

**Burden: mortality, morbidity
and risk factors of
Non Communicable Diseases
(NCDs)**

- Total of 57 million deaths in the world during 2008, 36 million (63%) were due to NCDs: principally cardiovascular diseases, diabetes, cancer and chronic respiratory diseases
- Nearly 80% of these NCD deaths (29 million) occurred in low- and middle-income countries
- In Africa, still more deaths from infectious diseases than NCDs but even there the prevalence of NCDs is rising rapidly and projected to cause almost 3/4 as many deaths as communicable, maternal, perinatal, and nutritional diseases by 2020, and to exceed them as the most common causes of death by 2030

- NCD deaths are projected to increase by **15%** globally between 2010 and 2020 (to 44 million deaths)
- The greatest increases will be in **Africa**, the **Eastern Mediterranean**, and **South-East Asia**, where they will increase by over 20%
- In 2008, the overall NCD age-standardized death rates in low- and middle-income countries were:
756 per 100 000 for males and 565 per 100 000 for females
– respectively **65% and 85% higher** than for men and women in high-income countries

Age-standardized NCD mortality rates highest in the African Region for males (844 per 100 000) for females (724 per 100 000)

Causes of NCD deaths

- Cardiovascular diseases (48% of NCD deaths)
- Cancers (21% of NCD deaths)
- Respiratory diseases, including asthma and chronic obstructive pulmonary disease (COPD) (4.2 million)
- Diabetes causes an additional 1.3 million deaths
- In low- and middle-income countries:
 - Over 80% of cardiovascular and diabetes deaths
 - Almost 90% of deaths from COPD
 - More than 2/3 of all cancer deaths

- As populations age, annual NCD deaths are projected to rise substantially to 52 million in 2030
- Most NCDs are strongly associated and causally linked with 4 behaviours:
tobacco use, physical inactivity, unhealthy diet and the harmful use of alcohol