

# BURDEN OF DISEASE

in 2010 compared to 1990

Poor diet is the biggest risk factor for disease

**53 Mio**  
All causes

+14%

66% of deaths worldwide (two out of three) are due to non-communicable diseases (NCDs)

**35 Mio**  
Non-communicable diseases

+30%

3 million deaths are due to diabetes. Twice as many as in 1990

Diabetes, urogenital, blood, and endocrine diseases

**3 Mio**

+77%

**1 Mio**  
Diabetes mellitus  
+93%

**735 600**  
Chronic kidney diseases  
+82%

**267 100**  
Urinary diseases  
+91%

The prevalence of mental and neurological disorders is increasing, accounting for almost 11% of worldwide disease burden in 2010

Preconceptional folate intake can prevent about 70% of NTDs

**70 800**  
Other NCDs  
Neural tube defects  
-40%

**1 Mio**  
Neurological disorders  
+114%

**485 700**  
Alzheimer's disease and other dementias  
+244%

**481 100**  
Other neurological disorders  
+89%

**177 600**  
Epilepsy  
+36%

**111 100**  
Parkinson's disease  
+108%

The largest cause fraction is due to ischaemic heart disease and stroke

**16 Mio**  
Cardiovascular and circulatory diseases

+31%

**7 Mio**  
Ischaemic heart disease  
+35%

**6 Mio**  
Stroke  
Cerebrovascular disease  
+26%

**873 200**  
Hypertensive heart disease  
+48%

**8 Mio**  
Cancer

+38%

**438 700**  
Breast cancer  
+38%

**256 000**  
Prostate cancer  
+65%

**2 Mio**  
Lung cancer  
+47%

**752 100**  
Liver cancer  
+62%

**754 900**  
Stomach cancer  
-3%

**714 600**  
Colon and rectum cancers  
+46%

Key:

Increase

Data from 1990

Data from 2010

Decrease

Data from 2010

Data from 1990

Rounding alterations

Percentages and numbers in this infographic may be subject to rounding differences.

Source: Lancet Global Burden of Disease Study 2010  
Illustration: DSM Nutrition Science & Advocacy www.vitaminsinmotion.com