

# **Non communicable diseases – Beata Kosiorek Aszkielaniec**

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# Poland and non-communicable diseases

More and more people in our country suffer from circulatory system diseases, tumors, osteoporosis, chronic obstructive pulmonary diseases or diabetes, which are included in the group of the so-called civilization diseases.





# Poland and non-communicable diseases

A research performed by the Ministry of Health indicated that 42% of males and 25% of females in Poland smoke cigarettes and are overweighted; 61,6% of males and 50,3% of females suffer from obesity, and insufficient physical activity characterises of 50% of adult Poles.



# Cardiovascular diseases

Cardiovascular diseases cause death of 1 out of 2 persons in Poland.

In comparison to the other EU states, in Poland twice as many people die due to cardiovascular diseases. Hypertension has become the most common disease affecting adult population – 30% of Polish adults suffer from this disorder.





# Foundation Activities – education and prevention

- Regular measurement of blood pressure.
- Regular examination of cholesterol concentration in blood.
- Use of proper diet preventing obesity.
- More physical activity – sport improves body performance.
- Giving up smoking.
- Reduction of alcohol and salt consumption.
- Avoiding stress.



# Tumors

24,5% of Polish patients die as a result of cancer.

The following types of tumors most commonly affect our population:

Females:

breast cancer

colorectal cancer

cervical cancer

Males:

lung cancer

colorectal cancer

prostate cancer





# Foundation activities – education and prevention

- Prostate test examination.
- Cytology every three years.
- Mammography (females aged above 40 years).
- Colonoscopy
- Examination of blood occurring in feces(above 45 years).



# Osteoporosis

- The World Health Organisation (WHO) considers osteoporosis as one of the major civilization diseases. It is ranked as the third death causing disease – after cardiovascular diseases and tumors.
- Epidemiological data indicates that over 25% of population aged over 50 years is at risk of osteoporosis fractures.





# Foundation Activities

- Regular examination of bone density
- Giving-up smoking and limiting alcohol and coffee consumption.
- Better Physical Activity – aerobic is considered to be more favourable than jogging
- Calcium rich diet

# COLD

- COLD - (Chronic obstructive lung disease)

Aproximately 2 million people have suffered from the COLD, and only 200 to 300 thousand of them have been diagnosed as the COLD sufferers.

Foundation promotes smoking-free life style, better physical activity and spirometrical examinations.





# Diabetes

- Almost 2 million of Poles suffer from diabetes, half of them do not know about the disease and don't receive treatment.
- Preventive check-up of sugar concentration in blood.
- Prevention of overweight and obesity.
- Limitation of meat consumption.
- Including fibre-rich products in diet .
- Limitation of sugars consumption.
- Intensification of physical activity, which prevents fat storage and improves body reaction to insuline.



# Summary

- According to the research, more than half of Poles(53,4%) consider that they are healthy and don't see a need for preventive check-ups, the rest of them are dedicated to work too much(16%), 11,5% cannot afford examinations or they don't know where and when such examinations are performed(6,9%). Due to the above reasons, 30% of funds allocated to the NHF for the purpose of Health Prevention, go back to the NHF, and as a result, Poland is among these European states that record the highest ratio of deaths caused by non communicable diseases.





# Summary

- Safety for Patients Foundation performs regular educational and promotional activities which aim at raising patients' awareness as:  
„Patients that are better informed live longer”  
„who knows more, live longer”



**THANK YOU FOR ATENTION**