

Submitted: 9 June 2024
Accepted: 16 July 2024
Published online: 7 January, TAPS 2025, 10(1), 67-68
<https://doi.org/10.29060/TAPS.2025-10-1/LE3433>

Addressing Non-communicable Diseases (NCDs) incidents in Cambodia

Virak Sorn

Faculty of Health Science and Biotechnology, University of Puthisastra, Cambodia

Dear Editor,

Cambodia, like many other countries around the world, is facing a concerning rise in non-communicable diseases (NCDs) incidences. The rise of NCDs in Cambodia, pressing public health concerns that demand immediate attention. NCDs account for 64% of all deaths in Cambodia, with the population having a 23% probability of dying between the ages of 30 and 70 from one of the four main NCDs, which include cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes (World Health Organization, 2023). These NCDs pose a significant threat to the population's health and well-being.

There are several factors affecting an increase in NCDs, including changing lifestyles, air pollution, physical inactivity, excessive intake of salt and alcohol, and limited access to healthcare services, which have contributed to the growing burden of NCDs in the country (Kulikov et al., 2019). The impact of NCDs is substantial, leading to increased mortality rates, reduced quality of life, and significant economic burdens on individuals, families, and the healthcare system as a whole.

Effective strategies must be implemented to combat this epidemic. Raising awareness about the risk factors associated with NCDs through public health campaigns and educational programs is crucial. Encouraging healthy behaviours like regular physical activity, maintaining a balanced diet, and avoiding tobacco and excessive alcohol consumption can significantly reduce

the incidence of NCDs. Access to healthcare services plays a pivotal role in the early detection and management of NCDs. Cambodia faces challenges in terms of healthcare infrastructure, workforce capacity, and financial resources. Strengthening the healthcare system, expanding primary care services, and training healthcare professionals are essential steps to effectively address the NCD burden.

Population-based interventions, including promoting vaccinations, reducing environmental pollution, and ensuring access to essential medicines, are key in the fight against NCDs in Cambodia. Collaborative efforts involving government agencies, non-governmental organisations, healthcare providers, and communities are necessary to develop and implement comprehensive strategies. A multi-sectoral approach that emphasises prevention, early detection, treatment, and management is vital to addressing NCDs in Cambodia. By integrating awareness campaigns, improving healthcare access, and implementing population-based interventions, Cambodia can make significant progress in combating the growing burden of NCDs and enhancing the health outcomes of its population.

In conclusion, concerted efforts and coordinated actions are essential to successfully tackling the NCDs epidemic in Cambodia. Prioritising prevention, early detection, and comprehensive healthcare services will be key to curbing the impact of NCDs and improving the overall health and well-being of the Cambodian population.

Notes on Contributors

Sorn, V. wrote and edited the manuscript.

Acknowledgement

Sorn, V. would like to thank Menghourn Pin, who has always provided care over the years. Also, thank you to Bella Virak, who was my personal assistant when I wrote this paper.

Funding

There is no grant or funding involved for this paper.

Declaration of Interest

The author declares no conflict of interest.

References

Kulikov, A., Mehta, A., Tarlton, D., Grafton, D., & Aarsand, R. (2019). *Prevention and control of noncommunicable diseases in Cambodia: The case for investment*. United Nations Development Programme.

https://cdn.who.int/media/docs/default-source/unitaf/cambodia-ic-report-final.pdf?sfvrsn=f14b8683_3&ua=1

World Health Organization. (2023). *Noncommunicable diseases*.

<https://www.who.int/en/news-room/fact-sheets/detail/noncommunicable-diseases>

*Virak Sorn
#55, St. 184-180,
Sangkat BoeungRaing,
Khan Daun Penh,
Phnom Penh, Cambodia 12211
Faculty of Health Science and Biotechnology,
University of Puthisastra
Email: viraksorn2013@gmail.com