



World  
PT Day  
2026

# NONCOMMUNICABLE

# DISEASES

Noncommunicable diseases impact people of every age and nationality



**43 million**

died of a **noncommunicable disease** (NCD) in 2021

**18 million**

people died from an NCD **before age 70** years

**73%**

of **all NCD deaths** are in **low and middle income countries** (LMICs)



## What are noncommunicable diseases?

NCDs are long term conditions that are not infectious and often develop slowly over many years.

The most **common NCDs** are:



**cardiovascular diseases** (such as heart attack and stroke)



**cancer**



**chronic lung diseases** (such as asthma and chronic obstructive pulmonary disease)



**diabetes**

## What increases the risk of NCDs?

NCDs are often linked to **everyday habits and environments**, including:



not being physically active



unhealthy diets (too much salt, sugar, and unhealthy fats)



smoking or exposure to tobacco smoke



harmful use of alcohol



air pollution

These factors can lead to:



high blood pressure



high blood sugar



high cholesterol



overweight or obesity

## Why prevention matters

Many NCDs can be **prevented or delayed**. Small daily habits can make a big difference:



move more, sit less



eat a balanced, healthy diet



don't smoke



limit alcohol



get regular health checks

**Early detection, support, and treatment help people live longer, healthier lives and reduce the need for more serious care later.**

**Most NCDs can be prevented or delayed.**

**A physiotherapist can help you make healthy choices and stay active, to live a longer, healthier, and more active life.**



## Benefits of exercise

Many NCDs can be **prevented or delayed**. Small daily habits can make a big difference:



boost energy and sleep better



control your weight



improve your aerobic fitness, so your heart and lungs work more efficiently



reduce blood pressure and cholesterol, lowering your risk of CVDs



help you feel less stressed and improve your mood



reduce your risk of developing type-2 diabetes



reduce your risk of developing some cancers



improve your balance, and reduce your risk of falls



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