

Morbidity and Mortality Trends due to Non-communicable Diseases in Sri Lanka, 2004-2019

P.K.G.N.N. Thilakarathne*, S.U.B. Tennakoon

Department of Community Medicine, University of Peradeniya, Peradeniya, Sri Lanka

**nntilakarathne@gmail.com*

Annually, 41 million lives are lost to non-communicable diseases (NCDs), comprising 74% of global deaths. Cardiovascular diseases, diabetes, chronic respiratory diseases, and cancers are the main types of NCDs. This study serves as an initiative to determine the trend in NCD-related mortality and morbidity in Sri Lanka from 2004 to 2019. Data were extracted retrospectively from indoor morbidity and mortality statistics reports published by the Medical Statistics Unit, Ministry of Health, for the period of 2004 to 2019. Data were compiled into a Microsoft Excel spreadsheet and analyzed. Morbidity and mortality rates were calculated per 1,000 population for each year based on population projections of the Department of Census and Statistics. During the study period, total deaths due to NCDs increased by 88.12%, from 15,868 in 2004 to 29,852 in 2019, resulting in an increased NCD-related crude death rate, from 0.82 to 1.37 per 1,000. Male deaths were higher (58.15%) than female deaths (41.85%) during these years. From 2004 to 2019, a total of 14,122,878 NCD live discharges were observed. Total live discharges due to four NCDs increased from 639,632 in 2004 to 1,130,796 in 2019, resulting in an increased NCD-related morbidity rate from 32.9 to 51.9 per 1,000. Cardiovascular diseases, cancer, chronic respiratory diseases, and diabetes mellitus are the major diseases that are responsible for NCDs in Sri Lanka. The highest number of morbidity and mortality were reported among males in our study. Both the morbidity and mortality rates showed an increasing pattern from 2004 to 2019. Understanding disease trends is crucial for designing primary care services to prevent and control NCDs. Changes in policies, along with community level education and awareness about the risk factors, are needed.

Keywords: Non-Communicable Diseases, Mortality, Morbidity, Sri Lanka