



World Health
Organization

Preventing Chronic Diseases: A Vital Investment

Preventing chronic diseases: a vital investment dispels the long-held misunderstandings about heart disease, stroke, cancer and other chronic diseases that have contributed to their global neglect. The reality is that 80% of this year's 35 million chronic disease-related deaths will occur in low and middle income countries, where they affect men and women at younger ages than in high income countries. Premature deaths in countries such as China, India and the Russian Federation are projected to cost billions of dollars over the next 10 years.

Even more importantly, this report gives practical advice for reducing deaths and improving the lives of millions of people. Every country, regardless of its level of resources, has the potential to make significant improvements in chronic disease prevention and control. A great amount can be achieved with leadership and effective and low-cost interventions. *Preventing chronic diseases: a vital investment* shows the way forward.

Key messages of the report:

The problem

- 80% of chronic disease deaths occur in low and middle income countries and these deaths occur in equal numbers among men and women;
- The threat is growing – the number of people, families and communities afflicted is increasing;
- This growing threat is an under-appreciated cause of poverty and hinders the economic development of many countries;
- Interventions to reduce risk and prevent disease are working in many countries;
- Governments need to provide leadership to address chronic diseases;
- A series of low-cost, high-impact actions can be implemented in a stepwise manner.

The solution

- The chronic disease threat can be overcome using existing knowledge;
- The solutions are effective – and highly cost-effective;
- Comprehensive and integrated action at country level, led by governments, is the means to achieve success.

Preventing
CHRONIC DISEASES
a vital investment

saving
36 000 000
lives
by 2015



"We cannot afford to say, "we must tackle other diseases first - HIV/AIDS, malaria, tuberculosis - then we will deal with chronic diseases". If we wait even 10 years, we will find that the problem is even larger and more expensive to address."

— Olusegun OBASANJO, President,
Government of Nigeria

"All segments of the society must unite across the world to provide a global thrust to counter this global threat."

— Anbumani RAMADOSS, Minister of Health &
Family Welfare, Government of India

"We are committed to implementing the strategies outlined in this report to effectively prevent chronic disease and urge the same scale of commitment from others."

— WANG Longde, Vice-Minister of Health,
the People's Republic of China

2005, 200 pages [E]
ISBN 92 4 156300 1
CHF 30.00/US\$ 27.00
In developing countries: CHF 21.00/US\$ 18.90
Order no. 11500638

What's inside this publication?

This WHO global report:

- makes the case for urgent action to halt and turn back the growing threat of chronic diseases;
- presents a state-of-the-art guide to effective and feasible interventions;
- provides practical suggestions for how countries can implement these interventions to respond successfully to the growing epidemics.

The report focuses on the prevention of the major chronic conditions, primarily:

- heart disease and stroke (cardiovascular diseases);
- cancer;
- asthma and chronic obstructive pulmonary disease (chronic respiratory diseases);
- diabetes.

Other chronic diseases are highlighted selectively.

Global and regional information is presented. In addition to WHO regional groupings, World Bank income groupings are used.

Contents:

Part one summarizes the report's main messages.

Part two provides an overview of the risk factors and burden of chronic disease globally, regionally, and in selected countries; it also describes the links between chronic diseases and poverty, details the economic impact of chronic diseases, and presents a global goal for prevention of chronic diseases.

Part three presents evidence-based interventions for prevention and control of chronic diseases. Effective population-wide and individual interventions are reviewed.

Part four outlines a public health approach that governments can follow to formulate and implement an effective chronic disease policy. This part also describes the positive roles that the private sector and civil society can play.

A tear-out inside flap provides fingertip access to the main points, facts and figures that are presented in the report. It is a useful tool for explaining the chronic disease burden and opportunities for prevention and control.

Order form

WHP.DIV.638

Please send me ____ copy (ies) of **Preventing Chronic**

Diseases: A Vital Investment CHF 30.00/US\$ 27.00

In developing countries: CHF 21.00/US\$ 18.90

Order no. 11500638

Handling and shipping charges:

____ Economy mail CHF 7.00/US \$6.30;

____ Courier service CHF 26.00/US \$23.40

Name _____

Address _____

Tel. _____

Fax _____

Email _____

Order online: <http://www.who.int/bookorders>

Payment enclosed

Please charge my credit card

Visa American Express Diners Club

Eurocard/Access/Mastercard

Card no. _____

Expiry date _____

Date of order _____

Signature _____

**Return to: WHO • WHO Press
CH-1211 Geneva 27 • Switzerland**

Tel +41 22 791 32 64 • Fax +41 22 791 48 57

E-mail: bookorders@who.int