Top risk factors create a quiet pandemic

Key global risk factors contribute to millions of deaths every year.

- High blood pressure
- High blood sugar
- Obesity & overweight

The GBD study reveals rising exposure to key risk factors which may increase the risk of death by:

- Weakening the immune system
- Increasing susceptibility to respiratory illness
- Raising risk of inflammation

To combat these risk factors, governments may need to draw lessons from anti-smoking campaigns

- High blood pressure
- High blood sugar
- Obesity & overweight
- Smoking

Summary exposure value:
- Up 5%
- Up 13%
- Up 18%
- Down 10%

Exposure to risk factors, percent change, 2010–2019
Age-standardized

Lessons learned from anti-smoking campaigns

- Simply providing information on the harms of these risks is not enough.
- Embrace strategies including regulation, taxation, and incentives.

To learn more, visit http://bit.ly/GBD2019