



THE IMPACT OF CHRONIC DISEASE IN SAUDI ARABIA

Chronic diseases are the major cause of death and disability worldwide

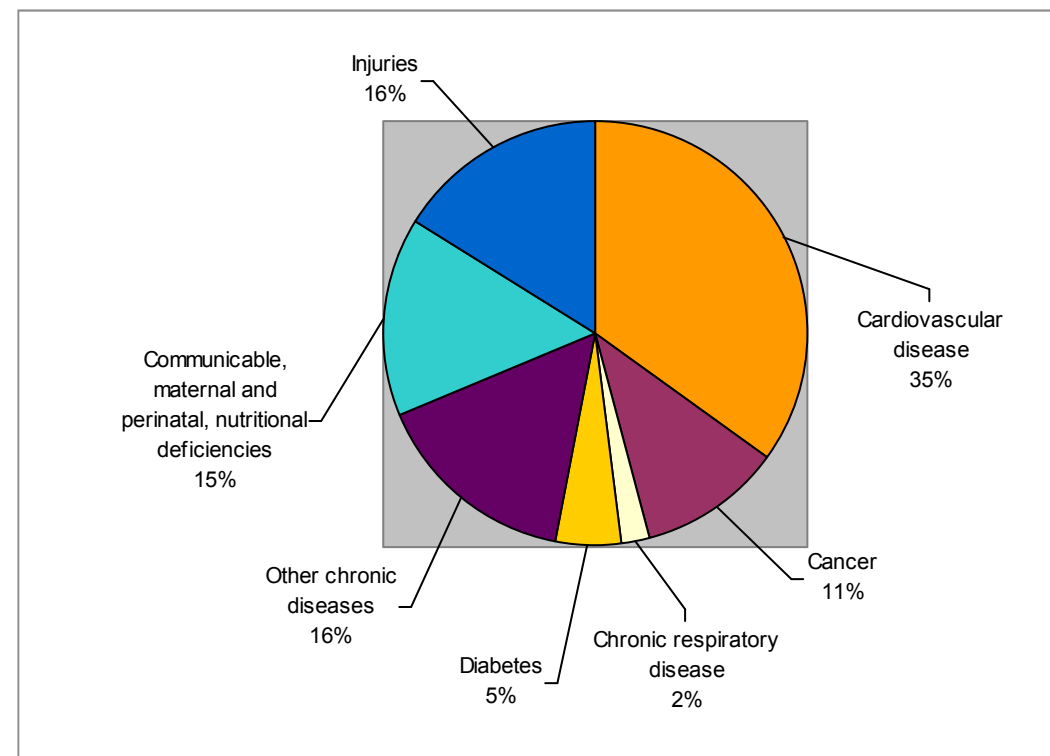
Facts:

- In Saudi Arabia, chronic diseases accounted for 69% of all deaths in 2002 (see chart, right).
 - Total deaths in Saudi Arabia, 2002 = 97,000.
 - Total deaths related to chronic disease in Saudi Arabia, 2002 = 67,000.

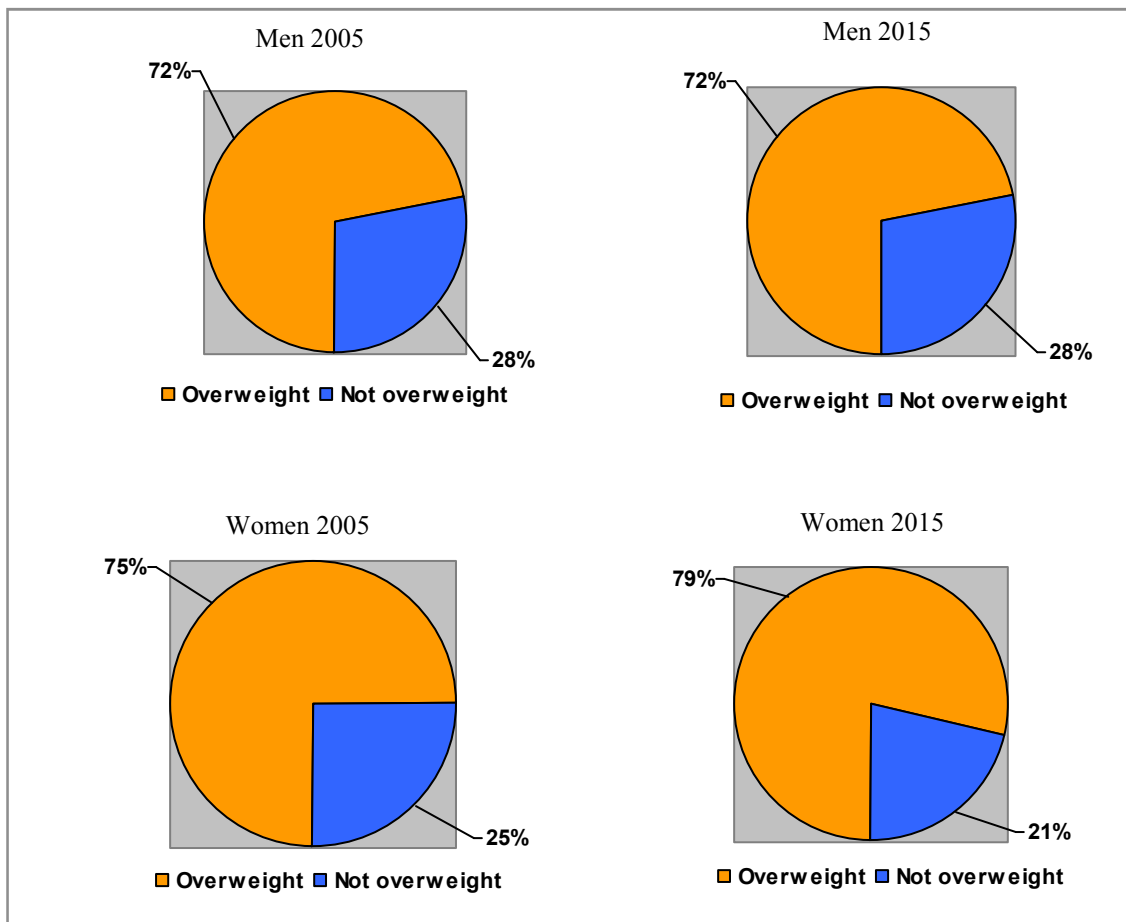
Note:

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.

Deaths by cause, all ages, Saudi Arabia, 2002



Projected prevalence of overweight, Saudi Arabia, 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 Saudi Arabia is expected to remain relatively constant in men and increase in 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.