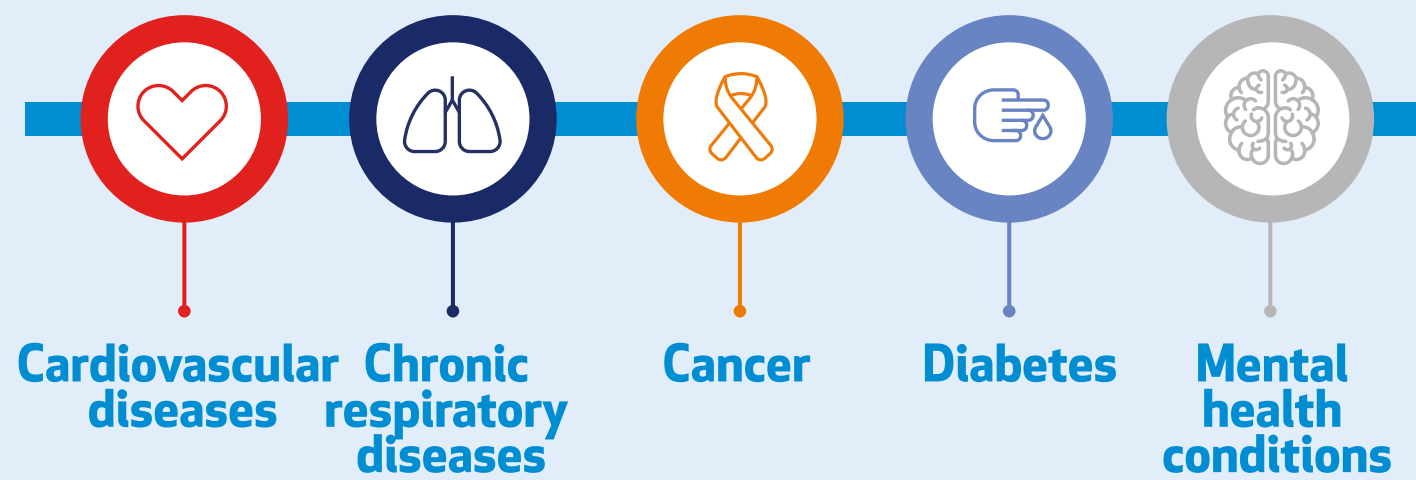


NONCOMMUNICABLE DISEASES (NCDs) AND MENTAL HEALTH: CHALLENGES AND SOLUTIONS



NONCOMMUNICABLE DISEASES (NCDs) AND MENTAL HEALTH

THE THREAT



Key Facts

NCDs are responsible for

71%
of all deaths worldwide
(41 million people)



Each year...
the **lives** of

15 million people
are **cut short** due to NCDs

Nearly **800,000**
people die from suicide

Every **2 seconds**
someone aged 30 to 70 years
dies prematurely from NCDs



Poorer people are
disproportionately
affected by NCDs and
mental health conditions



5 main NCD risks



Call to action

Greater action is needed to:

- ✓ Protect people from NCDs
- ✓ Achieve SDGs
- ✓ Promote human rights

Progress on NCDs
is **too slow**



Meet SDG3.4
to, by 2030,
reduce by 1/3
premature mortality
from NCDs and promote
mental health
and well-being



MOST PREMATURE DEATHS AND SUFFERING FROM NCDs ARE AVOIDABLE

THE BENEFITS

Invest for a healthy future



These interventions can save
8.2 million
lives in poorer countries
and generate
US\$350 billion
in economic growth by 2030



\$1

>>>

\$7

Every US\$1 invested to tackle NCDs
will have a return of at least US\$7 by
2030

WHAT GOVERNMENTS CAN DO TO

PROMOTE HEALTH



Advance universal
health coverage



Access to
quality services



Access to
affordable services



Protection from
financial risk



Implement policies,
engage the public



Ensure
healthy diets



Make health
risks clear



Leverage taxes



Tighten laws
and regulations



Generate data
for health



Create healthy
cities and
environments

WHAT PEOPLE CAN DO TO

PROTECT HEALTH



Follow medical
advice



Stay physically
active



Get
vaccinated



Breastfeed



Tobacco use



Harmful use
of alcohol



Consumption of food
and drinks high in salt,
sugar or unhealthy fats



Air pollution

It's time for the world
to **deliver** and **protect**
people and communities
and **#beatNCDs**



TOGETHER
LET'S BEAT NCDs

www.who.int/beat-ncds