Which kills the most people?

Which one is the biggest killer? Put them in order of the most deaths per year

Respiratory infections

Coronary heart disease

Lung cancer

Diabetes

Stroke

HIV/AIDS

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Were you right?

Coronary heart disease

Stroke

Respiratory infections

Lung cancer

HIV/AIDS

Diabetes

Which of these are non-communicable diseases

Coronary heart disease ✔

Stroke ✔

Respiratory infections ✘

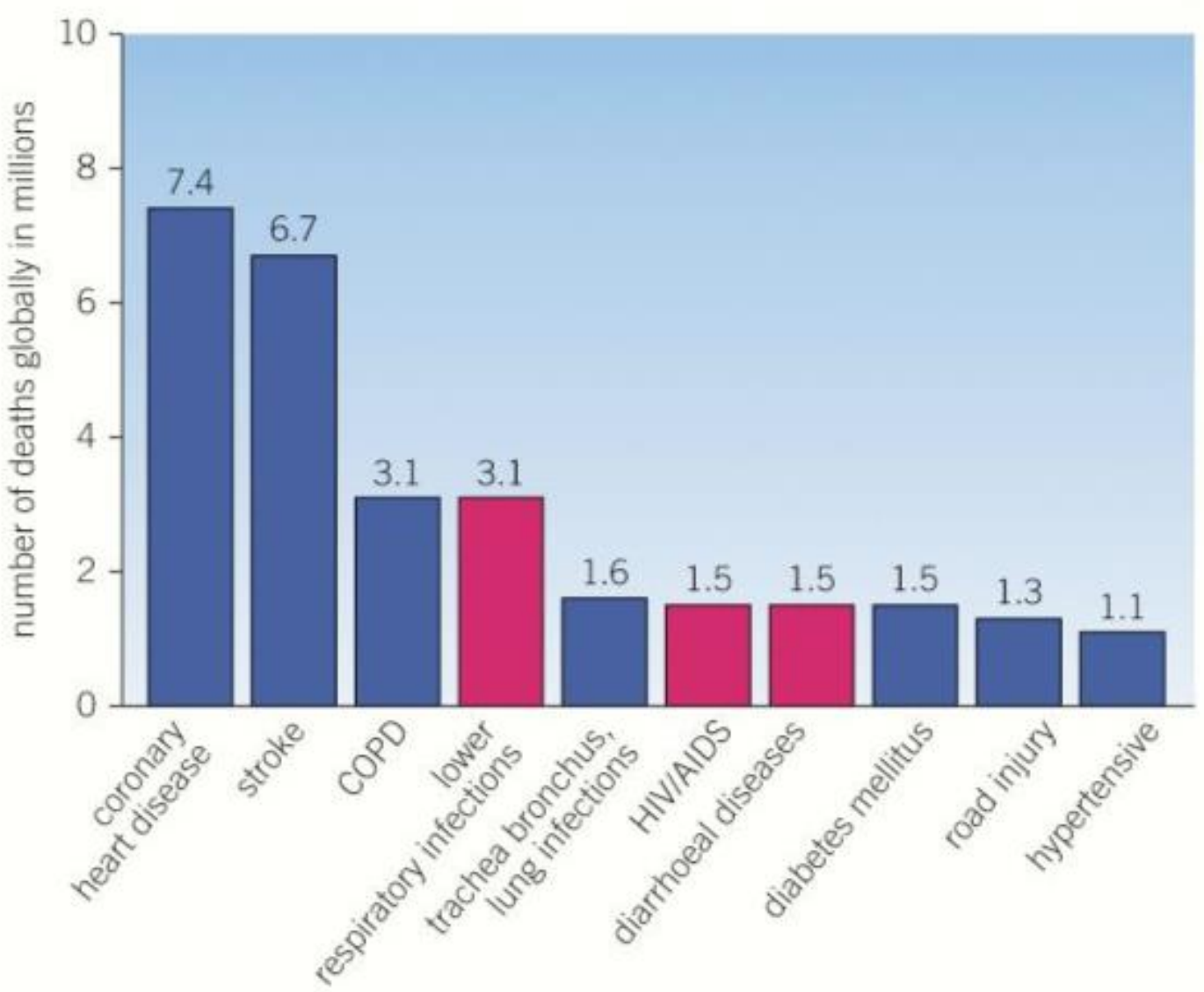
Lung cancer ✔

HIV/AIDS ✘

Diabetes ✔

2012
Blue – non infectious
Pink – infectious

The biggest killers



Lifestyle choices

- Our lifestyle choices affect our health
- But they don’t all have the same impact
- Decide which has the most impact on our health.

Line of impact

Eating lots of sugary drinks

Smoking cigarettes

Drinking excess alcohol

Not carrying out regular exercise

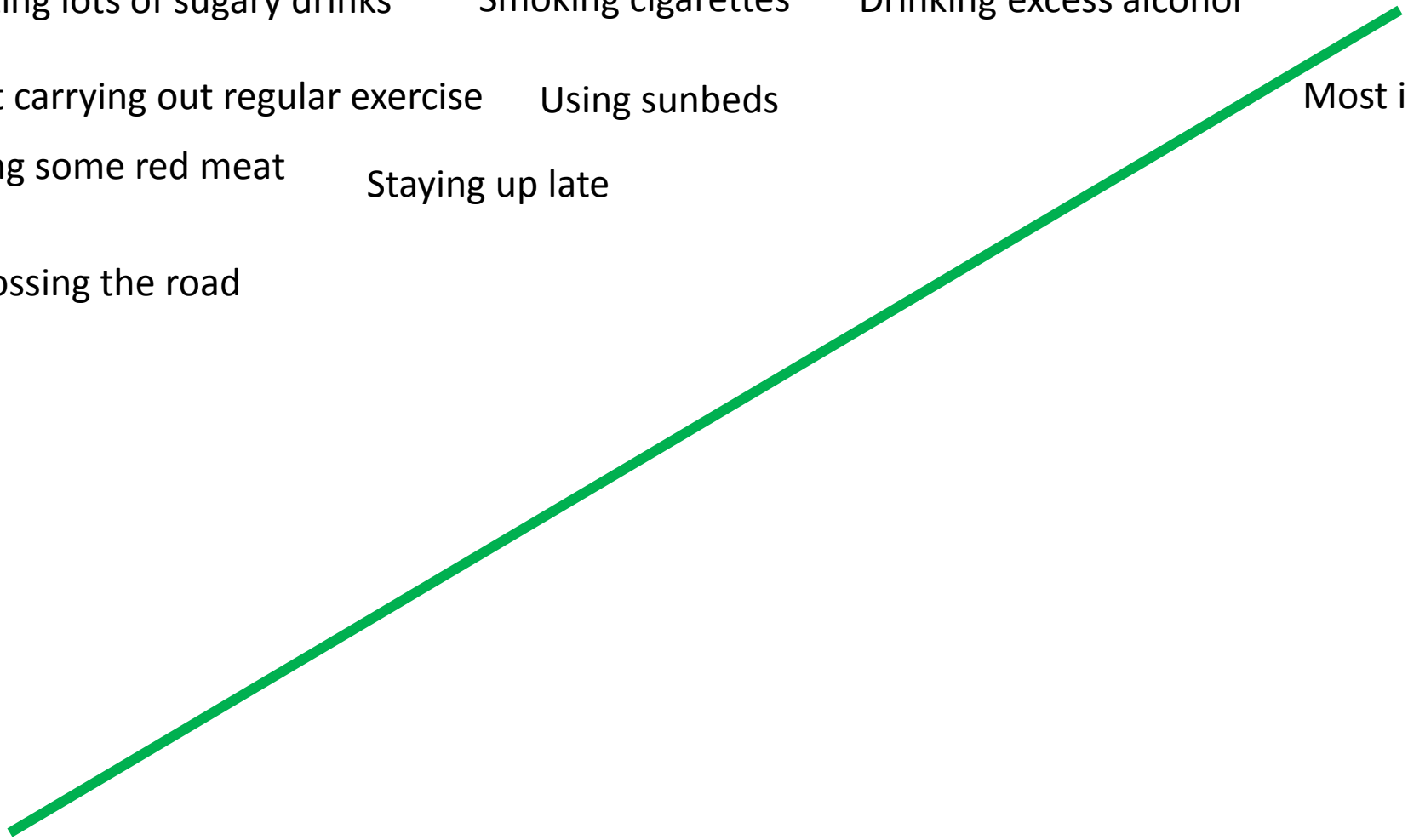
Using sunbeds

Most impact

Eating some red meat

Staying up late

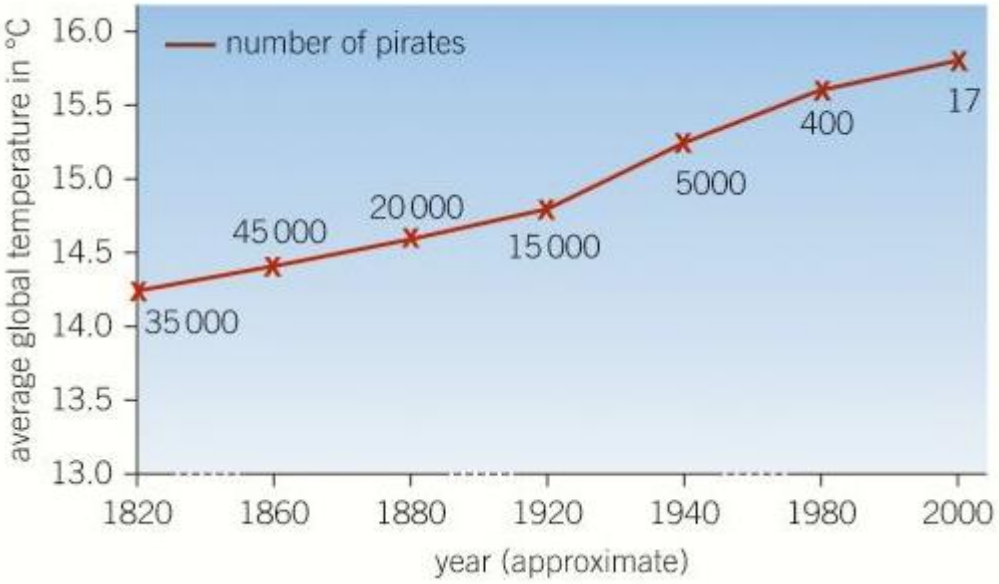
Crossing the road



Least impact

Correlation

- Scientists see similarities in the patterns between non-communicable diseases and lifestyle factors.
- This link is called a correlation.
- A correlation does not prove one thing is the cause of another



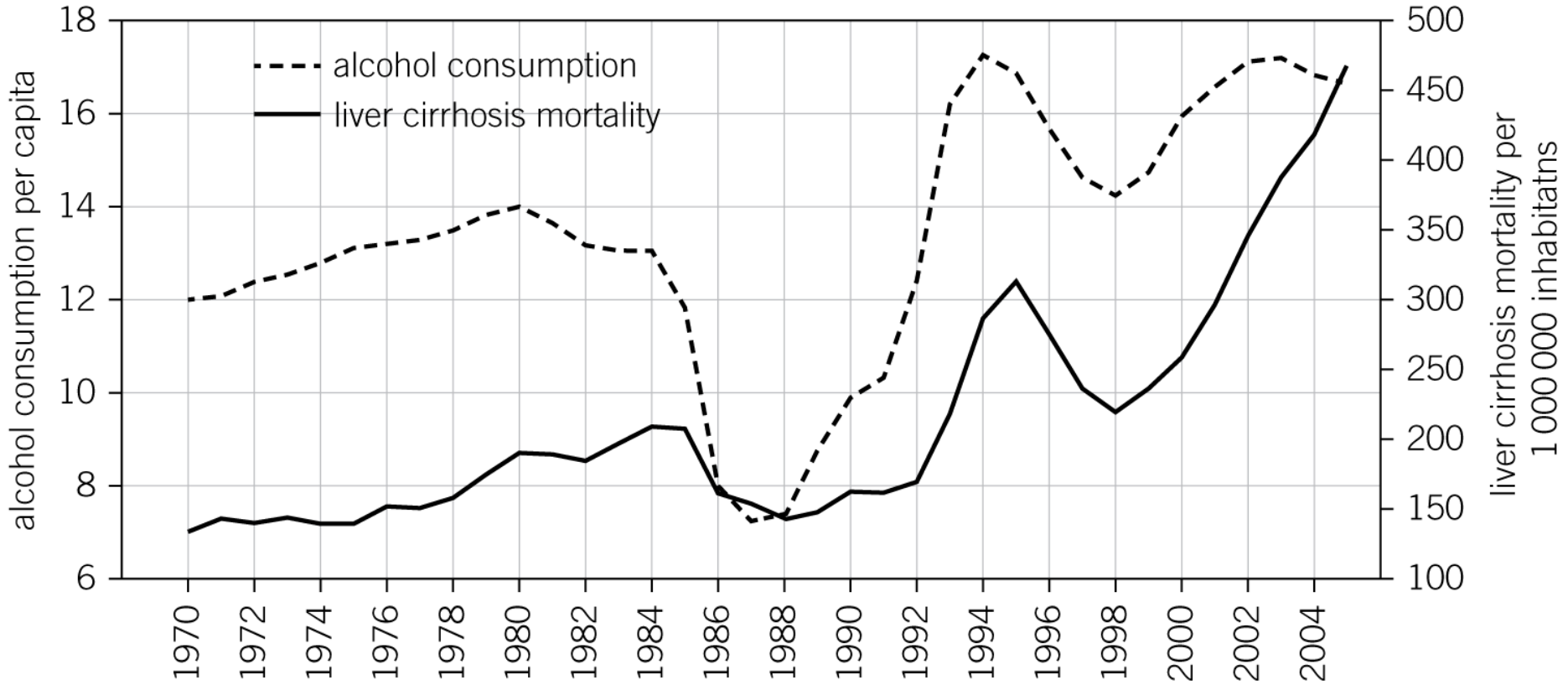
As the temperature increases, the number of pirates increases.

What needs to be done to prove a correlation?

Causal mechanism

- Scientists research to discover if one factor does affect another.
- A causal mechanism explains how one factor influences another through a biological process.
- If a causal mechanism can be demonstrated, there is a link between the two.
- There is a clear causal link between smoking tobacco and lung cancer… anyone can get lung cancer – but smoking increases your risk

Describe the data – alcohol and liver disease



Describe the data – smoking and lung cancer

Year	Percentage of men who smoke	Percentage of smoking-related deaths in middle-aged men
1950	77	15
1955	74	18
1960	74	19
1965	68	20
1970	68	20
1975	62	17
1980	55	16
1985	46	14
1990	39	11
1995	37	8
2000	32	6

Describe the data – risk factors and diabetes

Year	Number of cases of type 2 diabetes in 55–64 year olds	% of population aged over 18 taking no physical exercise	% of population aged over 55 classed as obese	Average sugar intake per person (kg/year)
1990	4	37	38.5	41
1995	5	35	43	41
2000	10	30	49.5	44
2005	8.5	32	54	44
2010	11	34	55	42