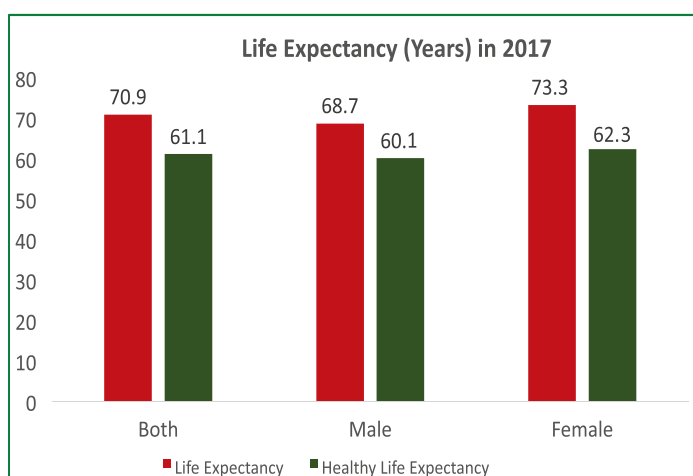


LIFE EXPECTANCY AT BIRTH IN NEPAL

Nepal Burden of Disease 2017



Life expectancy at birth is the average number of years that a newborn is expected to live if current mortality rates continue to apply. The number of years that a person at a given age can expect to live in good health, however, is measured by healthy life expectancy.

Nepalese born in 2017 have a life expectancy of 71 years. However, 61 years of their lives will be healthy ones. Females have a life expectancy of 73 years with 62 years of healthy life; whereas males have a life expectancy of 69 years with 60 years of healthy life.

Compared to neighbouring countries, Nepalese born in 2017 are expected to live

- Two years longer than those born in India (69 years).
- Two years shorter than those born in Bangladesh (73 years).

Nepalese born in 2017 are expected to live

- Two years more healthy life than those born in India (59 years).
- Two years shorter healthy life than those in Bangladesh (63 Years).



ALL CAUSE MORTALITY IN NEPAL

Nepal Burden of Disease 2017

Mortality rates have sharply declined over the past two decades with the all-ages, both sexes, mortality rate decreasing from 1,110.28 deaths per 100,000 population in 1990 to 611.38 deaths per 100,000 population in 2017. Under-5 and under-1 mortality rates were 31.4 deaths per 1,000 population and 27.2 deaths per 1,000 population, respectively in 2017.

For countries lacking a complete vital registration system, estimates for all cause mortality are generated using the under five mortality rate and adult mortality rate derived from birth history and sibling history data from household surveys.

Causes of death in Nepal

- 66% due to non-communicable diseases (NCDs)
- 25% due to communicable, maternal, neonatal, and nutritional (CMNN) diseases
- 9% due to injuries

Leading causes of deaths in males

- Ischemic heart disease
- Chronic obstructive pulmonary disease
- Lower respiratory infections
- Diarrhoeal diseases
- Ischemic stroke



Leading causes of deaths in females

- Chronic obstructive pulmonary disease
- Ischemic heart disease
- Diarrhoeal diseases
- Lower respiratory infections
- Alzheimer's disease

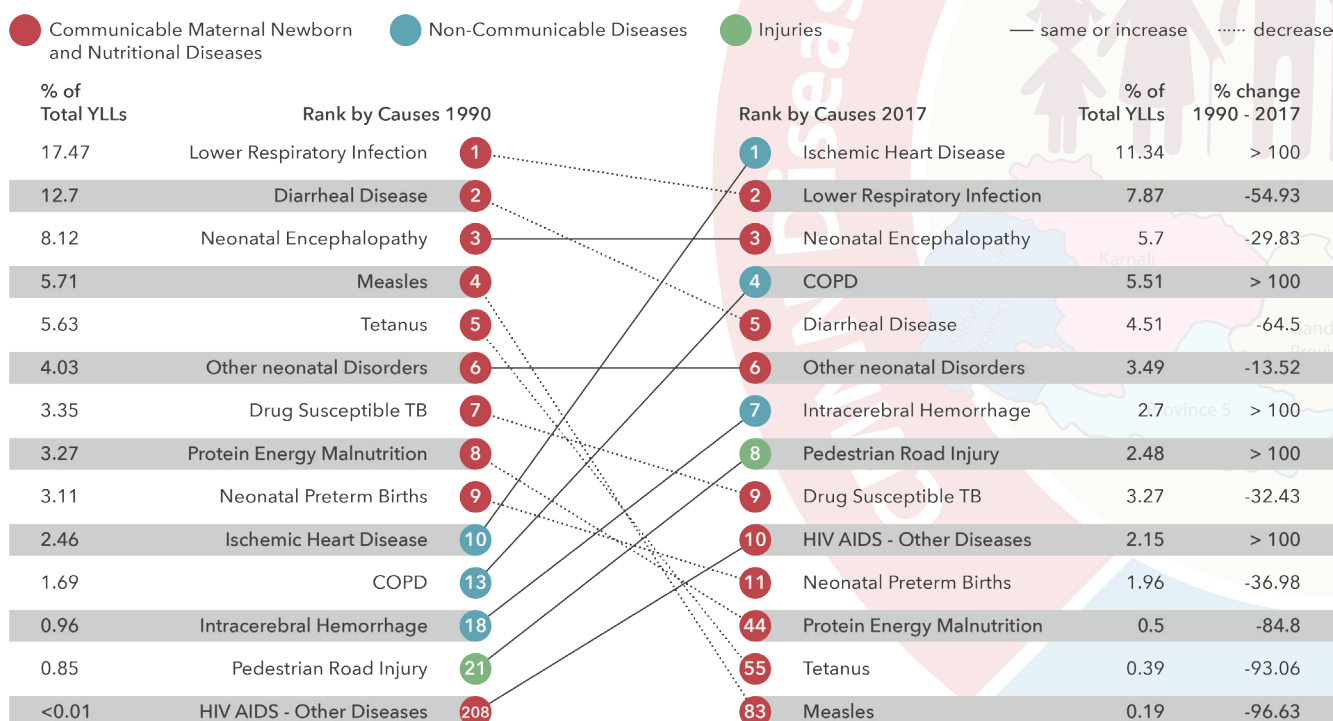


CAUSES OF PREMATURE DEATH IN NEPAL

Nepal Burden of Disease 2017

Ischemic heart disease and Chronic obstructive pulmonary disease (COPD) have skyrocketed from 10th and 13th to 1st and 4th ranked cause of death respectively, since 1990. This illustrates both the increase in YLL rates of non-communicable diseases (NCDs) as well as the demographic shift to an ageing population.

Premature death is unfulfilled life expectancy due to disease or injury. The burden of disease study uses years of life lost (YLLs) to count the burden of early death. YLLs quantify the number of years a person loses at the age of their death in comparison to a reference life expectancy. It is calculated by multiplying the number of deaths at each age by standard life expectancy at that age.



Note: COPD = Chronic Obstructive Pulmonary Disease



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CAUSES OF MORBIDITY IN NEPAL

Nepal Burden of Disease 2017

While the number of years Nepalese spent living with disability from chronic pain and mental disorder rose between 1990 and 2017, people living with disability due to communicable disease and nutrition deficiency dropped sharply. This trend has important implications for the health system both for health promotion as well as health care services, which must care for the growing number of patients with chronic diseases.

Disability is any short or long-term suffering from a disease or injury, taking their severity into account. The burden of disease study uses years lived with disability (YLDs) to count the burden of non-fatal health outcomes - morbidity. It is calculated by multiplying the prevalence of disease with short or long term loss of health associated with that disease.

Causes of Morbidity (YLDs) in Nepal, 1990-2017 (All Ages, Both Sexes)

1990

Dietary iron deficiency

Low back pain

Migraine

Other musculoskeletal disorders

Chronic obstructive pulmonary disease

2007

Low back pain

Migraine

Dietary iron deficiency

Other musculoskeletal disorders

Chronic obstructive pulmonary disease

2017

Low back pain

Migraine

Chronic obstructive pulmonary disease

Other musculoskeletal disorders

Dietary iron deficiency

Leading Causes of Morbidity (YLDs) in Males in 2017

- Low back pain
- Migraine
- Chronic obstructive pulmonary disease
- Age related hearing loss
- Musculoskeletal disorders

Leading Causes of Morbidity (YLDs) in Females in 2017

- Low back pain
- Migraine
- Musculoskeletal disorders
- Chronic obstructive pulmonary disease
- Dietary iron deficiency



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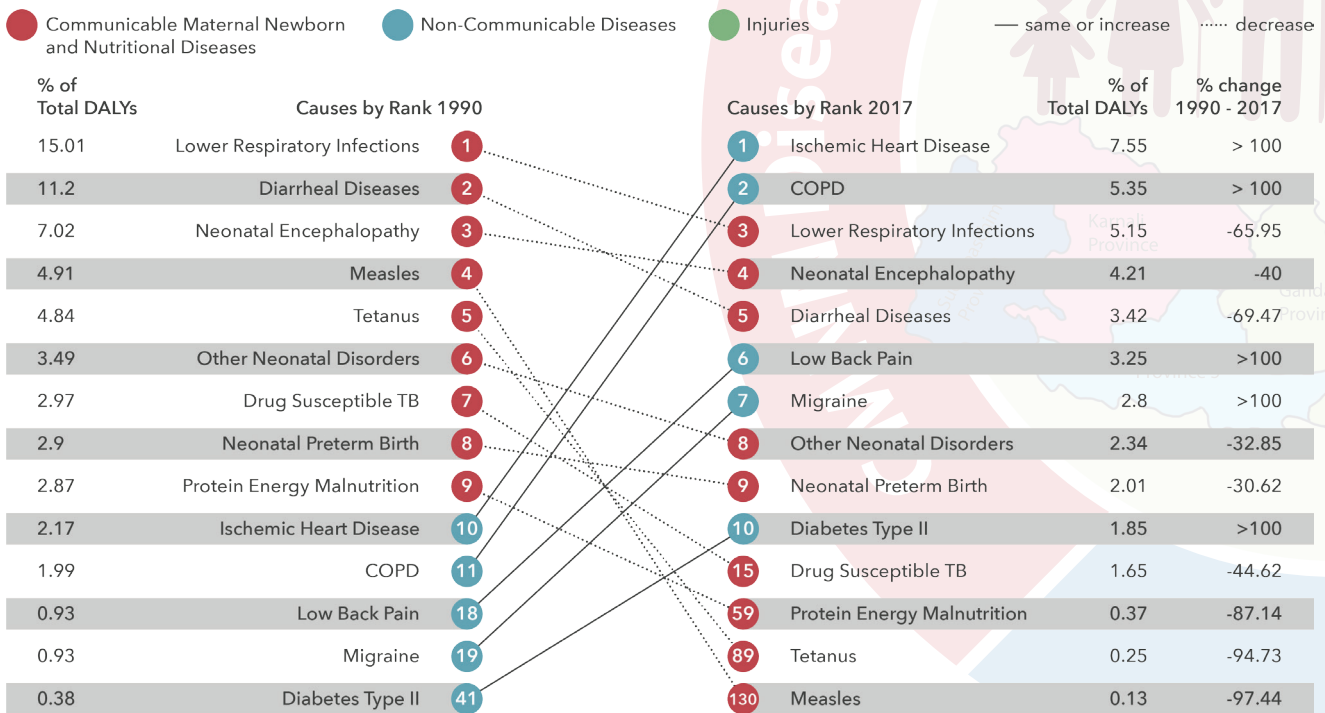


OVERALL BURDEN OF DISEASE IN NEPAL

Nepal Burden of Disease 2017

Approximately, 59% of disease burden in 2017 is due to non-communicable diseases (NCDs), 31% due to communicable, maternal, neonatal and nutritional (CMNN) diseases, and 10% due to injuries. Five out of the top ten causes of disease burden in 2017 are NCDs. Ischemic heart disease, chronic obstructive pulmonary disease and lower respiratory infections are the top three leading health problems causing most of the disease burden in Nepal.

The burden of disease (BoD) study uses disability adjusted life years (DALYs) to measure the burden of diseases and injuries. DALYs measure the impact of different diseases and injuries by taking measures of early deaths (years of life lost) and disabilities (years lived with disabilities). DALYs allow measurement of comprehensive disease burden through years of life lost (YLLs) combined with years lived with disability (YLDs).



Note: COPD = Chronic Obstructive Pulmonary Disease



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RISK FACTORS CONTRIBUTING TO BoD IN NEPAL

Nepal Burden of Disease 2017

Approximately, 34% of total disease burden is attributable to behavioral risk factors, 18% to environmental risk factors, and 14% to metabolic risk factors. While ischemic heart disease is the major cause of death in Nepal, high blood pressure, smoking, high fasting plasma glucose and ambient particulate matter (air pollution) are the leading risk factors for death in 2017.

Risk factors are the key drivers of disease and injuries that cause the disease burden. The burden of disease study categorises risk factors into three different categories; behavioral, environmental/occupational and metabolic risk factors.

Top Risk Factors Causing Death in 2017

Behavioural risks

- Smoking
- Diet low in whole grain
- Diet low in fruits
- Diet low in nuts and seeds

Environmental/occupational risks

- Ambient particulate matter pollution
- Household air pollution
- Unsafe water source
- Lead exposure

Metabolic risks

- High systolic blood pressure
- High blood glucose levels
- High LDL cholesterol
- High body mass index

