

# THE MEDICAL THOUGHT

## PREVENTING CHRONIC DISEASES: GLOBAL IMPACT.



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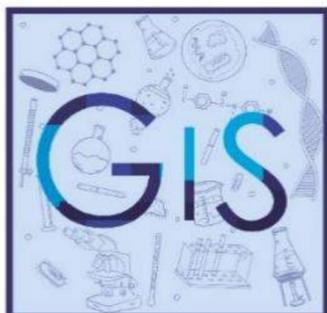
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## PREVENTING CHRONIC DISEASES



**Health Sciences Faculty-  
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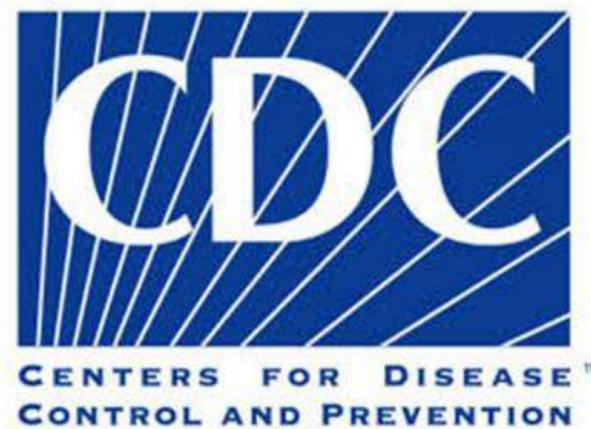


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# PREVENTING CHRONIC DISEASES



**Credits: CDC and WHO.**



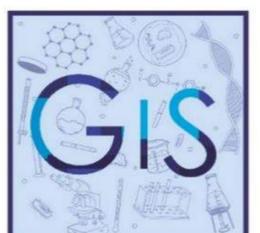
Chronic diseases include heart disease, stroke, cancer, chronic respiratory diseases and diabetes. Visual impairment and blindness, hearing impairment and deafness, oral diseases and genetic disorders are other chronic conditions that account for a substantial portion of the global burden of disease (1,2).

## References

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# PREVENTING CHRONIC DISEASES

**The 80%** of chronic disease deaths occur in low and middle-income countries and these deaths occur in equal numbers among men and women (1,2).



It is vital that the increasing importance of chronic disease is anticipated, understood and acted upon urgently. 35 million people will die in 2005 from heart disease, stroke, cancer, and other chronic diseases. Only 20% of these deaths will be in high-income countries while 80% will occur in low income and middle-income countries (1,2).

**The 60% of all deaths are due to chronic diseases.**

Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$3.3 trillion in annual health care costs (1,2).

Each year in the United States, more than 1.6 million people are diagnosed with cancer, and almost 600,000 die from it, making it the second leading cause of death. The cost of cancer care continues to rise and is expected to reach almost \$174 billion by 2020" (3).



**Credits: CDC.**

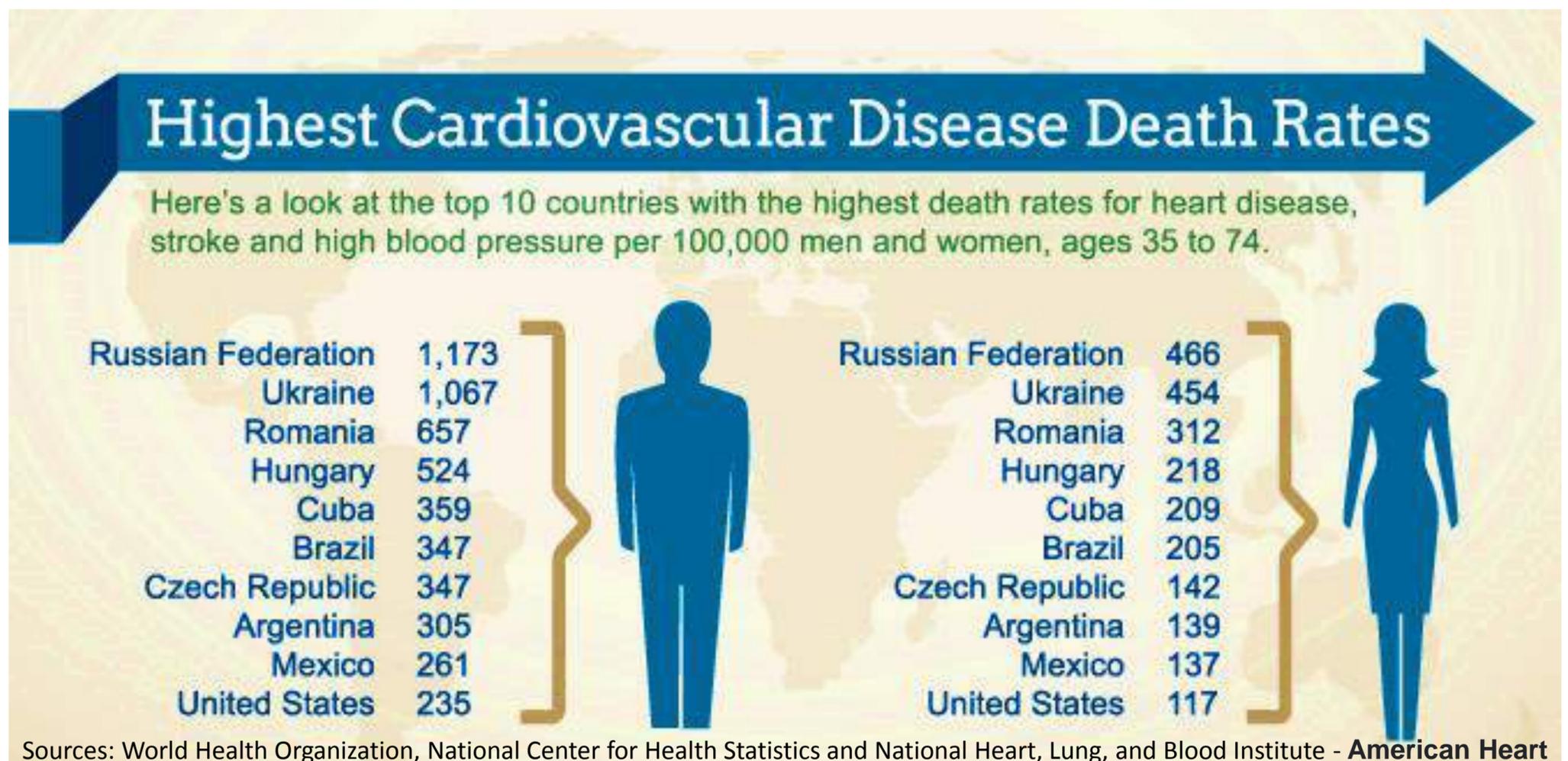
Nothing kills more Americans than heart disease and stroke. These diseases take an economic toll, as well, costing our health care system \$199 billion per year and causing \$131 billion in lost productivity on the job. Diabetes can cause heart disease, kidney failure, and blindness, and costs the US health care system and employers \$237 billion every year (4).

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# PREVENTING CHRONIC DISEASES

The first is the global epidemic of chronic disease, especially cardiovascular disease (CVD) and its associates—hypertension, stroke, type 2 diabetes, and kidney disease.



Sources: World Health Organization, National Center for Health Statistics and National Heart, Lung, and Blood Institute - American Heart Association statistical report tracks global figures for first time: Published: December 17, 2014.

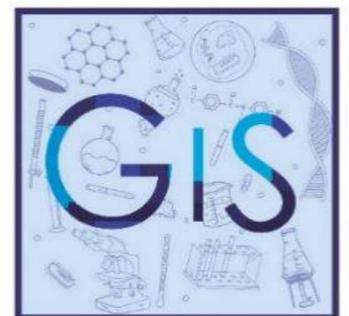
First, the need is great, and the attention paid to the problem is small. Only about 3% of WHO's 2006–2007 budget was allocated to chronic diseases. Second, a new breed of public health professional is required (5)

For academic public health, the likelihood of being unprepared for the coming decades, when chronic diseases could dominate the global health agenda, is too great a risk to take (6).

Common, modifiable risk factors underlie the major chronic diseases. These risk factors explain the vast majority of chronic disease deaths at all ages, in men and women, and in all parts of the world (1).

They include:

- **Unhealthy diet.**
- **Physical inactivity.**
- **Tobacco use.**



Obesity affects almost 1 in 5 children and 1 in 3 adults, putting people at risk for chronic diseases such as diabetes, heart disease, and some cancers. Obesity costs the US health care system \$147 billion a year (7).

# PREVENTING CHRONIC DISEASES

90% of the nation's \$3.3 trillion in annual health care expenditures are for people with chronic and mental health conditions.<sup>1,2</sup>



**Credits: CDC.**

Corralling these diseases globally, including in the developing world, will be neither easy nor speedy. The proper time horizon is decadal if not generational.

Not getting enough physical activity comes with high health and financial costs. It can lead to heart disease, type 2 diabetes, some cancers, and obesity. In addition, lack of physical activity costs the nation \$117 billion annually for related health care (7).

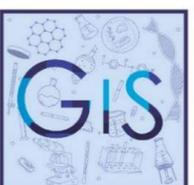
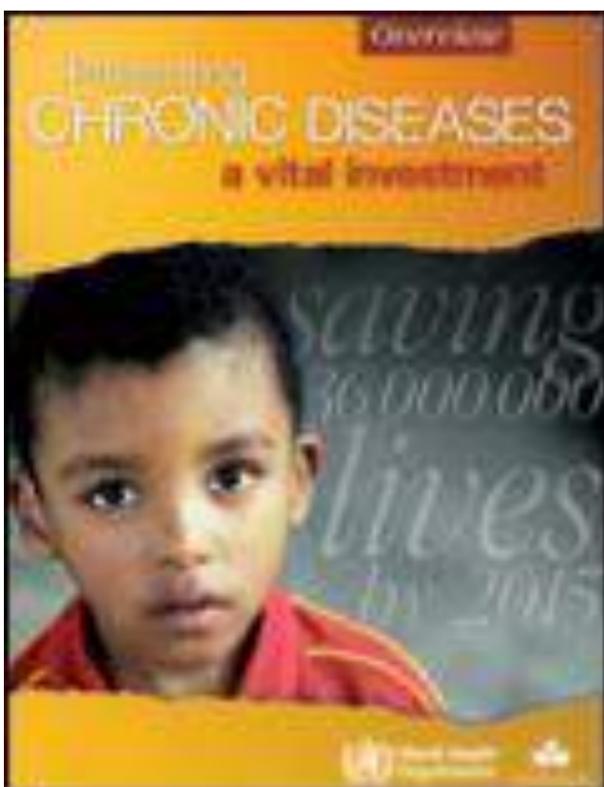
## Chronic diseases mainly affect old people

Chronic diseases are often viewed as primarily affecting old people. We now know that almost half of chronic disease deaths occur prematurely, in people under 70 years of age. One quarter of all chronic disease deaths occur in people under 60 years of age. In low and middle income countries, middle-aged adults are especially vulnerable to chronic disease. People in these countries tend to develop disease at younger ages, suffer longer – often with preventable complications – and die sooner than those in high income countries (2).

## Preventing chronic diseases: a vital investment WHO GLOBAL REPORT

[https://www.who.int/chp/chronic\\_disease\\_report/en/](https://www.who.int/chp/chronic_disease_report/en/)

Only 20% of chronic disease deaths occur in high income countries – while 80% occur in low and middle income countries, where most of the world's population lives. As this report will show, even least developed countries such as the United Republic of Tanzania are not immune to the growing problem.



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