

THE IMPACT OF CHRONIC DISEASE IN THE WESTERN PACIFIC

Chronic diseases are the major cause of death and disability worldwide

Facts:

- In the WHO Region for the Western Pacific, chronic diseases are projected to account for 78% of all deaths (see below).
 - Total projected deaths in WHO Region for the Western Pacific, 2005 = 12,397,000.
 - Total projected deaths due to chronic disease in WHO Region for the Western Pacific, 2005 = 9,588,000.

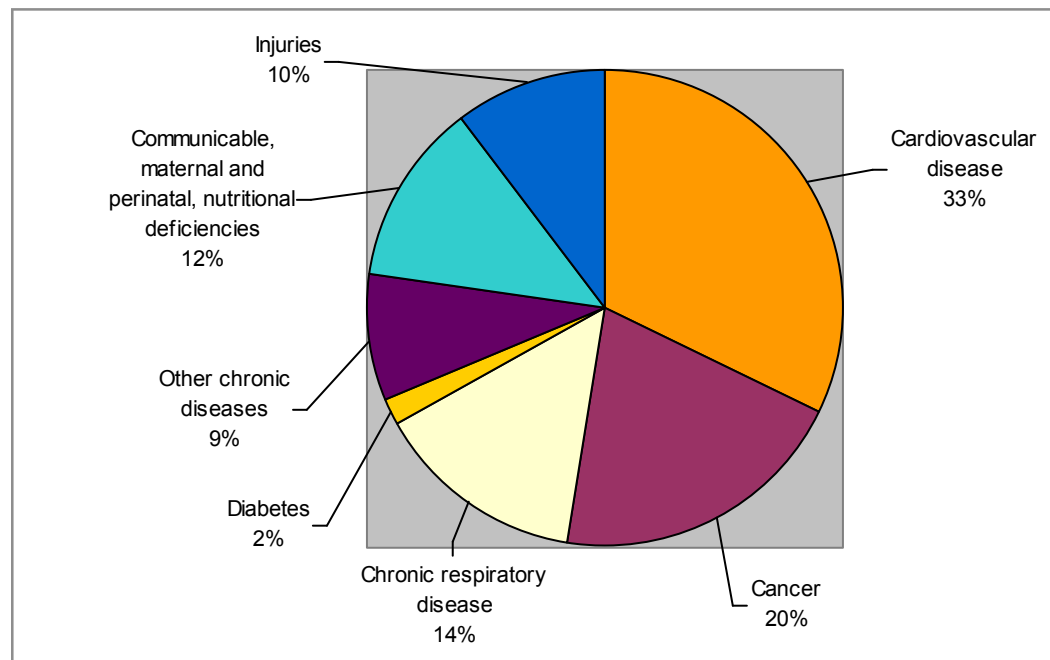
WHO projects that over the next 10 years in the WHO Region for the Western Pacific:

- 106 million people will die from a chronic disease.
- Deaths from infectious diseases, maternal and perinatal conditions, and nutritional deficiencies combined will increase by 1%.
- Deaths from chronic diseases will increase by 20% - most markedly, deaths from diabetes will increase by 51%.

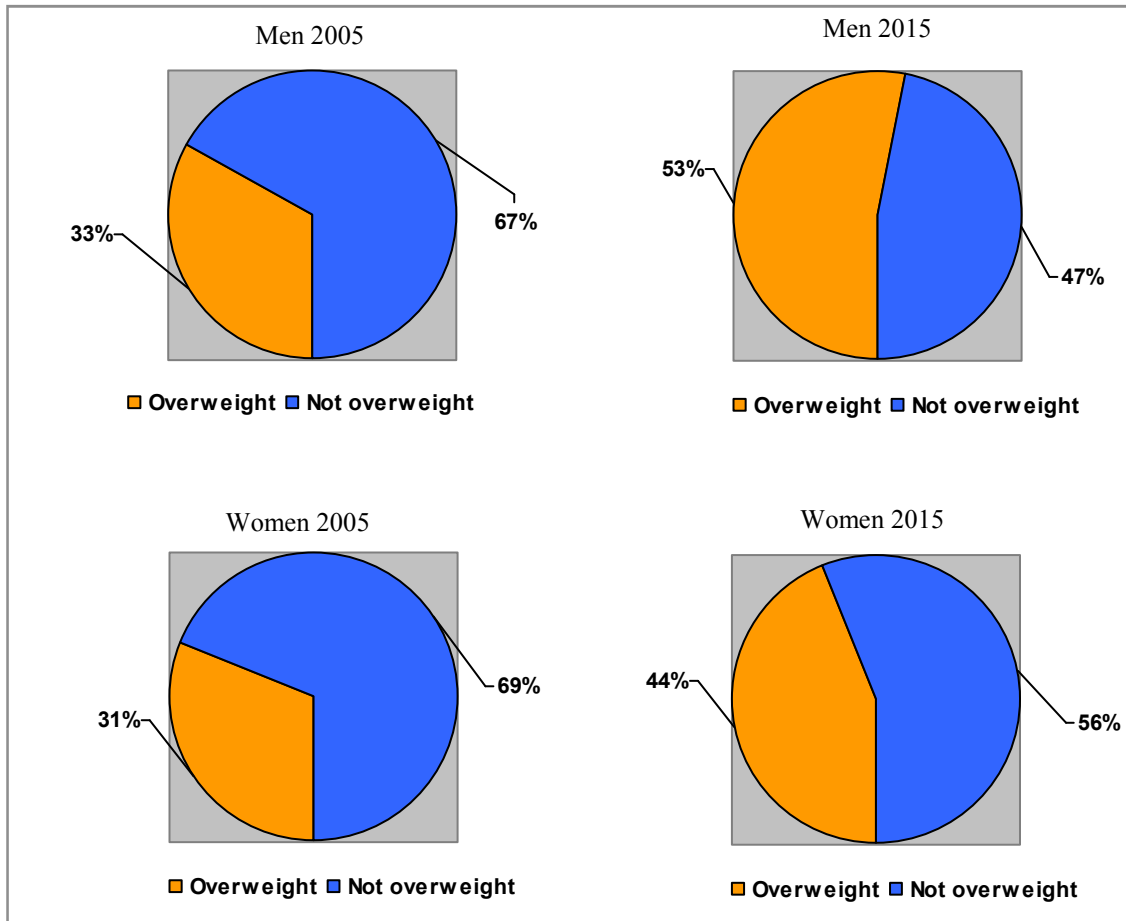
Note:

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, WHO Region for the Western Pacific, 2005



Projected prevalence of overweight, WHO Region for the Western Pacific, 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 the WHO Region for the Western Pacific 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 the Region for the Western Pacific, a 2% annual reduction in chronic disease death rates over and above existing trends during the next 10 years would save almost 10 million lives; over 4 million of these lives saved would be in people under age 70.