

-> adolescence: 10-19 years

-> Youth: 15-24 years

-> Young people: 10-24 years

-> 52 percent of the population below the age of 20

-> the generation aged 10-19 constitutes around 25 percent of the total population

-> 22 percent of adolescent girls and boys smoke or have tried smoking and 14 percent used tranquillizers at least once. Studies of Jordanian college students reported a smoking prevalence of 28.6%, and some respondents 17% also reported smoking before the age of 15 years

-> 31 percent of adolescent girls and boys give a confusing answer on sexually transmitted diseases

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-> The leading causes of death worldwide showing that non communicable diseases and injuries account for over two-thirds of deaths

-> the non-communicable disease accounts for disease burden in EMR is likely to rise to 60% in the year 2020

-> chronic diseases account for 52% of all deaths (EMR)

4 diseases result in 52% of deaths (EMR adult population)

1) cardiovascular

2) chronic respiratory disease

3) type 2 diabetes

4) cancer

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**The burden Noncommunicable diseases In Jordan**

-> The burden of Noncommunicable diseases is responsible for 75.6% of all deaths

-> 20% of adults between the ages of 30 and 70 years are expected to die from one of the four main Noncommunicable diseases.

-> The prevalence of insufficient physical activity in adolescents is 85.2%

- > Raised blood pressure affects **18.9%** of adults above 18 years
- > obesity affects **30%** of the population
- > **25.2%** of youth (13–15 years of age) have ever smoked cigarettes, while more than half (**53.6%**) of youth have been affected by passive smoking
- > Adult per capita consumption of alcohol is **0.7** liters of pure alcohol
- > Heart disease has become a leading threat to the health of the Jordanian population, with **41.5** percent of deaths last year found to be related with heart ailments
- > smoking in Jordan in **29%** and it is the highest in EM countries
- > over **60** percent of Jordanians suffering from heart conditions do not participate in physical exercises
- > the average life expectancy is **73.5**

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- > type1 diabetes **5-10%** (of all diagnosed cases)
  - > type2 diabetes **90-95%** (of all diagnosed cases)
  - > More than **80%** of diabetes deaths occur in low- and middle-income countries
  - > The prevalence of diabetes for all age groups worldwide is expected to **double** by 2030
  - > Diabetes accounts for more than **5%** of the global deaths, which are mostly due to CVD
  - > Diabetes is responsible for over **one third** of end-stage renal disease requiring dialysis
  - > Amputations are at least **10** times more common in people with diabetes
  - > A leading cause of blindness and visual impairment. Diabetics are **20** times more likely to develop blindness than nondiabetics
  - > Diabetes **4th** cause of death in Jordan and **7th** cause of death world wide
  - > over weight and obesity prevalence -> #**5** – Jordan – **34.3%**

#### Proportional mortality (% of total deaths, all ages) in Jordan

- > 1) cardiovascular diseases **35%**
- > 2) cancers **15%**
- > 3) communicable, maternal, perinatal & nutritional disorders **13%**
- > 4) injuries **11%**

-> 5) diabetes 7%

-> 6) respiratory diseases 3%

-> other NCDs 16%

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-> Arthritis and osteoarthritis which may reach in old age a prevalence of 600/1000 (60%) persons, and over 300/1000 persons in males

-> The burden of mental disorders is more than 15% of the overall burden of disease from all causes and is even greater than the burden associated with all forms of cancer

-> 1 in 4 (25%) people seeking primary health care services have a significant mental health condition

-> >50% of people treated for depression receive all treatment in primary care

-> Only 41% with mental health conditions receive any treatment

-> Almost 75% of patients Who seek help for depression do so in primary care

-> Having a mental illness increases the likelihood of a person going to his doctor. 25% of consultations can be regarded as attributable to psychiatric morbidity

-> Communities in Arab world show depression ranging from 13% to 32%

-> Highest rate 32% was recorded in Lebanese women after the civil war

-> Urban population in Dubai and Cairo showed lower rates 12% and 16% respectively

-> The prevalence of depression in other countries varies widely, from 1.5 percent of people in Taiwan to 19 percent of people in Lebanon

-> In Jordan, A study published last year, done on Jordanian women reviewing PHC centers for different reasons showed a rate of 37% scored positively

-> About 20% of women experience an episode of depression, known as postpartum depression, after having a baby