

NON-COMMUNICABLE DISEASES TOP KILLERS IN SOUTH-EAST ASIA: WHO

Relevant for: Developmental Issues | Topic: Health & Sanitation and related issues

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.

“One third of these deaths are premature and occur before the age of 70, affecting economically productive individuals. The four ‘major’ NCDs are caused, to a large extent, by four modifiable behavioural risk factors: tobacco use, unhealthy diet, insufficient physical activity and harmful use of alcohol. The NCDs disproportionately affect the poor, impoverish families, and place a growing burden on health care systems,” noted the WHO.

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.

Dr. K.K. Aggarwal, former president of the Indian Medical Association, said: “A study conducted world-wide has noted that consuming fibre and whole grains can reduce health risks from non-communicable diseases such as heart disease.

The paper published in *The Lancet* indicates that eating fibre-rich foods reduces the incidence of coronary heart disease, stroke, type 2 diabetes and colorectal cancer by 16% to 24%. 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..

States study done by Centre for Occupational and Environmental Health in 2017

Kamaldeep Peter on her journey from being a person with breast cancer, to survivor, and member of a support group

END

Downloaded from **crackIAS.com**

© **Zuccess App** by crackIAS.com