



Family History of NCDs and NCD-Related Health Care

Selected Results from STEPS to a Well Bermuda 2014

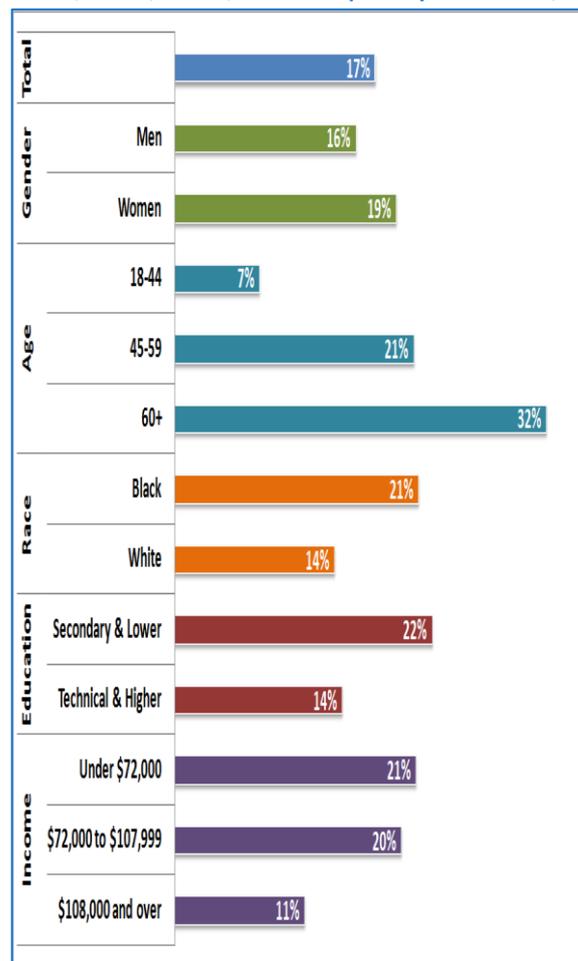
Most people have a family health history of some chronic diseases (e.g., cancer, coronary heart disease, and diabetes) and health conditions (e.g., high blood pressure and high cholesterol). People who have a close family member with a chronic disease may have a higher risk of developing that disease than those without such a family member.

The level of chronic non-communicable diseases (NCDs) in a country affects its economy through the use of health services. Also, persons with non-communicable diseases may need to take time off from the activities of daily living, such as work and social activities.

Highlights

- Nearly 1 in 5 adults has a chronic, non-communicable disease (NCD), such as cardiovascular disease, cancer, diabetes or a chronic respiratory disease.
 - Younger adults are least likely to have a NCD.
- Of those with any NCD, nearly 1 in 5 requires a visit to a health care facility in a month and around 1 in 10 requires hospitalization in a year. Around 1 in 20 require a family member or friend to provide care at home while nearly 1 in 10 are sometimes unable to do usual activities due to their NCD.
- Nearly 2 out of 3 adults have a family history of hypertension and around half of adults had a family history of diabetes or raised cholesterol. The next most common NCD was cancer. Over 2 in 10 adults have a family member who had a stroke and over 1 in 10 had a family member who had a heart attack at a young age.

Figure 1. Percentage of adults with any NCD (including cardiovascular disease, stroke, cancer, chronic respiratory disease and/or diabetes)



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Figure 2. Percentage of adults with family history of selected chronic diseases and health conditions

