



Non-communicable diseases top killers in South-East Asia

Posted at: 29/01/2019

WHO-Diabetes, cancer and heart disease responsible for over 70% of deaths worldwide

- Non-communicable diseases (NCDs) — mainly cardiovascular diseases, chronic respiratory diseases, diabetes and cancer — continue to be the top killers in the South-East Asia Region, claiming 8.5 million lives each year, according to the World Health Organisation (WHO).
- Containing the NCDs has been listed by the WHO as its health goal for this year along with reducing mortality related to air pollution and climate change, global influenza pandemic etc.
- Non-communicable diseases such as diabetes, cancer and heart disease, are collectively responsible for over 70% of all deaths worldwide, or 41 million people.
- These include 15 million people dying prematurely, aged between 30 and 69.
- A higher fibre intake is also associated with lower bodyweight, systolic blood pressure and total cholesterol when compared with lower intake.
- Doctors then recommend — eat less and enjoy your food by eating slowly, fill half your plate with fruits and vegetables, avoid oversized portions which causes weight gain, at least half of your grains should be whole grains, limit consumption of food high in trans fats.

The Hindu