

CONTINUED RISE IN CHRONIC NCDs

Definition: Noncommunicable diseases (NCDs) including cardiovascular diseases, cancers, diabetes and chronic lung diseases are not passed from person to person, but are mainly a consequence of environmental and lifestyle influences.

NCDs affect an increasing number of people globally. While some are able to cope - especially in more affluent regions - most are suffering from a range of detrimental effects including loss of life expectancy or quality, lower (to no) income, loss of education and weakened family ties.

NCDs are often chronic in the sense that they are long-term conditions that, although they may be controlled, are incurable. Previously seen as "affluence diseases", statistics now show that about three quarters of all deaths from NCDs occur in low or lower-middle income countries, where incidences of NCDs are

rising fast. The rise in NCDs relates to a number of factors listed below¹:

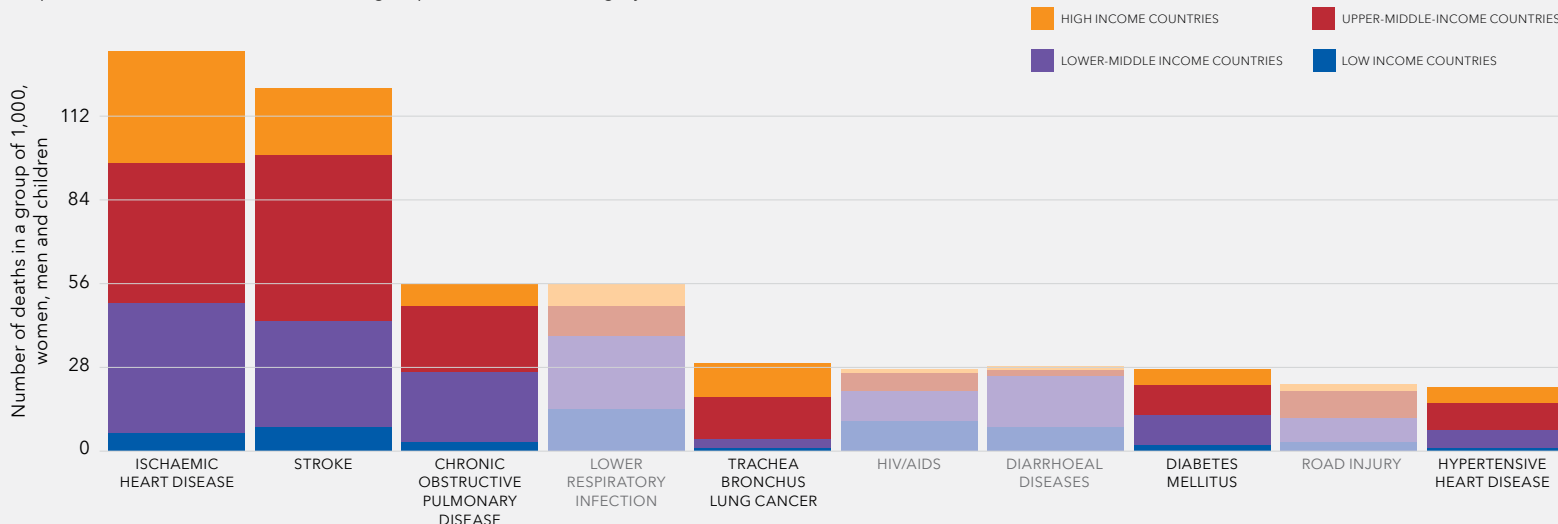
- Physical inactivity is linked to the rise of metabolic and cardiovascular diseases along with certain cancers.
- Environmental factors are significant contributors to the development of respiratory and cardiovascular diseases².
- Poor diet may relate to salt, sugar, fat or quantity of food consumed. It is correlated to metabolic diseases and even displays links with certain cancers.
- Tobacco increases chronic lung disease and cancer.

- Alcohol abuse increases prevalence of metabolic disease and cancers³.

Chronic diseases are a growing burden both in terms of the direct costs of healthcare (where available) and as loss of productivity. Despite healthcare efforts, the loss of "healthy life years" caused by NCDs is far greater than other conditions. In all, a continued rise in chronic NCDs is a serious threat to life, happiness and economic growth, especially where the options for treatment are limited and the environmental factors behind the rise in incidence are strongest.

6 OUT OF 10 GREATEST KILLERS ARE NCDs

- top 10 causes of death across income groups¹¹. Non NCDs are greyed out.



FACTS AND FIGURES

NCDs are the top cause of death globally, killing 36 million people every year and accounting for 68 pct. of all deaths in 2012.⁴

Nearly 80 pct. of NCD deaths - 29 million - occur in low- and middle-income countries.⁵

IMPACTS

In the **USA** sedentary jobs have increased 83 pct. since 1950. Physically active jobs now make up only about 25 pct. of the workforce, 50 pct. less than 1950. Obesity costs American companies \$225.8B per year in health-related productivity losses. An obese employee costs employers an additional \$460 to \$2,500 in medical costs and sick days per year.⁶

Studies in **China** showed that tobacco use increased the risk of sick leave by 32 pct. to 56 pct..⁷

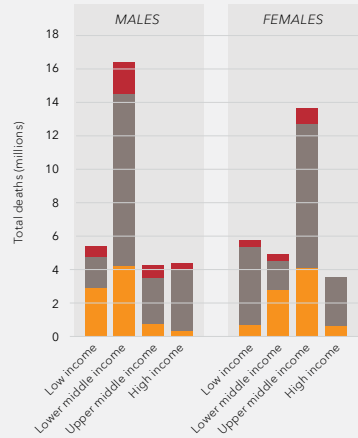
In 2004 an estimated 1.4 million to 2 million **Indians** experiences grave economic consequences and 600,000 to 800,000 people were impoverished by the costs of caring for cardiovascular disease and cancer.⁸

In **SEAR** countries⁹ around 3 billion people cook and heat their homes using solid fuels which produce high levels of household (indoor) air pollution, killing 4.3 million people a year. In the eleven Asian SEAR countries, they caused over 600,000 deaths in 2004 alone.¹⁰

¹ World Bank. 'The Growing Danger of Non-Communicable Diseases'. 2011. ² American Heart Association. 'Particulate Matter Air Pollution and Cardiovascular Disease'. 2010. ^{3,7,8} WHO. 'Global status report on Noncommunicable diseases'. Report. 2010. ^{4,10,11} WHO. 'Fact Sheet: The Top 10 Causes of Death'. Online: www.who.int/mediacentre/factsheets/fs310/en. Accessed 13/08/14. ⁵ WHO. 'Fact Sheet: Noncommunicable Diseases'. March 2013. Online: www.who.int/mediacentre/factsheets/fs355/en. Accessed 13/08/14. ⁶ American Heart Association. 'The Price of Inactivity'. March 2013. ⁹ Bangladesh, Bhutan, Democratic People's Republic of Korea, India, Indonesia, Maldives, Myanmar, Nepal, Sri Lanka, Thailand, Timor-Leste. ¹⁰ WHO. 'Global estimates of burden of disease caused by environmental risks'. Online: www.who.int/quantifying_ehimpacts/global/globalair2004/en/ Accessed 13/08/14.

NCDs COST 36 MILLION LIVES
 - total deaths (millions) by broad cause groups 2008 ¹²

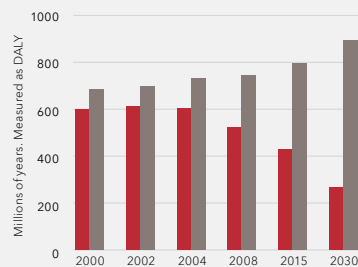
- COMMUNICABLE, MATERNAL, PERINATAL and NUTRITIONAL CONDITIONS
- NON-COMMUNICABLE DISEASES
- INJURIES



NCDs CAUSE MASSIVE DISABILITY AND ILL HEALTH
 - millions of years of "health life" lost globally to NCDs and other conditions ¹³

The number of "Disability Adjusted Life Years" (DALY) lost to NCDs is already outpacing the effects of other conditions, and the gap will grow. Each DALY lost represents the loss of a healthy and productive year for one person.

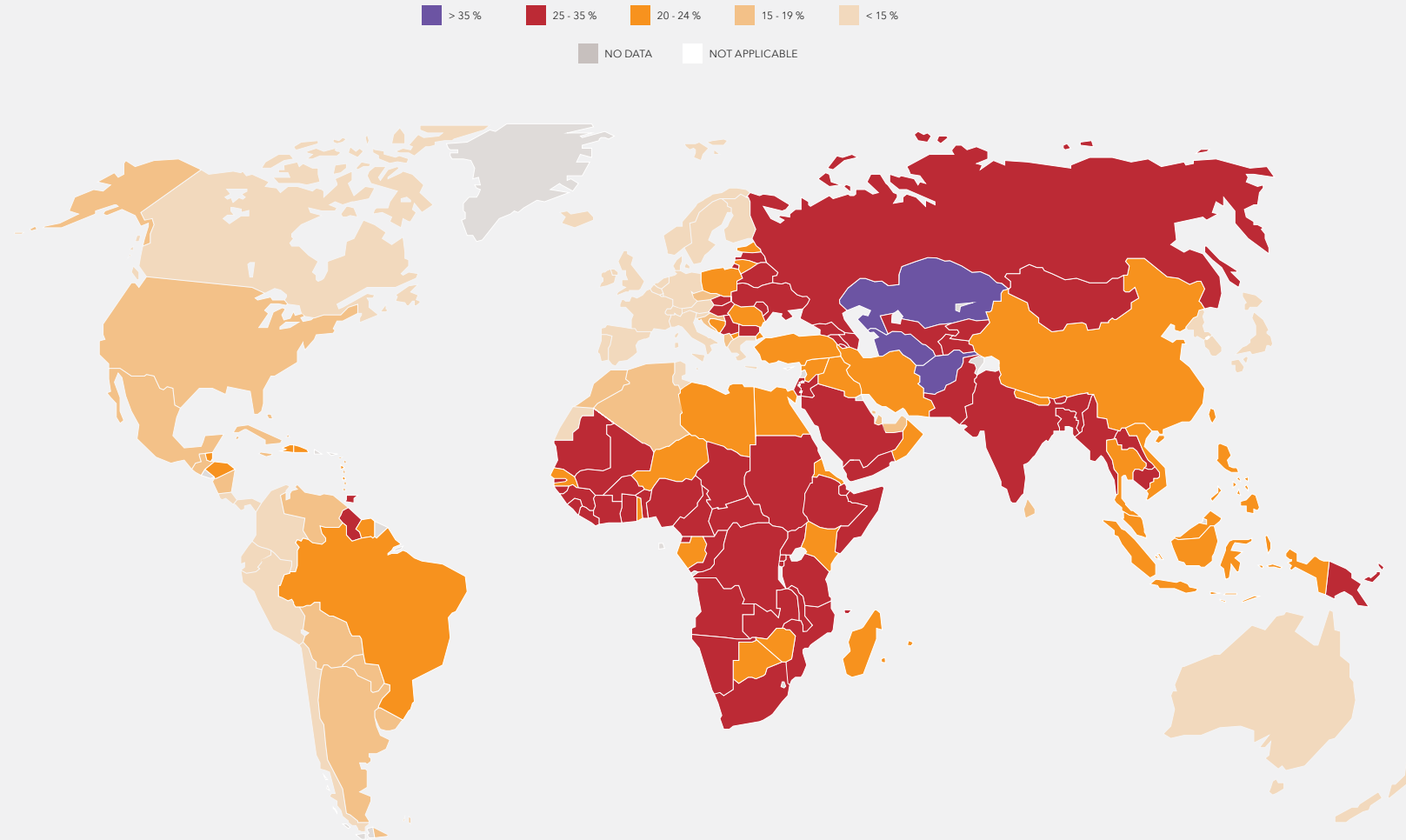
- OTHER CONDITIONS
- NON-COMMUNICABLE DISEASES



NCDs DEAL A HARD BLOW TO WORKFORCES IN LOW INCOME COUNTRIES

Unconditional chance of dying from selected NCDs between age of 30 and 70 ¹⁴

Though NCDs globally are the largest cause of death, Asia and Africa suffer an unproportionate number of NCD deaths in the age groups below 70. This hits both families and the economy immensely.



¹² WHO. 'Deaths from NCD's. Online: www.who.int/gho/ncd/mortality_morbidity/ncd_total_text/en Accessed 11/07/14.

¹³ WHO. 'The Global Burden of Disease: Updated Projections'. Report. 2008.

¹⁴ Interaction. 'Global Health: Investing in Our Future'. Report. 2013.