NON-COMMUNICABLE DISEASES IN ASIA

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NON-COMMUNICABLE DISEASES

- Are chronic diseases, of long duration and generally slow progression
- NCDs currently cause more deaths than all other causes combined
- NCD deaths are projected to increase from 38 million in 2012 to 52 million by 2030
- Almost three quarters of NCD deaths occur in low- and middle-income countries

In South East Asian Region:
- Majority of deaths (62%) are due to NCD
- Almost half of these occur below 70 years of age
Non-communicable diseases

- NCD such as cardiovascular diseases, cancers, diabetes and chronic respiratory diseases are the leading causes of death worldwide.

- Four modifiable risk factors are largely responsible for these diseases – tobacco use, unhealthy diet, lack of physical activity and harmful use of alcohol.

- NCD can be prevented and treated by maintaining a healthy lifestyle and undergoing periodic screening.
DIABETES IS INCREASING WORLDWIDE
GLOBALLY

1.5 Billion Adults are Overweight or Obese
300 Million Women are Obese
200 Million Men are Obese
43 Million Children Under Age 5 are Overweight or Obese

A Hefty Increase

In 1980, 857 million people were overweight or obese; that number rose to 2.1 billion people in 2013, a study shows.

Sources: Institute for Health Metrics and Evaluation; The Wall Street Journal

Top 10 countries ranked by number of obese people in 2013, in millions

<table>
<thead>
<tr>
<th>Country</th>
<th>Obese People 2013</th>
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ObesityHelp.com Data Source: World Health Organization (WHO)
CHILDHOOD OBESITY

- The number of overweight or obese infants and young children (aged 0 to 5 years) increased from 32 million globally in 1990 to 42 million in 2013.

- The vast majority of overweight or obese children live in developing countries, where the rate of increase has been more than 30% higher than that of developed countries.

- If current trends continue the number of overweight or obese infants and young children globally will increase to 70 million by 2025.
CANCER INCIDENCE IS ON THE RISE

Projected Annual Number of New Cancer Cases in Males and Females During Quinquennial Years, 2011-2026

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Causation pathway for chronic noncommunicable diseases

EARLY PREVENTION IS THE KEY

- No alcohol
- No tobacco
- Increase physical activity
  - Take the stairs
  - Walk short distances
  - Do regular exercise
  - Avoid continuous prolonged sitting
  - Play outdoor games instead of virtual games
  - Limit screen time
- Eat healthy
  - No junk food
  - Avoid eating while watching TV
  - Say ‘NO’ to sweets
  - Consume more fruits and vegetables
  - Limit ads on junk food
  - ‘share’ to limit portion sizes
CATCH THEM YOUNG...

- Increase awareness on healthy habits
- Awareness talks in schools and colleges
- No junk food sale in schools
- Provide opportunities for outdoor activities in residential areas
- Mobile apps on health

“The best way to predict your future is to create it.”
-Abraham Lincoln
GOAL

25% REDUCTION OF PREMATURE MORTALITY FROM THE FOUR MAJOR NCDS BY 2025
Voluntary global targets for prevention and control of noncommunicable diseases to be attained by 2025

1. A 25% relative reduction in the overall mortality from cardiovascular diseases, cancer, diabetes, or chronic respiratory diseases
2. At least 10% relative reduction in the harmful use of alcohol, as appropriate, within the national context
3. A 10% relative reduction in prevalence of insufficient physical activity
4. A 30% relative reduction in mean population intake of salt/sodium
5. A 30% relative reduction in prevalence of current tobacco use
6. A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances
7. Halt the rise in diabetes and obesity
8. At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes
9. An 80% availability of the affordable basic technologies and essential medicines, including generics, required to treat major noncommunicable diseases in both public and private facilities
Thanks!