

SNAPSHOT OF THE DISEASES OF LIFESTYLE IN SOUTH AFRICA.



Lifestyle diseases or non-communicable diseases (NCDs) are those illnesses we can prevent by changing the way we live.

THERE ARE 4 SHARED RISK FACTORS FOR DEVELOPING LIFESTYLE DISEASES:



1 IN 5 ADULTS ARE OVERWEIGHT OR OBESE²



2 IN 3 ADULT WOMEN ARE OVERWEIGHT OBESE²

\$1.88bn (R23.5bn) - estimated cost to South Africa's GDP between 2006-2015 from diabetes, stroke, coronary heart disease alone³

South Africa has committed to reducing the prevalence of obesity by 10% by 2020. We all have a part to play to make this a reality⁴.



1 IN 3 WHO ARE 15 YEARS AND OLDER LIVE WITH HIGH BLOOD PRESSURE

Reducing salt by as little 1 g/day could reduce strokes by 4% and coronary heart disease by 3%.⁵



1 IN 4 MEN ARE UNFIT¹



1 IN 2 WOMEN ARE UNFIT¹

- Stop smoking
- Limit Alcohol intake to 14 units of alcohol per week for woman and 21 units weekly for men
- Start taking at least 30 minutes of exercise daily
- Eating nutritious diets that include whole grains and high quality fat, are low in salt and sugar.

References:

1. Mathers C, Fat DM, Boerma JT. The Global Burden of Disease:2004 Update. Geneva WHO 2008
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4. South African Government. Strategy for the prevention and control of obesity in South Africa 2015-2020. <http://cdn.24.co.za/files/Cms/General/d/4776/e9776ca8f6a44f3099dbde892bb0afbb.pdf>
5. Anderson, Cobb & Miller. Circulation 2014;129: AMP37.



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