



# Rise of Non-Communicable Diseases: An Epidemiological Perspective

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## INTRODUCTION

The rise of Non-Communicable Diseases (NCDs) has become a major public health issue globally. NCDs refer to chronic diseases that are not caused by infectious agents, but rather by lifestyle and environmental factors. The leading NCDs include cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes. These diseases are responsible for the majority of deaths worldwide and are projected to continue to increase in prevalence. An understanding of the epidemiology of NCDs is critical to developing effective strategies for their prevention and control.

The epidemiology of NCDs can be understood by examining their incidence, prevalence, and mortality. The incidence of NCDs has been increasing globally, with the highest burden in low and middle income countries. This trend can be attributed to the demographic and epidemiological transitions occurring in these countries, characterized by population aging and the adoption of unhealthy lifestyles, such as poor diet, physical inactivity, and tobacco use.

The prevalence of NCDs also varies greatly between countries and regions, with the highest burden in countries with higher levels of development. In these countries, NCDs are responsible for the majority of deaths, whereas in low and middle income countries, infectious diseases and maternal and child health problems remain major causes of death. The prevalence of NCDs is also higher in certain populations, such as those with low socio economic status and those living in urban areas.

## DESCRIPTION

Mortality from NCDs has also been increasing, particularly in low and middle income countries, where the majority of deaths from NCDs now occur. In these countries, the shift from communicable diseases to NCDs as the leading cause of death is a result of both the demographic and epidemiological transitions, as well as the increasing availability and affordability of treatments for NCDs.

The epidemiology of NCDs is also influenced by several risk factors, including tobacco use, unhealthy diet, physical inactivity, and harmful use of alcohol. These risk factors are responsible for a large proportion of NCDs and are influenced by individual, societal, and environmental factors. Addressing these risk factors is critical to reducing the burden of NCDs.

The rise of NCDs has significant implications for both individuals and societies. For individuals, NCDs can lead to reduced quality of life, increased morbidity, and increased mortality. For societies, the increasing burden of NCDs can lead to increased healthcare costs, decreased productivity, and reduced economic growth.

To address the rise of NCDs, a multi-disciplinary approach is required, involving the involvement of the health sector, as well as other sectors, such as the education, agriculture, and finance sectors. This approach should be focused on both primary prevention, through the reduction of risk factors, and secondary prevention, through early detection and management of NCDs.

Primary prevention strategies should focus on reducing the exposure to risk factors, such as tobacco use, unhealthy diet, physical inactivity, and harmful use of alcohol. This can be achieved through a combination of individual and societal interventions, such as education and public awareness campaigns, taxation and regulation of harmful products, and promotion of healthy lifestyles.

Secondary prevention strategies should focus on early detection and management of NCDs. This can be achieved through population based screening programs and improved access to diagnosis and treatment.

## CONCLUSION

In conclusion, the rise of NCDs is a major public health issue globally, with significant implications for individuals and societies. An understanding of the epidemiology of NCDs is critical to developing effective strategies for their prevention and control. Addressing the risk factors for NCDs, through both

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