

13th November 2013

Global Burden of Disease 2010 – EU and EFTA Regional results

Today sees the publication of the EU and EFTA results of the Global Burden of Disease Study 2010.

The **Global Burden of Disease Study 2010 (GBD)** *is the largest and most powerful health study ever undertaken*: a remarkable snapshot of the world's health. Funded by the Bill and Melinda Gates Foundation, this audit of global mortality and disability involved nearly 500 researchers in over 300 institutions in 50 countries. It studied 291 diseases and injuries in 21 regions covering the globe in 20 different age groups. It analysed disease trends, and it assessed 67 risk factors. The effort involved has been compared to that put into the human genome project.

The principal finding of the study is a continuing global shift from communicable and life-threatening diseases as a cause of disability to the commonly disabling chronic disorders like those of the musculoskeletal system and psychological disorders; from premature death to years now lived with disability.

Today's report shows that there has been an increase in NCD's for the EU and EFTA countries from 83.31% in 1990 to 86.14% in 2010, again measured by DALY's.

Of the non-communicable diseases musculoskeletal disorders, such as rheumatoid arthritis, osteoarthritis and back and spine disorders, show the largest increase on the health of people in EU and EFTA countries, and now account for almost 30% of all disability.

Their burden is expected to continue increasing with the ageing of our populations and changes in lifestyle. Affordable measures to prevent and treat musculoskeletal conditions are currently available, but lack of priority and policy at local, national and international levels means that these are not available with equity across and between countries. This results in avoidable disability.

Today's numbers signal the increasing need for governments in the EU and EFTA countries to alter their funding priorities and to recognise that Musculoskeletal Conditions pose new challenges to health affordability and delivery.

Key Facts:

Musculoskeletal conditions (MSC's) include joint diseases such as osteoarthritis and rheumatoid arthritis, back and neck pain, osteoporosis, and fragility fractures, soft tissue rheumatism, injuries due to sports and in the workplace, and trauma commonly related to traffic accidents. They cause pain, physical disability and loss of personal and economic independence.

- They are the greatest cause of disability, as measured by years lived with disability (YLDs) in the EU and EFTA countries and the second greatest worldwide.
 - As a group musculoskeletal disorders cause 29.07% of all years lived with disability (YLDs) in the EU and EFTA countries.
 - The leading cause of disability in the EU and EFTA countries is low back and neck pain contributing 20.78% of total disability (YLDs) (major depression contributes 7.81%, Alzheimers disease 2.41%).

- They have the third greatest impact on the health of the EU and EFTA population, considering both death and disability (DALYs).
 - Musculoskeletal disorders account for 14.06% of all EU and EFTA DALYs
 - Ranking of major causes of death and disability (% DALYs) in the EU and EFTA countries:
 - Cardiovascular and circulatory diseases 19.53%
 - All neoplasms 17.22%
 - Musculoskeletal disorders 14.06%
 - Mental and behavioural disorders 11.16%
 - Chronic respiratory diseases 4.69%
 - Diabetes 2.47%
- Neck and back pain have the greatest impact on the health of the EU and EFTA population, causing death and disability accounting for 9.92% of total DALYs (ischemic heart disease accounts for 9.72%).
- Disability due to musculoskeletal disorders is increasing due to ageing of the population, increased obesity and lack of physical activity.
- Disability due to musculoskeletal conditions can be effectively prevented by currently available interventions, such as accident prevention, modern treatment of arthritis and injuries, and by rehabilitation.
- The growing burden can be controlled if priority and resources are given to ensure access to these interventions.

Source: <http://www.healthmetricsandevaluation.org/gbd/visualizations/country>

The Bone and Joint Decade 2010 – 2020

The Global Alliance for Musculoskeletal Health

The Bone and Joint Decade works to reduce the burden and cost of musculoskeletal conditions to individuals, carers and society worldwide

The Bone and Joint Decade is a global alliance promoting musculoskeletal health. It is the only organisation that brings together all stakeholders considering all musculoskeletal conditions working with policy makers at national, regional and global levels. Launched in 2000, and re mandated in 2010, the Bone and Joint Decade gains its strength from bringing together national and international professional, scientific and patient organisations. It is endorsed by the UN and WHO and support has been declared by over 60 governments. The Vision is to “Keep People Moving” so they can lead active independent lives.

The Bone and Joint Decade is focused on influencing health policy through evidence and advocacy, using its unified voice and global reach.

Our vision is a world where musculoskeletal health is a priority; where the prevention, treatment and care of any musculoskeletal disorders is of a high standard and consistently accessible in order to improve the health-related quality of life for people with, or at risk of a musculoskeletal condition.

The prevention and treatment of musculoskeletal conditions and injuries should be among the leading major health concerns in the minds, actions and funding priorities of international health agencies, governments, non-governmental organisations, medical and research communities, funders, media and the general public.

Our mission is to promote musculoskeletal health and science worldwide.

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