

# DID YOU KNOW?

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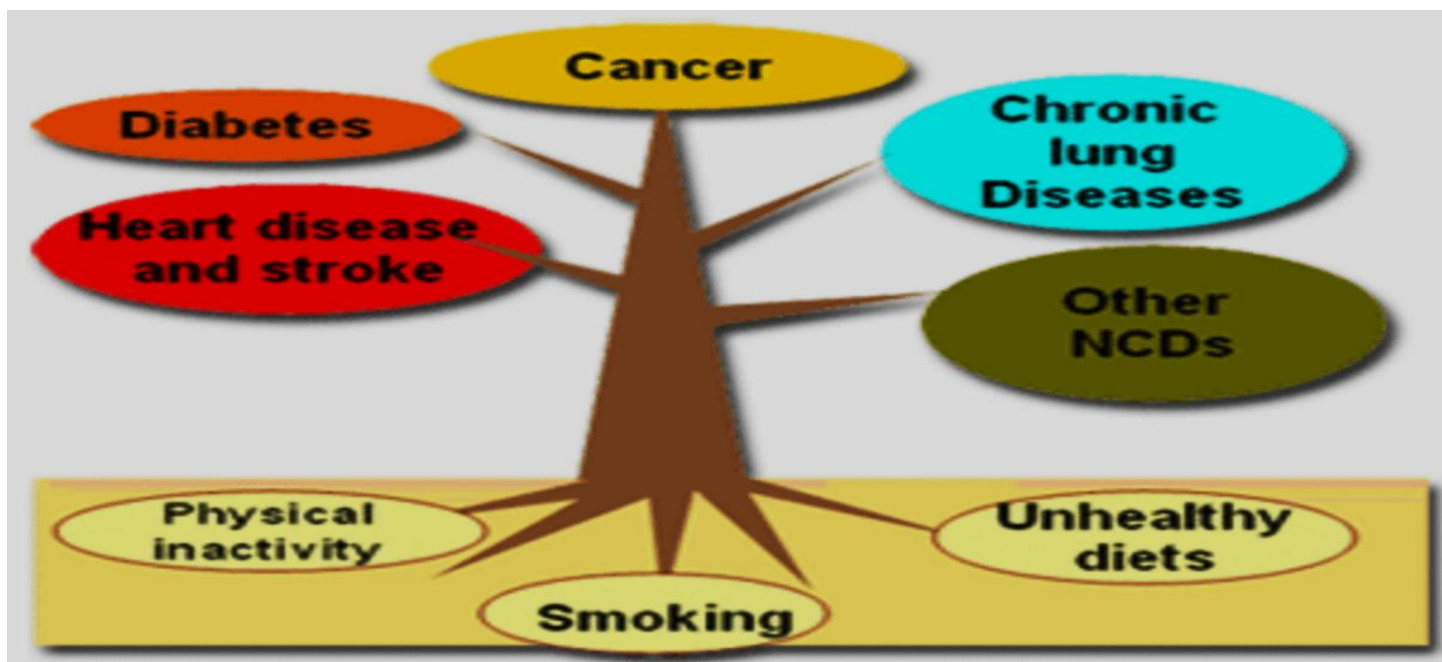
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Editor

**Did you know that non communicable diseases NCDs are estimated to account for 33% of all deaths in Tanzania?**



According to WHO report of 2018 with the title *non communicable diseases country profiles*, the report shows that in 2016 the total population was 55,572,000 and the total deaths on the same year was 409 000. 33% of the total deaths which is equal to 134,970 were due to NCDs. The study shows that 13% of the total deaths was due to cardiovascular diseases, 10% other NCDs, 7% due to cancer, 2% chronic respiratory diseases, and 2% are due to diabetes.

Although the number of deaths due to non-communicable diseases is surprisingly high in the country but the sad shocking news is that we tend not to give it much of attention. Most of the NCDs in Tanzania can be clinically diagnosed but it's sad because we as Tanzanians we don't have the

tradition of checking our health regularly and screen the risk of the NCDs.

MY ADVICE; we as the NGO we have the major responsibility to solve this problem and reduce the number of death due to NCDs through working hand in hand with the government and make sure we reach a global goal of reducing the prevalence of NCDs in our community by 2025. This can be archived through providing community with education about the risk and burden of the silent killer NCDs and by encouraging the people to change their life style as this has been proven to be the best solution to these diseases.

**REFERENCES;** [world health organization \(WHO\)-non communicable diseases \(NCDs\) country profiles 2018](#)