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摘要:

西太平洋地区慢性非传染性疾病（简称慢性病）负担重，过去二十年间因慢性病造成的死亡比例呈上升趋势。由于人口快速老龄化、压力增大以及新冠大流行，西太区心理健康疾病负担加重，但这一问题在很大程度上被忽视。高度多样化的文化、宗教、政治制度、社会经济发展、生活方式和环境因素可能导致各国在慢性病死亡率、危险因素和疾病管理方面存在巨大差异和不均衡。慢性病的死亡率存在地理聚集现象，表现为东亚地区的死亡率最低，而太平洋岛国最高。经济繁荣、快速老龄化、营养转型、社会压力、普遍吸烟以及快速增长的肥胖症和高血糖是重要的驱动因素。男性往往具有更多行为和代谢风险因素。农村居民的代谢紊乱增长迅速，正追赶并将超越城市居民。需针对慢性病模式制定可持续的战略，以应对非传染性疾病的流行和相关健康不均衡。

关键词: 慢性非传染性疾病, 趋势, 健康不均衡, 危险因素, 西太平洋地区

Trends and disparities in non-communicable diseases in the Western Pacific region

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Brief title: Trends and disparities in NCDs

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Summary:

The WHO Western Pacific region bears disproportionate deaths from non-communicable diseases (NCDs), with increased overall NCD proportional mortality over the past two decades. Disease burden of mental health increased, resulting from rapid aging, enhanced stress, and COVID-19 pandemic, but it was largely neglected. The highly diverse cultures, religions, political systems, socioeconomic contexts, lifestyles, and environmental factors probably have led to massive disparities across countries in NCD mortality, risk factors, and NCD management. Geographically, East Asia had the lowest NCD mortality whilst Pacific islands the highest. Economic booms, rapid ageing, nutrition transition, social stress, prevalent tobacco use, and fast increasing obesity and hyperglycemia are important drivers of NCDs. Men tended to have more adverse behavioral and metabolic risk factors. Rural residents are catching up with their urban counterparts in metabolic risk factors and conditions. Sustainable strategies tailored at NCD patterns are needed to fight the NCD epidemic and related disparities.

Keywords: non-communicable diseases, trends, disparity, risk factors, the Western Pacific region