**Common Reasons for Non Communicable Diseases**

* Use of tobacco
* Physical inactivity
* Harmful use of alcohol
* Unhealthy diet

**Use of tobacco**

* According to the reports , we can clearly see that around one-fourth(28.8%) of adults were current users of some form of tobacco.
* Heart diseases and stroke are the commonest ways by which tobacco kills people.
* And smoking

**Physical inactivity**

* AS we can prove using strong evidence, average amount of physical activity is a protective factor against many non- communicable diseases.
* We can state that as 78%.
* When comparing both male and female , we can clearly see that females (30%) are significantly inactive compared to males (19%).
* This problem may increase coronary heart disease (CHD),type 2 diabetes and shortens.

**Harmful use of alcohol**

* According to the World Health Organization harmful use of alcohol cause for non- communicable diseases and social consequences as well.
* When harmful use of alcohol considered globally, it is evaluated to reason more than 10% of the load of NCD’s as well as cirrhosis of the liver , pancreatitis , cancers.

**Unhealthy diet**

* Foods which contain high salt content ,high sugar content , high trans fatty acids and saturated fat are considered as unhealthy food which is not suitable for human health.
* Considerable group of adults which is approximately 82% do not include adequate amount of vegetables to their daily diet.
* A higher percentage of hydrogenated fat in other words saturated fat and unsaturated fat is an major risk fact for the cholesterol, cardiovascular diseases and stroke the leading NCD in terms of early deaths.

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