

**As Africa's wealth increases, the non-communicable diseases (heart-disease, diabetes etc.) will take on increasingly important roles. Explain this evolution and one example of a public-health response to this coming 'pandemic'.**

Based on previous researches, non-communicable diseases are those long duration and slow progression diseases and they are mostly classified in four types. First, cardiovascular diseases (e. g: heart attacks and strokes). Second, cancer. Third, chronic respiratory diseases (e. g: asthma) and finally diabetes.

Non-communicable diseases are predicted to become more prevalent in developing countries as diseases of poverty decline, prolonged existence and change of lifestyle due to technological improvements.

Let's take an example, the increasing use of motor vehicles will cause less strenuous physical exercises, that said motor vehicles are mostly used when one feels the freedom to travel and comfort while travelling, that comes with one's increase of wealth because he/she will need fuel, insurance, car repair, etc. also irregular exercise as a result of office jobs involving no physical labor due to spending all working hours sitted in the office, also associated with working supplementary hours, all these causes prolonged periods of little activity that may cause stress and sometimes stroke and heart attacks or nerves that get out service.

Talking about food, there is easy accessibility in society to large amount of low-cost food , more food generally with much less physical application expended to obtain a moderate amount of food, higher consumption of high sugar, meat and dairy products, more foods which are processed, cooked and commercially provided rather than seasonal, fresh foods prepared locally at time of eating, here when someone consume products from intensive farming/ agriculture or products from industry processing, there is a lot of impurities associated which may cause cancer.

There is also greater use of alcohol and tobacco due to stress or even beliefs that rich people consume alcohol in the evening after work, this usually causes liver sickness. There is also more use of phones, researches says that one can spend 30 min speaking on the phone, when more than those 30 minutes it is not healthy anymore, it may cause brain cancer.

Therefore as conclusion, the response would be focusing on trainings where people get taught how to eat less fat, salt, take some diets, less consumption of tobaccos, do some physical activity, also create a habit of getting themselves consulted like once in a month or in a certain period so they can know what measures to take, adopting some codes of conduct to specify the control of the marketing and trading of certain foods. All of this will require innovative and committed collaboration by all concerned.

THANK YOU!!!