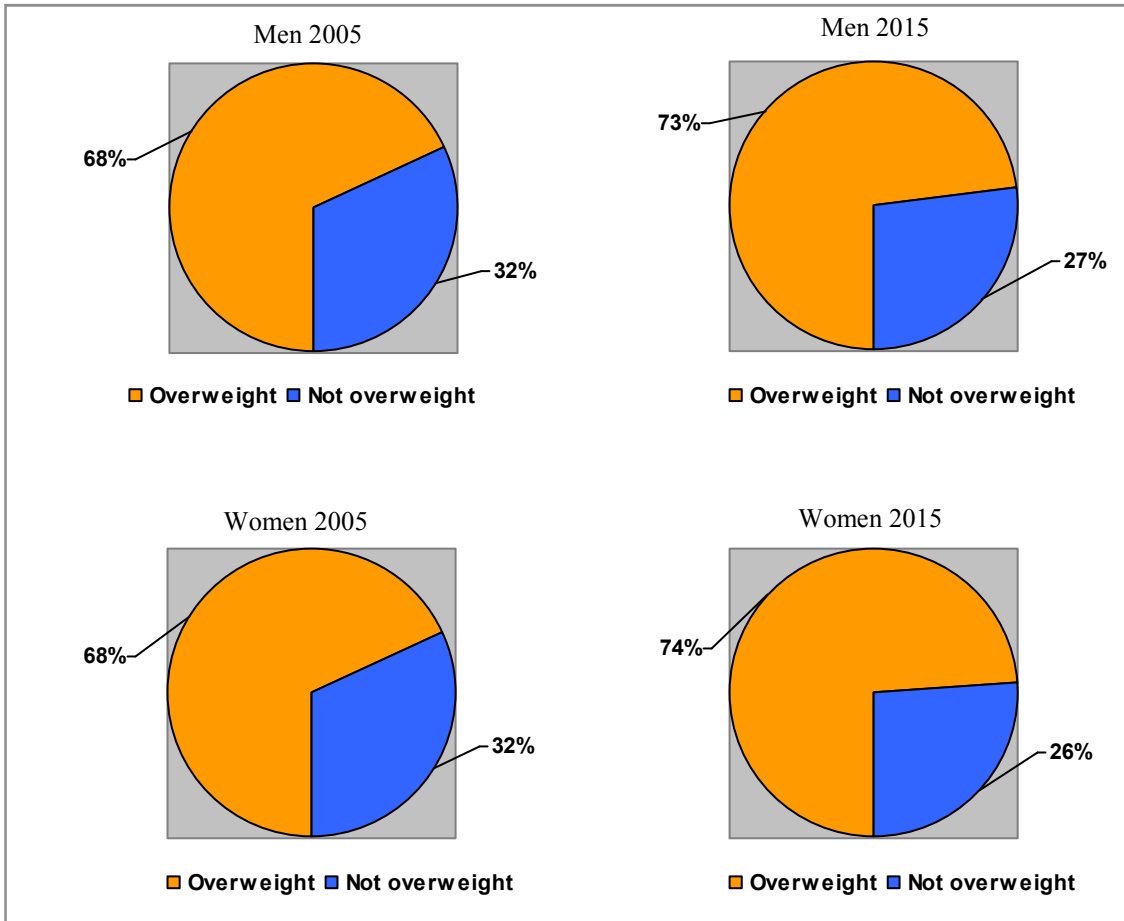
Note:

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, upper middle income countries, 2005



Projected prevalence of overweight, upper middle income countries, 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 upper middle income countries 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 upper middle income countries, a 2% annual reduction in chronic disease death rates over and above existing trends during the next 10 years would save almost 3 million lives; over 1 million of these lives saved would be in people under age 70.