The charts and maps contained in this media kit show in which parts of the world some of the selected leading risks to health have their biggest impact. This impact is measured in disability-adjusted life years, or DALYs.

One DALY can be interpreted as equalling one year of healthy life lost. For the purposes of analyses in The World Health Report, countries have been grouped into “subregions” which serve only to reflect their levels of child and adult mortality and have no other basis.

The 12 risks shown in these maps are divided into four groups. The first group, childhood and maternal undernutrition, contains underweight, iron deficiency and vitamin A deficiency. The second group, diet-related risk factors and physical inactivity, contains blood pressure, cholesterol and overweight. The third group contains tobacco, alcohol and illicit drugs. The fourth group, environmental risks, contains unsafe water, indoor smoke from solid fuels, and urban air pollution.

Figure 4.9 Global distribution of burden of disease attributable to 20 leading selected risk factors

One DALY (disability-adjusted life year) is equal to the loss of one year of healthy life. For example, a person who lives to age 70, but suffers an incapacitating stroke at age 65, has lost five DALYs.
Figure 4.2  Burden of disease attributable to childhood and maternal undernutrition (% DALYs in each subregion)

A. Underweight

B. Iron deficiency

C. Vitamin A deficiency
Figure 4.3  Burden of disease attributable to diet-related risk factors and physical inactivity (% DALYs in each subregion)

A. Blood pressure

B. Cholesterol

C. Overweight (high body mass index)
Figure 4.6 Burden of disease attributable to tobacco, alcohol and illicit drugs (% DALYs in each subregion)

A. Tobacco

B. Alcohol

C. Illicit drugs
Figure 4.10 Burden of disease attributable to 10 selected leading risk factors, by level of development and type of affected outcome

Developing countries – high mortality
- Underweight
- Unsafe sex
- Unsafe water, sanitation and hygiene
- Indoor smoke from solid fuels
- Zinc deficiency
- Iron deficiency
- Vitamin A deficiency
- Blood pressure
- Tobacco
- Cholesterol

Attributable DALYs (% of total 833 million DALYs)

Developing countries – low mortality
- Alcohol
- Blood pressure
- Tobacco
- Underweight
- Overweight
- Cholesterol
- Low fruit and vegetable intake
- Indoor smoke from solid fuels
- Iron deficiency
- Unsafe water, sanitation and hygiene

Attributable DALYs (% of total 408 million DALYs)

GROUP I. Communicable diseases, maternal and perinatal conditions and nutritional deficiencies
- Infectious and parasitic diseases
- Maternal and perinatal conditions
- Nutritional deficiencies

GROUP II. Noncommunicable conditions
- Cardiovascular diseases
- Cancers
- Chronic respiratory diseases
- Neuropsychiatric disorders
- Other noncommunicable conditions

GROUP III. Injuries
- Unintentional injuries
- Intentional injuries

Developed countries
- Tobacco
- Blood pressure
- Alcohol
- Cholesterol
- Overweight
- Low fruit and vegetable intake
- Physical inactivity
- Illicit drugs
- Unsafe sex
- Iron deficiency

Attributable DALYs (% of total 214 million DALYs)