

LATEST TRENDS AILMENTS AND DISEASES IN JAMAICA

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BACKGROUND

- Jamaica A 'Developing Nation'
- Population 2.7M 70% between 15-74 years
- Life expectancy 1996 M69.98 F71.2
- 2004 M74.6 F77.0 (STATIN)
- 93.7% people of African descent
- 43% single 38% married/C/law 17%visiting
- 50% 2nd Edn 12% 3rd Edn 60% employed
- 56% piped water 63% water closet
- Literacy 80% F 70%M

LIFESTYLE

- Alcohol, Tobacco and Drug Use (15-74y)
- 65% Alcohol usage 14.5% cigarettes/beedi
- 13.5% marijuana 1% hard drugs
- Lower prevalence of smoking a/w higher s/economic status 6% vs 20% (Tobacco)
- Higher s/econ levels a/w alcohol 74% vs 59%
- Marijuana usage more so in the poor 13% vs 10%

Latest Trends

- To be examined are the following:
- 1. Dietary habits/physical activity
- 2. Lifestyle Diseases - Chronic Non-communicable Diseases
- 3. Reproductive Health HIV
- 4. Mental Health
- 5. Cancer
- 6. Violence and Injuries

DIETARY HABITS/PHYSICAL ACTIVITIES

- 98% report not to be on a special diet
- 90% obese, hypertensives not on a special diet
- Only 15% diabetics on a recommended diet
- 99% of all adults consume below RDA of fruit & veg

- 46% of all adults report low physical activity
- 50+% of persons with dm report low activity In Y2008 twice as many persons report being inactive as in Y2001 (busier lives, commuting++)

Health seeking activities

- Little real change in health seeking activities over the last decade.
- Frequency of BP check in last 6/12 under 50%
- On the positive side, less persons using cooking oil, and now making healthier choices
- less use of butter and some oils. Less frying at home. Conversely, more eating out, and mostly 'junk food'.
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Comparison of Health and Lifestyle surveys: Y2001 (CNCD) PERCENTAGES

- 1993 (Figueroa et al)
- HTN 18F vs 8M DM 3.3F vs 4.8M

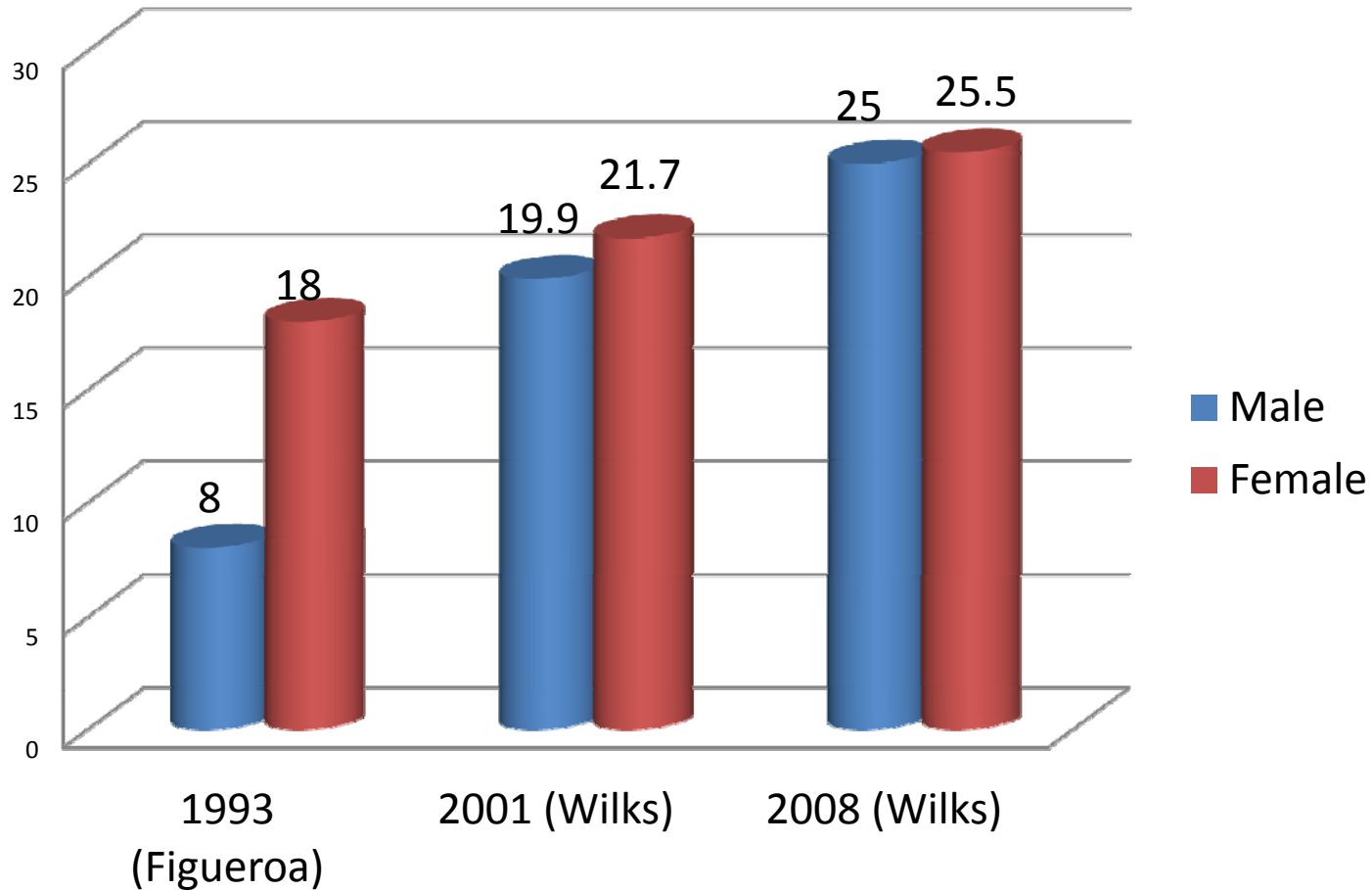
(Wilks et al) 2000

2008

- Obesity 30F / 10M..... F>40 M<20
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- HTN 20% F>M 25% F > M
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- DM Total = 7% M 6.4 F9.3 Tot=15%
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- Awareness of illness HTN 55% DM 76%
- Taking meds HTN 42% DM 68%
- CVS Deaths 30%-40% of all deaths annually

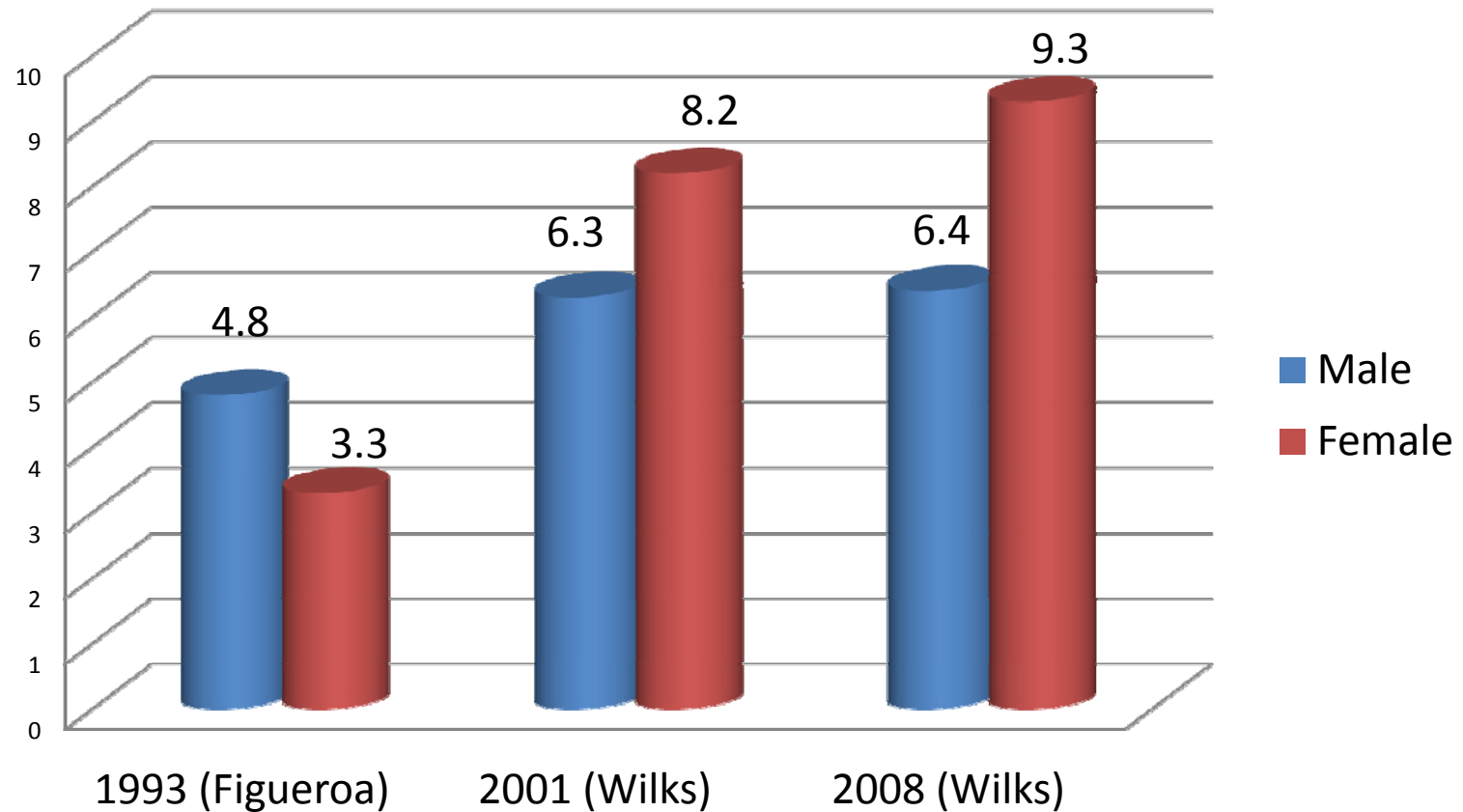
Hypertension – 1993 - 2008

Prevalence of Hypertension (%) in Jamaica
1993 - 2008



Hypertension – 1993 - 2008

Prevalence (%) of Diabetes in Jamaica 1993 - 2008



SEXUAL BEHAVIOUR HIV

- Jamaica is in the mid-range prevalence of HIV/AIDS pandemic, highest being S/Sahara
- Modest reduction in males with multiple partners of 7% (F1%) Condom use about 50% overall; but in men with m/partners just <70% condom use. Younger men continue m/partnership lifestyle, difficult to get change here.
- Lower birth rate in past 20 years.

CANCER

- Leading cause of death unchanged - 10 years
- Males Ca prostate Females Ca breast & cervix
Screening tests/investigations woefully small

1/3F have never had a Pap test, not much difference with edcn status. Ca cervix is now entirely preventable!

Ca prostate, higher edcn = more testing but 60% of all males >45 have never been tested!

Ca colon on the rise, colonoscopies shunned.

MENTAL HEALTH

- 25% of Jamaicans suffer from depressive symptoms. Younger persons > older persons.
- Females>>>>>males.
- Almost 10% of females have thought of suicide at some time, an alarming figure.
- Depression a strong feature in CNCD, especially DM. May predict earlier deaths.
- Schizophrenia 1% unchanged.

VIOLENCE AND INJURIES

- Serious injuries in 9% (2007)
- MVA a major cause. <50% consistently use seat belts. Absence of helmets on bikers.
- 10% have witnessed a violent event in the previous month. 10% carry weapons – knives>guns
- High murder rate – implication for Ins. Companies
- However drastic fall in death rate since last year, and no policemen slain to date Y2011
- Best in 40 years

ADDITIONALLY

- HINI EPIDEMIC- time for universal immunization.
- ASTHMA – high prevalence in Jamaica, may be due to improper disposal of garbage by burning, triggering resp. allergies.
- SICKLE CELL DISEASE SS SC 1in 13 carry Sickle cell gene (AS/AC)

SUMMARY

- Jamaica, as a developing country apes the poor choices of its richer neighbours. DM now in virtual epidemic proportions.
- Education driven by the State, with improved access to NHF and JADEP, must be employed to stem the tide. What role private insurers?

ACKNOWLEDGEMENTS

- Sources: Jamaica Healthy Lifestyle Surveys 2001 and 2007 by Prof R. Wilks et al.
- A behaviour risk factor survey in Jamaica. WIMJ 1999 JP Figueroa
- STATIN of Jamaica
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THANK YOU.