



CHRONIC DISEASE – THE RISING TIDE

GLOBAL SCENARIO:

1. Chronic diseases – major cause of death and disability worldwide. 60% of all deaths are due to chronic diseases.
2. 80% of chronic disease deaths occur in low and middle income countries and these deaths occur in equal numbers among men and women.
3. Approximately 1.6 billion adults (age 15+) are overweight; at least 400 million adults are obese.
4. WHO further projects that by 2015, approximately 2.3 billion adults will be overweight and more than 700 million will be obese.
5. At least 22 million children under five years are overweight.
6. Each year, over three million deaths worldwide are tied directly due to diabetes and even greater number die from cardiovascular disease.
7. Almost half of diabetes deaths occur in people under the age of 70 years; 55% of diabetes deaths are in women.

COUNTRY SCENARIO – INDIA:

1. The number of deaths attributable to chronic diseases would rise from 3.78 million in 1990 (40.4% of all deaths) to 7.63 million in 2020 (66.7% of all deaths).
2. Cardiovascular, respiratory diseases, cancer and diabetes account for 53% deaths in India, more than those caused by infectious diseases: PWC/Assocham Study.
3. Coronary deaths are expected to reach 2.03 million by 2010.
4. India suffers the highest loss in potentially productive years of life, due to deaths from cardiovascular disease in people aged 35–64 years (9.2 million years lost in 2000). By 2030, this loss is expected to rise to 17.9 million years—940% greater than the corresponding loss in the USA, which has a population a third the size of India's.
5. By 2015, almost 20 million people will die from CVDs, mainly from heart disease and stroke. These are projected to remain the single leading causes of death.
6. Eighty percent obese teens grow into obese adults and are twice as likely to suffer from heart attacks.
7. India also has the largest number of people with diabetes in the world. The International Diabetes Federation estimates that the number of diabetic patients in India more than doubled from 19 million in 1995 to 40.9 million in 2007. It is projected to increase to 69.9 million by 2025.

8. Currently, up to 11 per cent of India's urban population and 3 per cent of rural population above the age of 15 has diabetes.
9. Two in five Delhi students have high cholesterol and diabetes is common.
10. Hypertension although common, is inadequately detected and treated. The number of people with hypertension is expected to increase from 118.2 million in 2000 to 213.5 million in 2025, with nearly equal numbers of men and women.
11. Kidney disease (ESRD)- incident rate 230 per million population.
12. One in five children has stress related emotional disorders.
13. Malnutrition is endemic in children across the country.
14. A WHO backed survey of Delhi public schools revealed that fifty three percent of children between 10 and 14 years and forty five percent between 15 and 19 years snack on junk food every day.
15. In Chennai, seventeen percent of teenagers between 13 and 18 years are overweight or obese.
16. One in every six adolescents in the metros is overweight.
17. Projected prevalence of overweight, India, males and females ages 30 years or more, 2005 and 2015.

