

Deaths caused by lifestyle ills rise

Saturday, February 06, 2010



e

World Health Organization regional representative Dr Ken Chen leader of the International Medical education Accreditation Service and WHO non-communicable diseases technical officer Dr Colin Bell

LIFESTYLE diseases are likely to kill increasing numbers of Pacific Islanders in the next ten years, the World Health Organization says.

WHO South Pacific Representative Doctor Ken Chen said there would be many deaths if efforts are not made to change lifestyles.

He made the comments while announcing that the Pacific Food Summit would be held in Vanuatu from April 21 to 23.

Dr Ken said the message was simple - eat locally produced foods and reduce salt and sugar intake.

Figures show that more than 50 per cent of adults in most Pacific countries were overweight and the percentage in some of these countries were the highest in the world.

The rate of diabetes is as high as 40 per cent and less than 20 per cent of adults in the Pacific consumed five or more serves of fruits and vegetables daily.

Dr Ken said the Pacific had moved away from traditional diets of root crops to rice and noodles.

This was caused by urbanization and economic factors.

Meanwhile, Fiji will be the first regional country to conduct the second National Non-communicable Disease STEPS survey this year. The first was in 2002.

The survey will help re-determine the NCD status of the population between the ages of 25 and 65.

Submitted by **Ketan Mukherjee** on Mon, 09/20/2010 - 09:59

- **Health**

- **TNM**



Worrying about the surging problems related to poor diets and physical sluggishness, the World Health Organization put forwards to design new policies for the north Pacific.

“Delegates will discuss how to develop national nutrition policies dealing with the marketing of food and non-alcoholic drinks, the consumption of salt and tobacco use”, said Dr. Chen Ken, a WHO representative from the South Pacific.

He added that after framing a policy, they would seek assistance from the Governments and would also contemplate over how to apply the action publicly in different countries.

Moving ahead with its efforts, WHO is going to arrange a workshop in Guam this week from September 20-24 that aims at creating awareness among the inhabitants of Pacific island countries to check their health lifestyles.

As per WHO, the Pacific countries are threatened with disorders like cardiovascular disease, diabetes, cancer and chronic respiratory disease and these all are associated with unhealthy diet, physical idleness, tobacco use and consumption of alcohol.

The region has as many as 2.4 million people, who are facing the severe of the diseases and around 75% in this area are caused due to unhealthy lifestyle.

Around 73% of the people of Federated States of Micronesia aged 25 to 64 are overweight and nearly 42% are obese, as surveyed by WHO.