THE IMPACT OF CHRONIC DISEASE IN SOMALIA

Chronic diseases are the major cause of death and disability worldwide

Facts:
- In Somalia, chronic diseases accounted for 23% of all deaths in 2002 (see chart, right).
  - Total deaths in Somalia, 2002 = 175,000.
  - Total deaths related to chronic disease in Somalia, 2002 = 41,000.

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.
**Projected prevalence of overweight, Somalia, males and females aged 30 years or more, 2005 and 2015**

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>85%</td>
<td>72%</td>
</tr>
<tr>
<td>2015</td>
<td>81%</td>
<td>65%</td>
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</tbody>
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**Facts:**
- Raised body mass index (overweight and obesity) is an important cause of chronic disease.
- Prevalence of overweight in Somalia 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.