Preventing CHRONIC DISEASES
a vital investment

www.who.int/chp

World Health Organization
Did you know??

35 000 000 people died from chronic diseases in 2005

60% of all deaths are due to chronic diseases
Deaths by cause, all ages, 2005, WHO Eastern Mediterranean Region

- Chronic respiratory disease: 4%
- Injuries: 10%
- Communicable, maternal and perinatal, nutritional deficiencies: 38%
- Other chronic diseases: 12%
- Cardiovascular disease: 27%
- Cancer: 7%
- Chronic respiratory disease: 4%
- Diabetes: 2%
Over the next 10 years in the Eastern Mediterranean Region...

- **25 million** chronic disease deaths

- Deaths from infectious diseases, maternal and perinatal conditions, and nutritional deficiencies: **10%**

- Deaths from chronic diseases: **25%**
face to face
WITH CHRONIC DISEASE: HEART DISEASE

Name: Shakeela Begum
Age: 65
Country: Pakistan
Diagnosis: Heart disease

World Health Organization

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Causes of chronic diseases

UNDERLYING SOCIOECONOMIC, CULTURAL, POLITICAL AND ENVIRONMENTAL DETERMINANTS
- Globalization
- Urbanization
- Population ageing

COMMON MODIFIABLE RISK FACTORS
- Unhealthy diet
- Physical inactivity
- Tobacco use

NON-MODIFIABLE RISK FACTORS
- Age
- Heredity

INTERMEDIATE RISK FACTORS
- Raised blood pressure
- Raised blood glucose
- Abnormal blood lipids
- Overweight/obesity

MAIN CHRONIC DISEASES
- Heart disease
- Stroke
- Cancer
- Chronic respiratory diseases
- Diabetes

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Risks are increasing

Projected prevalence of overweight, WHO Region for the Eastern Mediterranean, males and females aged 30 years or more, 2005 and 2015

<table>
<thead>
<tr>
<th></th>
<th>Men 2005</th>
<th>Men 2015</th>
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<tbody>
<tr>
<td>Overweight</td>
<td>42%</td>
<td>46%</td>
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<tr>
<td>Not overweight</td>
<td>58%</td>
<td>54%</td>
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</tbody>
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<table>
<thead>
<tr>
<th></th>
<th>Women 2005</th>
<th>Women 2015</th>
</tr>
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<tbody>
<tr>
<td>Overweight</td>
<td>54%</td>
<td>60%</td>
</tr>
<tr>
<td>Not overweight</td>
<td>46%</td>
<td>40%</td>
</tr>
</tbody>
</table>
The economic impact: billions

Projected foregone national income
due to heart disease, stroke and diabetes
in selected countries, 2005–2015

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It can be done

**Heart disease death rates** among men aged 30 years and over, 1950–2002

![Graph showing heart disease death rates over time among various countries.](image-url)
Comprehensive and integrated action is the means to prevent and control chronic diseases.

World Health Organization

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The global goal

- A 2% annual reduction in chronic disease death rates worldwide, per year, over the next 10 years.
  - 2.3 million lives can be saved in the Eastern Mediterranean Region.
- The scientific knowledge to achieve this goal already exists.

36 000 000 lives can be saved
STATUS QUO

INVEST NOW

THE CAUSES ARE KNOWN.
THE WAY FORWARD IS CLEAR.
IT’S YOUR TURN TO TAKE ACTION.

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