**THE IMPACT OF CHRONIC DISEASE IN UPPER MIDDLE INCOME COUNTRIES**

Chronic diseases are the major cause of death and disability worldwide

**Facts:**
- In upper middle income countries, chronic diseases are projected to account for 76% of all deaths (see below).
  - Total projected deaths in upper middle income countries, 2005 = 3,570,000.
  - Total projected deaths due to chronic disease in upper middle income countries, 2005 = 2,731,000.

**WHO projects that over the next 10 years in upper middle income countries:**
- 31 million people will die from a chronic disease.
- Deaths from infectious diseases, maternal and perinatal conditions, and nutritional deficiencies combined will decrease by 7%.
- Deaths from chronic diseases will increase by 21% - most markedly, deaths from diabetes will increase by over 80%.

**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.

![Projected deaths by cause, all ages, upper middle income countries, 2005](chart.png)
Projected prevalence of overweight, upper middle income countries, 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 upper middle income countries 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.
- WHO estimates that in upper middle income countries, a 2% annual reduction in chronic disease death rates over and above existing trends during the next 10 years would save almost 3 million lives; over 1 million of these lives saved would be in people under age 70.