

## Life Course Framework for NCDs

- air pollution (chronic lung damage, asthma),
- obesity, malnutrition,
- tobacco/alcohol initiation,
- mental health (1 in 7 adolescents have a disorder).
- untreated infections or congenital conditions (Vision and hearing impairments)



Childhood & Adolescence

- lifestyle habits (tobacco, alcohol, inactivity, unhealthy diet).
- early hypertension,
- diabetes,
- injuries,
- reproductive health risks.



Young Adults

- hypertension, cardiovascular disease, cancers, chronic lung disease, diabetes complications.
- In LMICs, people lose **2–3 times more healthy years (QALYs/DALYs) to NCDs** than in high-income countries (WHO Global Health Estimates).
- Diabetes and stroke (preventable vision and hearing loss)



Midlife

- multimorbidity,
- disability,
- dementia
- vision impairment and hearing loss



Older Adults/Elderly

From early life to healthy ageing

NCD seeds are planted early

Behaviours formed here drive future NCD burden

**Explosion of NCDs**  
Loss of productivity, high economic cost

**Complications dominate**  
Rising need for integrated care & social protection

End of life (all ages possible)

- **Palliative care gap:** <14% of those in need receive it (WHO).
- Pain relief and dignity often missing, especially in LMICs.