**Diabetes**<https://www.who.int/news-room/fact-sheets/detail/diabetes#:~:text=Overview,hormone%20that%20regulates%20blood%20glucose.>

* The number of people with diabetes rose from 108 million in 1980 to 422 million in 2014. Prevalence has been rising more rapidly in low- and middle-income countries than in high-income countries
* Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation.

**Hypertension**<https://www.who.int/health-topics/hypertension#tab=tab_1>

* High blood pressure may be linked to dementia.
* Young people can have high blood pressure, too.
* High blood pressure usually doesn’t have any symptoms.