

## **PREVENTABLE NON-COMMUNICABLE DISEASE AND ITS RELATION TO LIFE EXPECTANCY IN DEVELOPING COUNTRIES**

**E.K. Oghagbon**, L. Gimenez-Llort

*Department of Pathology, Queen Elizabeth Hospital, Barbados, West Indies; Department of Psychiatry and Forensic Medicine, Institute of Neuroscience, Universitat Autònoma de Barcelona, Barcelona, Spain*

Non communicable diseases (NCDs) are getting more prevalent in developing countries where they double the burden of infective diseases. NCDs are predicted to reach 80% of global burden of disease by 2020, causing 70% of deaths and, thus, affecting both life expectancy and life expectancy in good health. Factors implicated in this rising prevalence are the increasing adoption of western styled diet and lifestyle in addition to sedentary living and the consequent overweight/obesity. We reported: 1) Prevalence of obesity of 3.4% and overweight of 13.1-23.8% among university students in Nigeria, while general population prevalence of obesity was 8.8%; 2) Prevalence of overweight to be 71% (females) and 55.3 % ( males) in a diabetic clinic in Nigeria with a mean glycated haemoglobin of 8.0%; 3) Over 80% of the subjects were over 40years suggesting the disease was of recent onset and will. 4) Prevalence overweight of 70% was found among untreated Nigerian hypertensive. This and other studies in Nigeria confirm the link between hypertension and overweight. 5) Overweight is related to infertility in Nigeria. This can add lead to childlessness a possible factor in socio-cultural disharmony in old age in Nigeria. The benefit of affordable non-pharmacological treatments of NCDs such as nutrition education, early-life stimulation and cultural dislocation on longevity in African societies, should be studied. We are currently studying ([www.4the5.net](http://www.4the5.net)) the effects of early-life stimulation strategies, diet- and life-style in triple-transgenic 3xTg-AD mice for Alzheimer's disease were we have found overweight concomitant to glucose homeostasis disruption. Thanks: Fundacio LaMarata Tv3-2006/06290.