Noncommunicable Diseases (NCDs)

- An already enormous public health problem with increasing dimensions, affecting both high and low income populations
- Responsible for millions of premature deaths every year, particularly in low- and middle-income countries
- Lifestyles factors are at the root of the NCD crisis and its solutions
- There are major socioeconomic consequences and negative impact on development
Global burden of NCDs
(Millions of deaths in 2008)
36 million deaths (63% of global mortality)
First Global Ministerial Conference on Healthy Lifestyles and NCD Control (Moscow, 28-29 April 2011)

Global burden of NCDs
(Millions of deaths in 2008)

80% of mortality due to NCDs occur in lower income countries

- 80% of mortality due to NCDs occur in lower income countries
- Low-income
  - Males: 4M
  - Females: 2M
- Lower-middle-income
  - Males: 12M
  - Females: 8M
- Upper-middle-income
  - Males: 10M
  - Females: 6M
- High-income
  - Males: 8M
  - Females: 4M
Projections

- NCD mortality will increase by 15% worldwide by 2020. The greatest increase will occur in Africa, the Eastern Mediterranean and South East Asia
- Cancer incidence will increase by 82% in low-income countries by 2030, compared with only 40% in high-income countries.
Proportion of premature NCD deaths
(2008 estimates)

Under 60 years of age

- High income countries: 13% of total NCD mortality

- Low- and middle-income countries: 29% of total NCD mortality
First Global Ministerial Conference on Healthy Lifestyles and NCD Control (Moscow, 28-29 April 2011)

Causal links

- NCDs
  - Raised blood pressure
  - Overweight/obesity
  - Raised blood glucose
  - Raised lipids
  - Tobacco use
  - Unhealthy diet
  - Physical inactivity
  - Harmful use of alcohol

Metabolic/physiological risk factors

Behavioural risk factors

Undertlying drivers

Social Determinants of Health

Globalization

Urbanization

Population ageing
Almost 6 million people are estimated to die from tobacco use every year.
First Global Ministerial Conference on Healthy Lifestyles and NCD Control (Moscow, 28-29 April 2011)

Percentage of insufficient physical activity (2008 estimates)

<table>
<thead>
<tr>
<th>Region</th>
<th>Men</th>
<th>Women</th>
<th>Both Sexes</th>
</tr>
</thead>
<tbody>
<tr>
<td>AFR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AMR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EMR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EUR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SEAR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WPR</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

AFR AMR EMR EUR SEAR WPR
Prevalence of overweight in adults (20 years 6 over) (2008 estimates)
Prevalence of raised blood pressure
(25 years & over)
(2008 estimates)

<table>
<thead>
<tr>
<th>Region</th>
<th>Men</th>
<th>Women</th>
<th>Both Sexes</th>
</tr>
</thead>
<tbody>
<tr>
<td>AFR</td>
<td>50%</td>
<td>30%</td>
<td>40%</td>
</tr>
<tr>
<td>AMR</td>
<td>40%</td>
<td>20%</td>
<td>30%</td>
</tr>
<tr>
<td>EMR</td>
<td>30%</td>
<td>10%</td>
<td>20%</td>
</tr>
<tr>
<td>EUR</td>
<td>20%</td>
<td>5%</td>
<td>15%</td>
</tr>
<tr>
<td>SEAR</td>
<td>10%</td>
<td>0%</td>
<td>5%</td>
</tr>
<tr>
<td>WPR</td>
<td>10%</td>
<td>0%</td>
<td>5%</td>
</tr>
<tr>
<td>Low-income</td>
<td>50%</td>
<td>30%</td>
<td>40%</td>
</tr>
<tr>
<td>Lower-middle-income</td>
<td>40%</td>
<td>20%</td>
<td>30%</td>
</tr>
<tr>
<td>Upper-middle-income</td>
<td>30%</td>
<td>10%</td>
<td>20%</td>
</tr>
<tr>
<td>High-income</td>
<td>20%</td>
<td>5%</td>
<td>15%</td>
</tr>
</tbody>
</table>
Prevalence of diabetes (2008 estimates)
NCDs are also a development problem and threaten MDGs

Poverty at household level

Populations in low- and middle-income countries

Increased exposure to common modifiable risk factors

Noncommunicable diseases

Loss of household income from spending on unhealthy products

Loss of household income from illness, disability and premature death

Limited access to effective and equitable health-care services
Leading to out-of-pocket and catastrophic expenditures

Loss of household income from high cost of health care

Populations in low- and middle-income countries
The way forward: High-level Meeting on NCDs and beyond

Global Strategy for the Prevention and Control of Noncommunicable Diseases

Action Plan on the Global Strategy for the Prevention and Control of NCDs

High-level Meeting on NCDs (New York, 19-20 September 2011)