

ABSTRACTS FOR ORAL PRESENTATIONS

The Global Burden and Impacts of Non-Communicable Diseases (NCDs): A Review of Literature

Shazia Qaiser, Mohd. Yusof Hj Ibrahim, Syed Shajee Husain

Faculty of Medicine and Health Sciences,
Universiti Malaysia Sabah, Kota Kinabalu,
Sabah, Malaysia

Keywords: global burden,
economic impacts,
non-communicable diseases,
premature deaths, worldwide

Background: Non-communicable diseases are the leading causes of mortality and morbidity worldwide. Non-communicable diseases (NCDs) kill 40 million people each year and accounts for 70% of all deaths globally. NCDs were previously considered to only affect high-income countries. However, they now account for a very large burden in terms of both death rates and disability in low- and middle-income countries. Also, age standardized mortality rates from NCDs are greater in these countries as compared to high-income countries. By 2020, it is predicted that these diseases will be causing 7 out of every 10 deaths in developing countries. NCDs also have potentially serious socioeconomic implications through increasing individual and household impoverishment thereby hindering social and economic development. This article is an effort to determine the magnitude and consequences of this expeditiously growing public health problem of NCDs through published literature.

Objective: The aim of this systematic review is to collect and critically analyse available information on NCDs and scrutinize accessible evidence on global health burden of NCDs and their socio-economic impacts on developed and developing countries.

Methods: This article is a systematic review of the literature published using electronic databases ScienceDirect, PubMed and Google Scholar. This literature review study has been attempted to consolidate the facts concerning the global epidemic of NCDs

and their relationship to the socio-economic conditions worldwide. A total of 32 relevant article titles and abstracts were reviewed for topic significance and after considering inclusion criteria, 14 relevant full text articles were extracted and included in the review.

Results: The findings indicate NCDs are the major cause of global mortality and morbidity with large number of NCD deaths occur in low- and middle- income countries. The burden is expected to rise further as the economic impact of NCDs increases and population ages. **Conclusion:** The global burden of NCDs is growing drastically particularly in

the developing countries. A major feature of this developmental transition is the rapid urbanization and changing lifestyle patterns which leads to the development of obesity, stroke, stress, atherosclerosis, cancer and other NCDs. The exorbitant direct and indirect costs of NCDs are the main contributing factors for this escalating financial burden. Judicious application of promotive, preventive, and curative approaches to NCDs management as well as policies that increase financial risk protection offered to households with NCDs is warranted to curb this major public health problem.