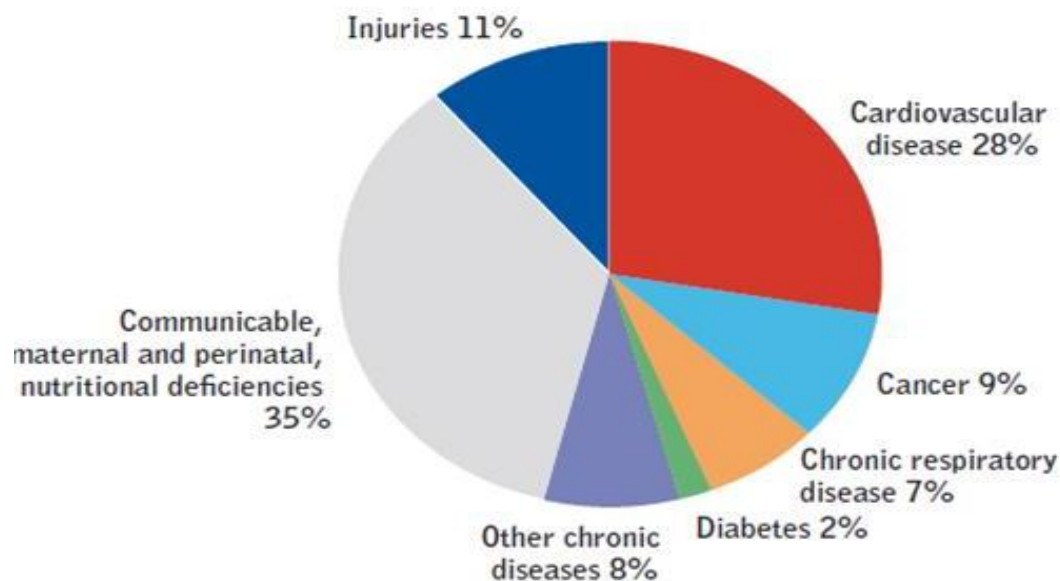


Non Communicable Diseases are preventable

Non Communicable Diseases are rising in the region due to epidemiological and demographic transition; Cardiovascular Diseases, Diabetes, Cancers and Chronic Respiratory Diseases are the majority out of many NCDs. These diseases are largely preventable by avoiding common shared risk factors and manageable by early detection, physical activity, healthy diet and treatment. The estimated percentage of deaths by cause in SEA region is shown in following diagram.

Estimated percentage of deaths, by cause, SEA Region, 2005



Thirty percent of deaths from NCDs occur in SEA region and sharp rise of deaths occur after the age of 40 which is the most productive age group in a society. Compared to the developed countries NCD deaths disproportionately higher in 40-60 age group in developing countries.

People in lower socioeconomic categories are extensively affected due to unhealthy behaviours (tobacco and alcohol use) loss of productivity (due to disease, disability and premature deaths) and high out of pocket expenditure for long term treatment and health care for NCDs.

Estimates suggest 2% reduction of annual deaths would save lives of 8 million people over 10 years simply through simple life style modifications.

- Eighty (80%) of heart diseases and stroke, 80% of Type 2 Diabetes and 40% of cancers can be prevented by;

- Healthy diet
- Physical activity
- Stop smoking
- Stop alcohol

- Hundred and fifty (150) minutes of moderate physical activity per week or it's equivalent is estimated to reduce risk of ischemic heart disease by 30%, risk of Diabetes by 27% and risk of breast and colon cancers by 21-25%.

Nearly 250 million people smoke in the region, 8-26% adults do not receive recommended aerobic physical activity based on the global guidelines and 80% of people do not eat sufficient quantities of fruits and vegetables.

WHO regional committee endorsed the following key strategies for prevention and control of NCD.

- Advocacy and raising awareness
- Major risk factor surveillance
- Primary prevention focusing on health promotion, legislation
- Early Disease detection and early treatment at the primary health care level
- Evidence building through research
- Addressing risk factor reduction with the partnership of non health related sectors such as planning, agriculture, sports, local governments, education, trade etc..

Source : WHO Fact Sheet. Department of sustainable development and healthy environment, March 2011