

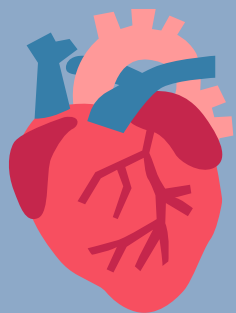
NON- COMMUNICABLE DISEASES (NCDs)



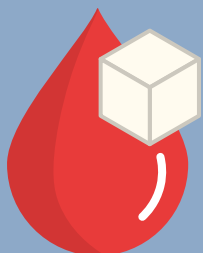
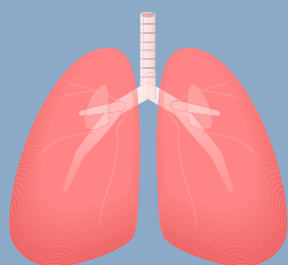
Non-communicable diseases (NCDs)

Noncommunicable diseases (NCDs) are the leading cause of mortality and morbidity in the world, representing 60% of all deaths.

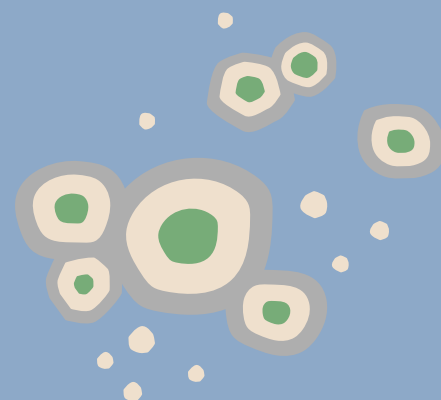
Main types of NCDs in Europe and death rates:



- Cardiovascular disease (CVD) - 40%
- Cancer - 26%
- Chronic respiratory disease (CRD) - 5%
- Diabetes mellitus (DM) - 2%



In Europe, NCDs cause up to 90% of all deaths!



Causes of NCDs

The rapid rise of NCDs has been driven by several lifestyle risk factors:

- unhealthy diets
- physical inactivity
- exposure to tobacco & smoke
- harmful use of alcoholic beverages.

Other risk factors:

- Environmental - air pollutants
- Occupational - carcinogens, particulates, gases, fumes
- Metabolic - overweight/obesity, hypertension, hyperglycemia, hypercholesterolemia



NCDs are a burden to the economy

NCDs impose a high burden on health care systems, both financially and structurally due to their long duration and slow progression

75% of Europe's healthcare bill is spent on NCDs, amounting to **700 billion euros** annually.

More than **115 billion euros** are spent for premature deaths due to NCDs of the working age population

Absenteeism from work due to NCDs results in a loss of **2.5% of annual GDP.**






Ultraprocessed foods and NCDs



High consumption of ultra-processed foods are harmful to health and nutritionally poor

Consumption of ultra-processed foods is associated with obesity, diabetes and related diseases, such as hypertension, dyslipidaemias, and cancer.



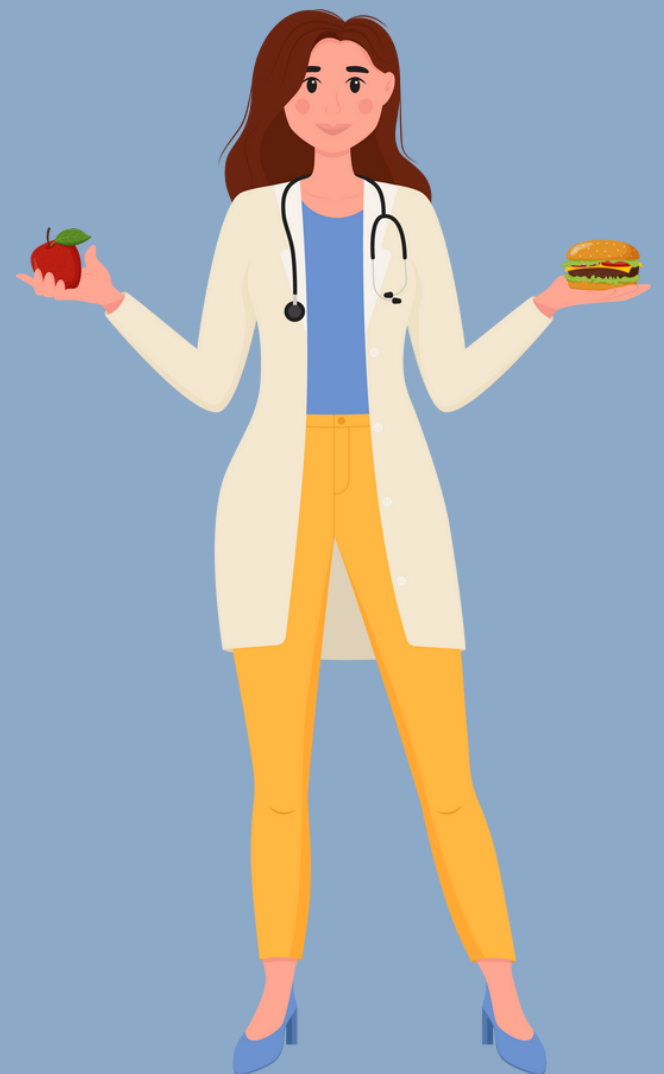
Obesity is associated with: type 2 diabetes, coronary heart disease, stroke, asthma, and several cancers



Obesity and NCDs

Obesity is a complex interaction between genetic susceptibility, human behaviour and environmental factors

As health professionals we must encourage a holistic treatment, promoting healthy lifestyle changes such as physical activity, whole foods diet, psychosocial accompaniment, social interactions, etc.



Importance of nutrition in NCDs

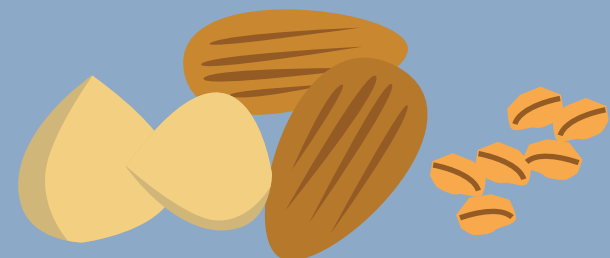
Nutrition is integral to health, and a healthy diet is required for growth, maintenance and repair of the body.



Suboptimal dietary habits can have negative effects on body weight, blood cholesterol, blood pressure, blood glucose and inflammation, increasing the risk of non-communicable diseases

Healthy dietary habits

- Low consumption of refined sugars, salt, saturated and trans fats
- High intake of fruits, vegetables, legumes, whole grains, seeds and nuts
- Conscious consumption of organic/regenerative animal products
- Healthy fats: nuts, nut butters, organic/regenerative butter or ghee, olive oil



We are on a mission to spread awareness amongst health professionals about the connexion between soil-human health.

Join us in our mission!



Coalition of Health Professionals
for Regenerative Agriculture