

Caribbean

Chronic Non-Communicable Diseases (NCDs)

Fact Sheet

- 🌿 The Caribbean is one of the Regions of the Americas worst affected by the epidemic of NCDs
- 🌿 The leading causes of death in Caribbean countries are heart disease, cancer, stroke, diabetes and hypertension
- 🌿 More than 50% of years of life lost in the Caribbean are due to NCDs
- 🌿 The age adjusted rates of NCD mortality (death) are many times higher in the Caribbean than in North America or Europe
- 🌿 25% of Caribbean adults are obese; more than 60% are overweight and obese
- 🌿 20% (1 in 5) of Caribbean adults have high blood pressure
- 🌿 6% (1 in 16) of Caribbean adults have diabetes
- 🌿 In at least four Caribbean countries, more than 10% of the population is living with diabetes
- 🌿 Of the top five countries in the Americas for prevalence of diabetes among adults, four are in the Caribbean
- 🌿 Most Caribbean countries spend more than 60% of their health services budget on NCDs
- 🌿 Most NCDs and their risk factors (stroke, diabetes and raised blood sugar, overweight and obesity, raised blood pressure and hypertension, physical inactivity and social inequalities) are more common among Caribbean women than men
- 🌿 Mortality (death rate) from breast cancer among Caribbean women is higher than in the other sub-regions of the Americas
- 🌿 Estimated incidence of cancer of the cervix, a preventable condition, in the Caribbean, was 35.8 per 100,000 in the year 2000
- 🌿 In Barbados more than 80% of all deaths are from NCDs; every two days 3 people have a stroke and almost every day 1 person has a heart attack