NONCOMMUNICABLE DISEASES (NCDs) AND MENTAL HEALTH: CHALLENGES AND SOLUTIONS

**THE THREAT**

Cardiovascular diseases  
Chronic respiratory diseases  
Cancer  
Diabetes  
Mental health conditions

**Key Facts**

- **71%** of all deaths worldwide (41 million people) are caused by NCDs.
- Each year, the lives of **15 million people are cut short due to NCDs**.
- **800,000 people die from suicide**.
- Poorer people are disproportionately affected by NCDs and mental health conditions.
- **Every 2 seconds someone aged 30 to 70 years dies prematurely from NCDs**.

5 main NCD risks

- Unhealthy diet
- Tobacco use
- Air pollution
- Harmful use of alcohol
- Physical inactivity

**Call to action**

Greater action is needed to:
- Protect people from NCDs
- Achieve SDGs
- Promote human rights

Progress on NCDs is too slow

**THE BENEFITS**

Invest for a healthy future

Cost-effective, life-saving interventions to protect people exist

**Most Premature Deaths and Suffering from NCDs are Avoidable**

- **8.2 million lives in poorer countries**
- **US$350 billion in economic growth by 2030**

**WHAT GOVERNMENTS CAN DO TO**

- **Advance universal health coverage**
- **Implement policies, engage the public**
- **Ensure healthy diets**
- **Make health risks clear**
- **Leverage taxes**
- **Generate data for health**
- **Create healthy cities and environments**

**WHAT PEOPLE CAN DO TO**

- **Follow medical advice**
- **Stay physically active**
- **Get vaccinated**
- **Avoid harmful use of alcohol**
- **Avoid consumption of food and drinks high in salt, sugar or unhealthy fats**

www.who.int/beat-ncds

It’s time for the world to deliver and protect people and communities and #beatNCDs