

CHRONIC DISEASES OF LIFESTYLE

in South Africa: 1995 - 2005

Medical Research Council - Technical Report



CHRONIC DISEASES OF LIFESTYLE IN SOUTH AFRICA:
1995-2005

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DEFINITION OF CHRONIC DISEASES OF LIFESTYLE

Chronic diseases of lifestyle (CDL) are a group of diseases that share similar risk factors as a result of exposure, over many decades, to unhealthy diets, smoking, lack of regular exercise, and possibly stress. The major risk factors are high blood pressure, tobacco addiction, high blood cholesterol, diabetes, and obesity. These result in various long-term disease processes, culminating in high mortality rates attributable to strokes, heart attacks, tobacco- and nutrition-induced cancers, chronic bronchitis, emphysema, renal failure, and many others.