



THE IMPACT OF CHRONIC DISEASE IN TAJIKISTAN

Chronic diseases are the major cause of death and disability worldwide

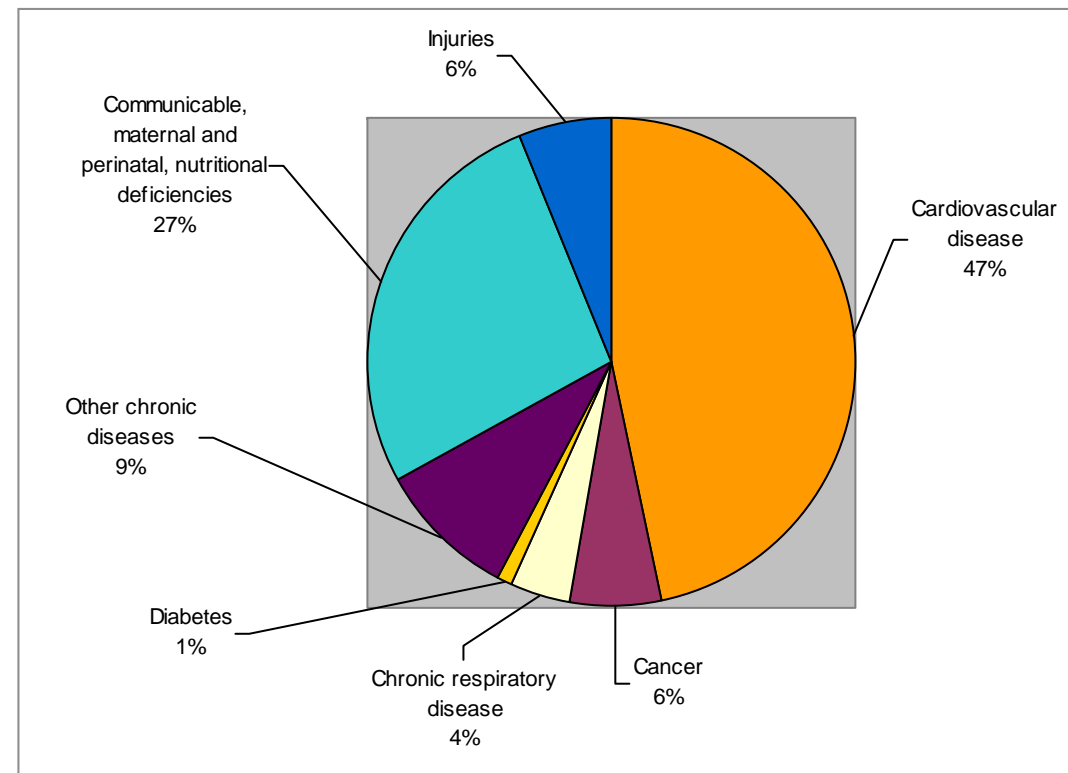
Facts:

- In Tajikistan, chronic diseases accounted for 67% of all deaths in 2002 (see chart, right).
 - Total deaths in Tajikistan, 2002 = 54,000.
 - Total deaths related to chronic disease in Tajikistan, 2002 = 36,000.

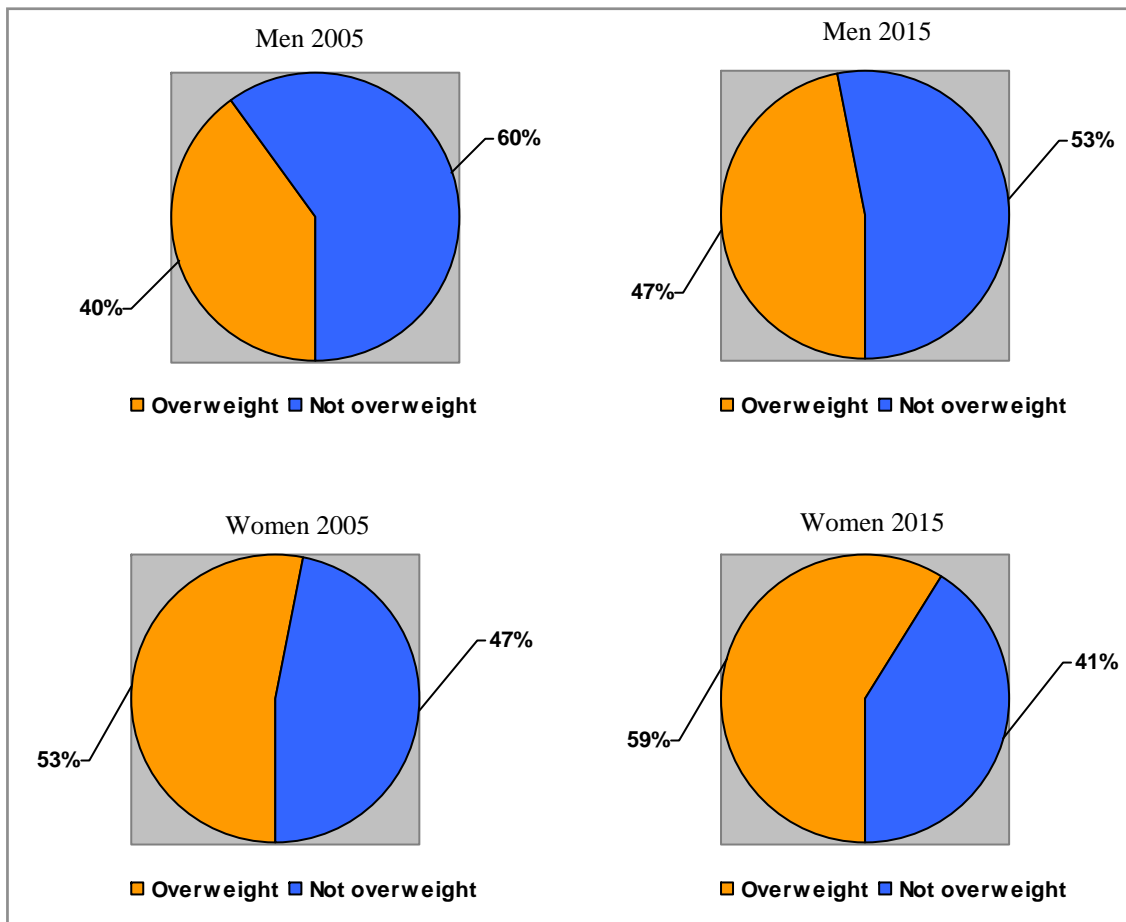
Note:

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, Tajikistan, 2002



Projected prevalence of overweight, Tajikistan, 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 Tajikistan 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.