

# THE FUTURE OF WORLD HEALTH



The world is in a health crisis. In 2021, 536 million people were affected by diabetes and that number is projected to swell to 783 million by 2045 - that's 12.2% of the world population (1). Cardiovascular disease is the single largest cause of mortality and is responsible for 1 in 5 deaths (2). Twenty million people are diagnosed with cancer every year, and half of them die (3). One billion people are expected to be living with obesity by 2030 with the trend increasing year after year (4). Collectively, non-communicable diseases kill 41 million people every year, which is 74% of all deaths (5).

**"Unhealthy diets are the greatest global burden of disease and contribute more to ill health and death than unsafe sex, drug, and tobacco use combined (6)."**



Whilst these statistics are troubling, there is a solution to this epidemic of lifestyle disease - and it begins with you, the healthcare provider. Most of these conditions can be prevented or even reversed with a change in lifestyle. The most important risk factor for these diseases is poor nutrition. Unhealthy diets are the greatest global burden of disease and contribute more to ill health and death than unsafe sex, drug, and tobacco use combined (6).

By successfully empowering people to quit smoking, strongly limit alcohol intake, move more and eat healthily, up to 80% of cardiovascular diseases and type 2 diabetes and up to 40% of cancer cases could be prevented (7).





## The Solution

As a medical professional, you hold the key to reversing this global epidemic. By making simple, actionable recommendations to your patients, you can be instrumental in improving world health, one patient at a time. According to the findings of the 2019 report “Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems”, a global shift towards whole food, plant-based nutrition could save over 10 million lives by 2050 (8).

Whole plant foods including fruit, vegetables, legumes, whole grains, herbs and spices, and nuts and seeds provide optimal nutrition for thriving humans. A whole food plant-based eating pattern significantly lessens the risk of all non-communicable diseases such as diabetes and heart disease (9). Animal products such as meat and dairy contain saturated fat that contributes to cardiovascular disease (10,11). Processed meat in particular has been listed as a Class 1 carcinogen by the World Health Organisation (12).

## References

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