

Introduction

Leading Cause of Death

Life Expectancy & U5MR

Diseases Attributed to Air
Pollution

Recommendation



Health In Nigeria



Leading Causes of Death in Nigeria

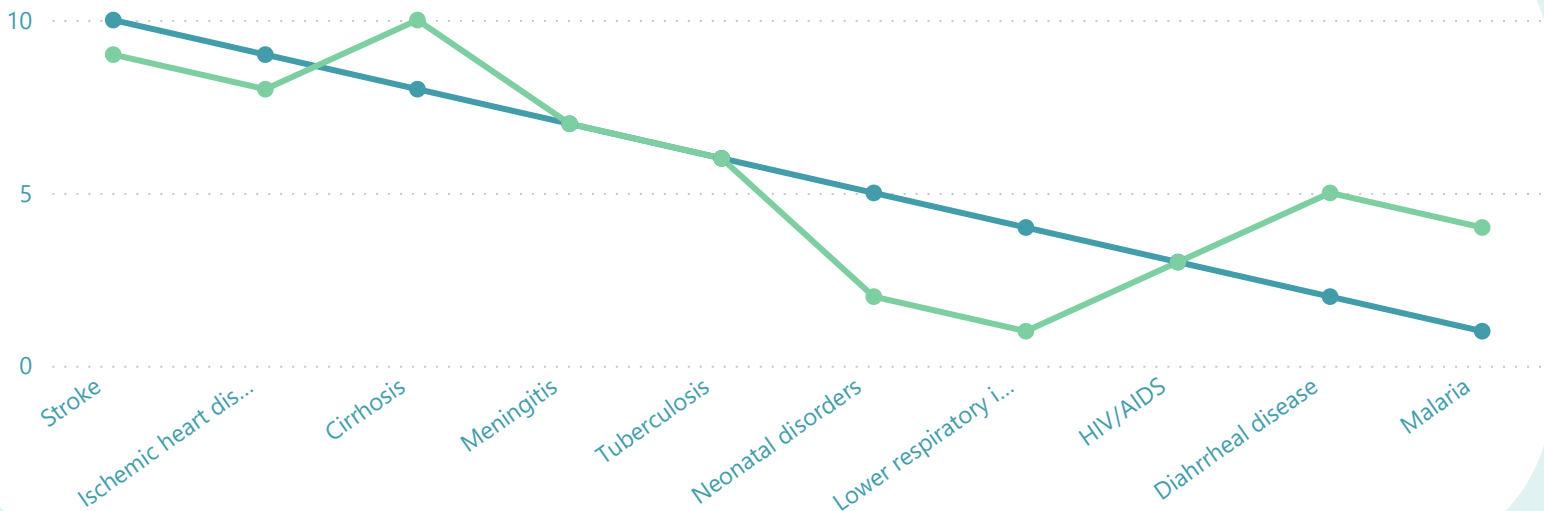


Countries & Regions

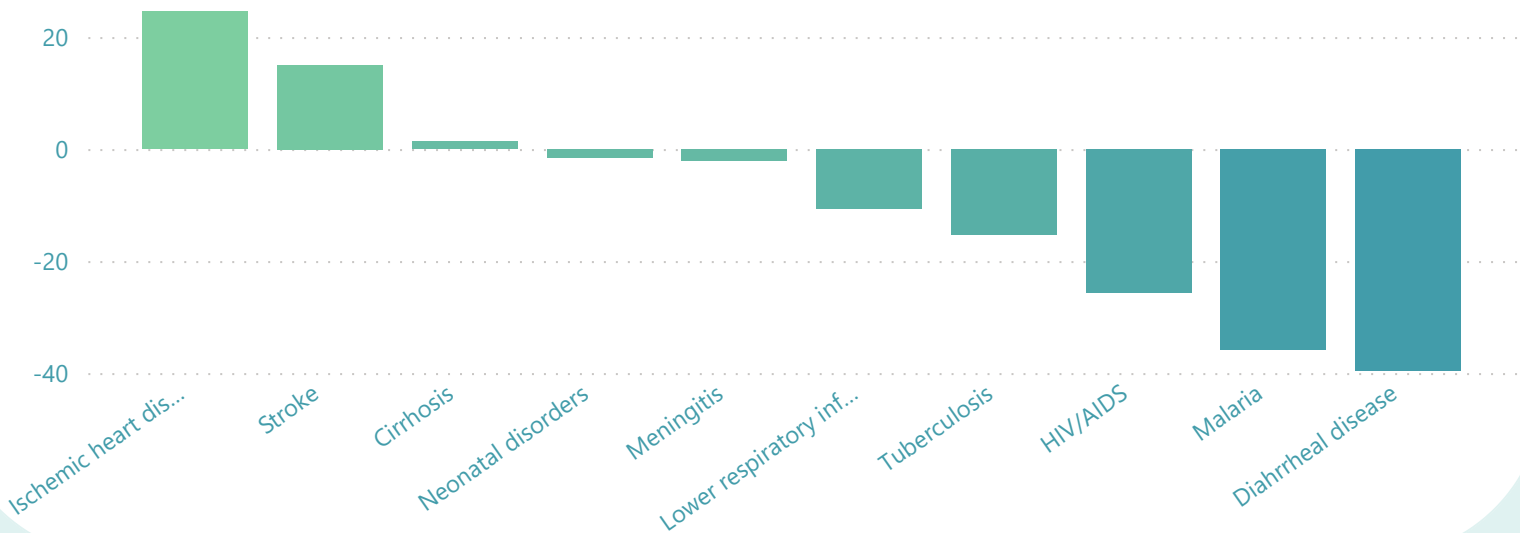
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IHME Rank by Cause of Death



Percentage change (2007–2017) by Cause of Death in Nigeria



Positive Trends in Reducing Communicable Diseases:

- The data shows a significant improvement in the ranking of infectious diseases like malaria (**35.8%**) and diarrhoeal diseases (**39.5%**) between 2007 and 2017. This substantial decrease in rank suggests that public health interventions and access to preventative measures might be effective in tackling these diseases.

Focus Needed on Neonatal and Respiratory Issues:

- It's important to note that while some diseases show improvement, neonatal disorders (**remained at 5**) and lower respiratory infections (moved slightly from **4 to 1**) haven't seen significant changes in ranking. These areas remain high ranking causes of death in 2017. This highlights the need for further investment and targeted strategies to address these areas.

Rise of Chronic Diseases:

- The data also indicates an emerging challenge with chronic diseases. Ischemic heart disease (moved slightly from 8 to 9) and stroke (moved slightly from 10 to 9) show a rise in ranking between 2007 and 2017. This suggests a need to potentially incorporate preventative measures and awareness campaigns to address chronic disease risk factors in healthcare strategies.



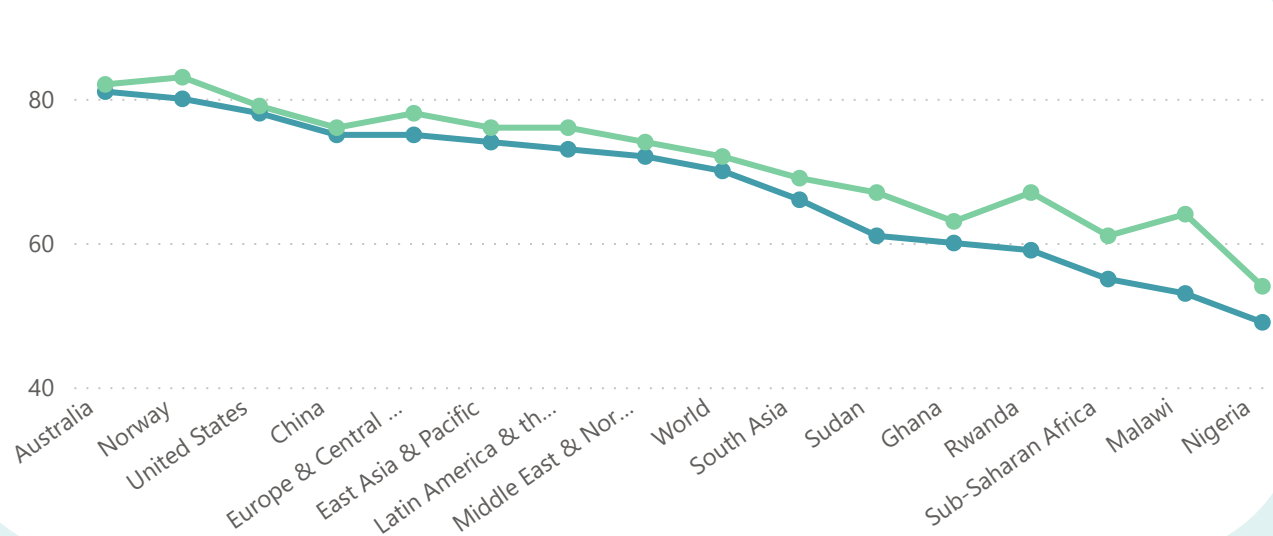
Life Expectancy & U5MR per 1000 Live Births



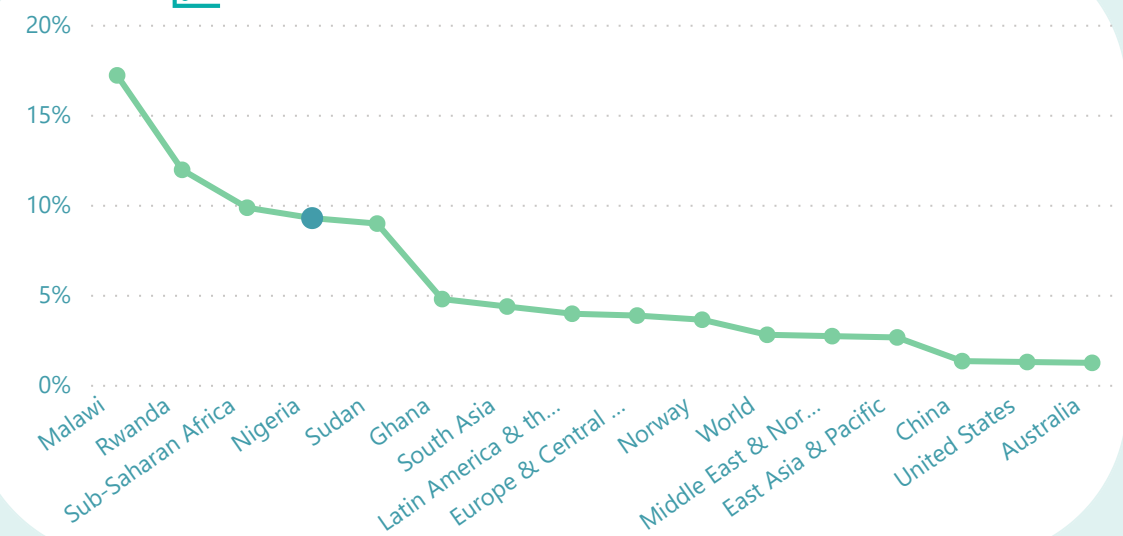
Countries & Regions

All

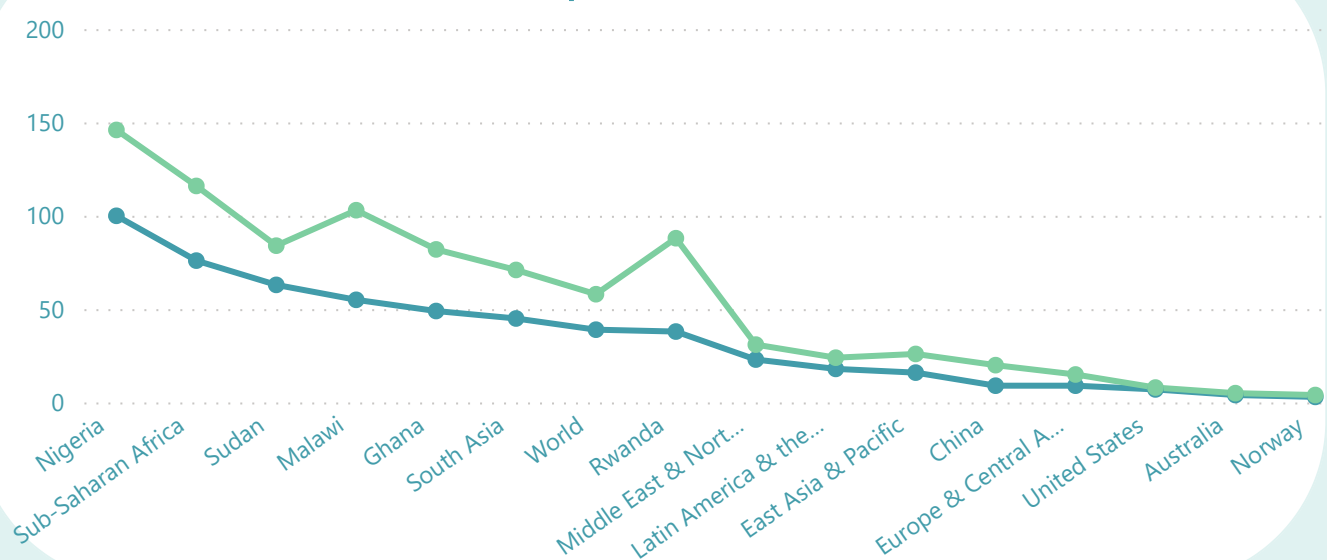
 Life Expectancy at Birth



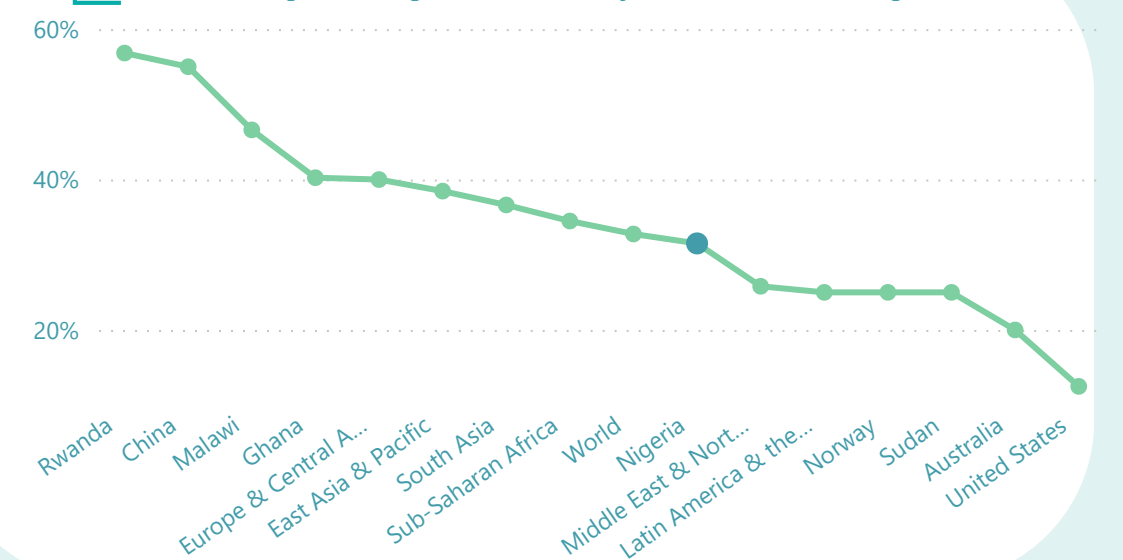
 Percentage Change of Life Expectancy



 U5MR per 1000 Live Births



 Percentage change of U5MR by Countries & Regions



While Nigeria has shown progress in increasing life expectancy by **9.26%** in the last decade, under-5 mortality rates in the country continue increasing by **31.51%** compared to most reference regions and countries. This highlights the need for continued investment and focus on improving healthcare infrastructure, access to quality medical care, and public health initiatives to address preventable diseases and improve overall health outcomes for the



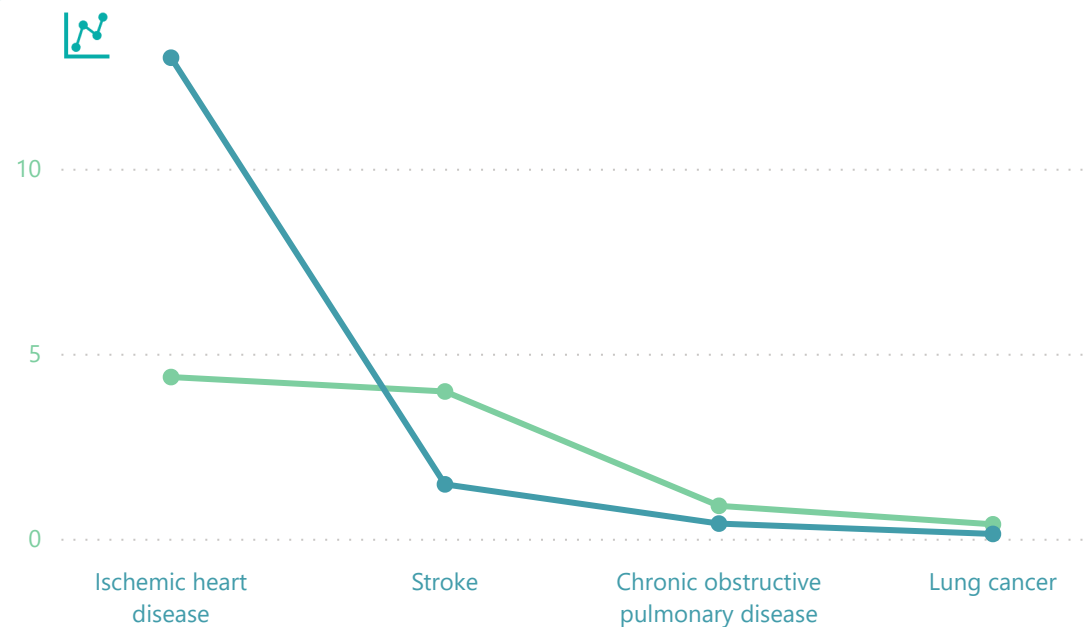
Diseases Attributed to Air pollution and Flooding



Countries & Regions

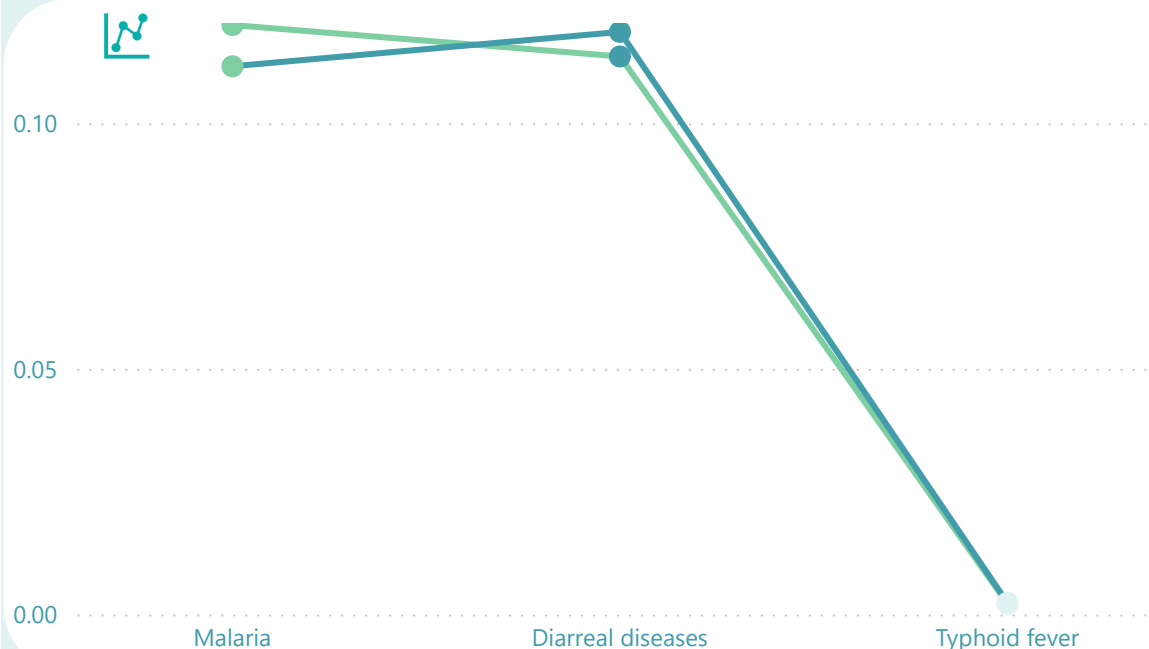
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Proportion of death for each disease attributed to air pollution in Nigeria at 2019



- Air pollution is a significant contributor to death in Nigeria, with ischemic heart disease (**4.37%**) and stroke (3.98%) being the most impacted conditions. This highlights the importance of air quality control measures to improve public health.
- Similar to deaths, air pollution also contributes considerably to disability-adjusted life years (DALYs) in Nigeria. Ischemic heart disease (**1.3%**) and stroke (**1.47%**) are the leading contributors to DALYs due to air pollution. This suggests a need for interventions that not only reduce deaths but also improve the overall health and well-being of the population by tackling air pollution.

Percentage of Total Deaths and DALYs of common diseases that can be aggravated by flood



An interesting observation is the similarity between the percentage of deaths and DALYs for some diseases like malaria (**12% vs 11.16%**) and diarrheal diseases (**11.36% vs 11.86%**). This suggests that these diseases not only cause a high number of deaths but also significantly impact the overall health and well-being of those who survive. This emphasizes the need for effective prevention and treatment strategies for these diseases.



Recommendations



Countries & Regions

All



Improve Communicable Disease Control:

- **Continue and strengthen existing programs** that have shown success in reducing malaria and diarrhoeal diseases. This could involve promoting bed net usage, improving sanitation infrastructure, and ensuring access to clean water.
- **Invest in research and development** of new vaccines and treatments for prevalent infectious diseases.

Address Neonatal and Respiratory Issues:

- **Focus on maternal health:** Implement programs that improve prenatal care, access to skilled birth attendants, and address malnutrition among pregnant women.
- **Invest in neonatal intensive care units (NICUs):** Expand access to specialized care for newborns, particularly in rural areas.
- **Improve childhood vaccination rates:** Ensure widespread access to vaccinations that can prevent childhood respiratory illnesses.
- **Promote public awareness** about hygiene practices and the importance of seeking medical attention for respiratory problems.

Combat Rise of Chronic Diseases:

- **Promote healthy lifestyles:** Develop public health campaigns that encourage healthy eating, physical activity, and smoking cessation.
- **Strengthen healthcare infrastructure:** Increase the capacity of healthcare systems to diagnose and manage chronic diseases like heart disease and stroke.
- **Invest in preventative measures:** Focus on early detection and risk factor management for chronic diseases.

Additional Recommendations:

- **Increase investment in healthcare:** Allocate more resources towards strengthening healthcare infrastructure, expanding medical facilities, and training healthcare professionals.
- **Improve access to quality medical care:** Address geographical disparities in healthcare access and ensure affordability for the population.
- **Leverage data for informed decision-making:** Collect and analyze data on health indicators to identify areas requiring improvement and track the effectiveness of implemented interventions.
- **Promote collaboration:** Encourage collaboration between government agencies, healthcare professionals, NGOs, and the public to address these challenges comprehensively.