



## Prevalence of Non-Communicable Diseases

Ahmed Alwazzan<sup>1</sup><sup>1</sup>Division of Gynecology Oncology, Faculty of Medicine, King Abdulaziz University, Jeddah, Saudi Arabia[Ab\\_wazzan@yahoo.com](mailto:Ab_wazzan@yahoo.com)

## ARTICLE INFO

**How to Cite:**

Alwazzan, A. .(2023). Prevalence of Non-Communicable Diseases . Pakistan BioMedical Journal, 6(3).

<https://doi.org/10.54393/pbmj.v6i3.857>

Non-communicable diseases (NCDs) are a growing health concern in Pakistan, with a significant impact on the country's population and economy. NCDs are chronic conditions that are not caused by infectious agents and are generally linked to lifestyle factors, such as unhealthy diets, lack of physical activity, and tobacco and alcohol use. The prevalence of NCDs in Pakistan has increased rapidly over the past few decades, with estimates suggesting that more than 60% of deaths in the country are now attributed to NCDs. The most common NCDs in Pakistan are cardiovascular diseases, diabetes, cancer, and chronic respiratory diseases. These conditions not only have a devastating impact on individuals and families, but also place a significant burden on the healthcare system and the economy. There are several reasons why NCDs are on the rise in Pakistan. One of the key factors is the changing lifestyle patterns in the country, with increasing urbanization, sedentary lifestyles, and unhealthy diets. Poverty, lack of education, and poor healthcare infrastructure are also contributing factors, as they limit access to healthy foods, physical activity, and medical care. To address the growing prevalence of NCDs in Pakistan, there is an urgent need for a coordinated and comprehensive approach. This should involve a range of stakeholders, including the government, healthcare professionals, civil society organizations, and the private sector. One of the key interventions that can be implemented is to promote healthy lifestyles and prevent risk factors for NCDs. This includes initiatives to improve access to healthy foods, promote physical activity, and reduce tobacco and alcohol use. Health education and awareness campaigns can also play a critical role in raising awareness of the risks associated with NCDs and promoting healthy behaviors. Another critical intervention is to strengthen healthcare systems to ensure that NCDs are diagnosed and treated early. This requires investments in healthcare infrastructure, including training healthcare professionals and improving access to medical equipment and supplies. It also involves developing effective referral systems to ensure that patients receive appropriate care and treatment. Finally, there is a need for research and innovation to better understand the causes and mechanisms of NCDs in Pakistan. This includes developing locally relevant research studies and using the findings to inform policy and practice. In conclusion, the prevalence of NCDs in Pakistan is a significant public health concern that requires urgent attention. By adopting a comprehensive approach that addresses both prevention and treatment, and by engaging a range of stakeholders, it is possible to mitigate the impact of NCDs and improve the health and wellbeing of the Pakistani population.

## REFERENCES

- [1] Khan E, Prakoso D, Imtiaz K, Malik F, Farooqi JQ, Long MT, et al. The clinical features of co-circulating dengue viruses and the absence of dengue hemorrhagic fever in Pakistan. *Frontiers in public health*. 2020 Jun 17;8. doi: 10.3389/fpubh.2020.00287
- [2] Umair M, Haider SA, Rehman Z, Jamal Z, Ali Q, Hakim R, et al. Genomic Characterization of Dengue Virus Outbreak in 2022 from Pakistan. *Vaccines*. 2023 Jan;11(1). doi: 10.3390/vaccines11010163