



## THE IMPACT OF CHRONIC DISEASE IN TONGA

### Chronic diseases are the major cause of death and disability worldwide

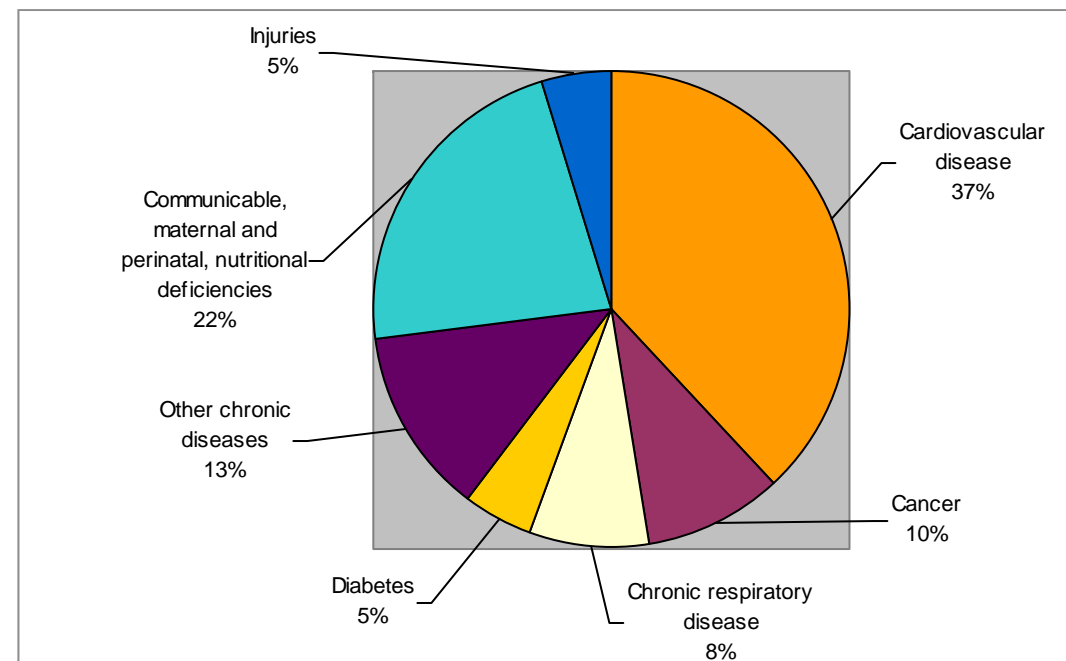
#### Facts:

- In Tonga, chronic diseases accounted for 73% of all deaths in 2002 (see chart, right).
  - Total deaths in Tonga, 2002 = 630 (rounded to nearest 10).
  - Total deaths related to chronic disease in Tonga, 2002 = 460 (rounded to nearest 10).

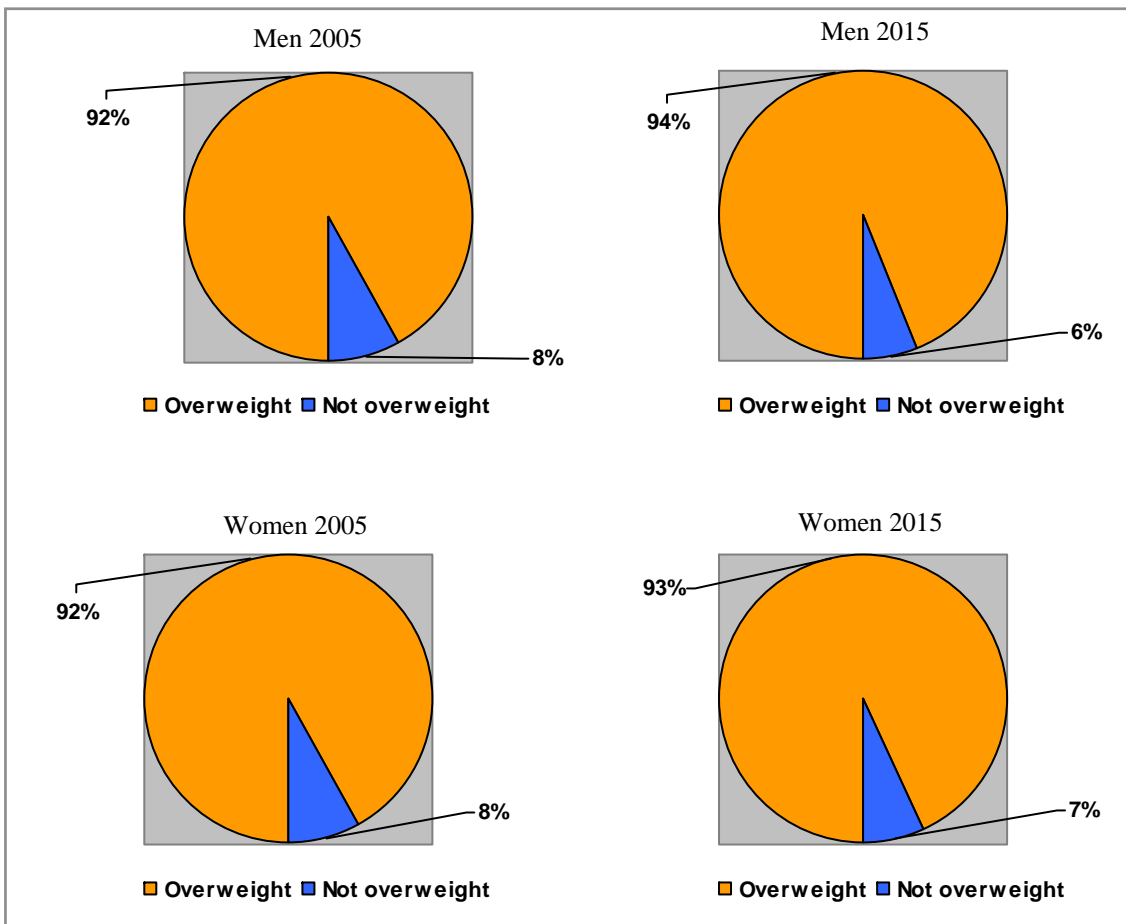
#### Note:

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, Tonga, 2002*



*Projected prevalence of overweight, Tonga, 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 Tonga 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.