

3. Non-communicable disease (NCD)

According to the latest available WHO NCD country profile for Myanmar, four major NCDs are estimated to account for 71% of all deaths with:

- Cardiovascular diseases: ~31%
- Cancers: ~13%
- Chronic respiratory diseases: ~10%
- Diabetes: ~6%

Approximately 62–71% of all deaths in Myanmar are due to NCDs, depending on

Around one-quarter of NCD deaths occur prematurely (between 30 and 70 years of age), representing substantial avoidable mortality.

Hypertension, diabetes, tobacco use, unhealthy diets, and physical inactivity are major contributors.

Reference

Public health situation analysis in Myanmar; Last update: August 2023;
https://cdn.who.int/media/docs/default-source/searo/myanmar/documents/public-health-situation-analysis-phsa_myanmar_august-2023.pdf?download=true&sfvrsn=d01829f9_1&utm_source=chatgpt.com;
accessed at 21st July 2026 (2:30 pm, Myanmar time).