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Tonga: Chronic Diseases

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Tonga: Chronic diseases



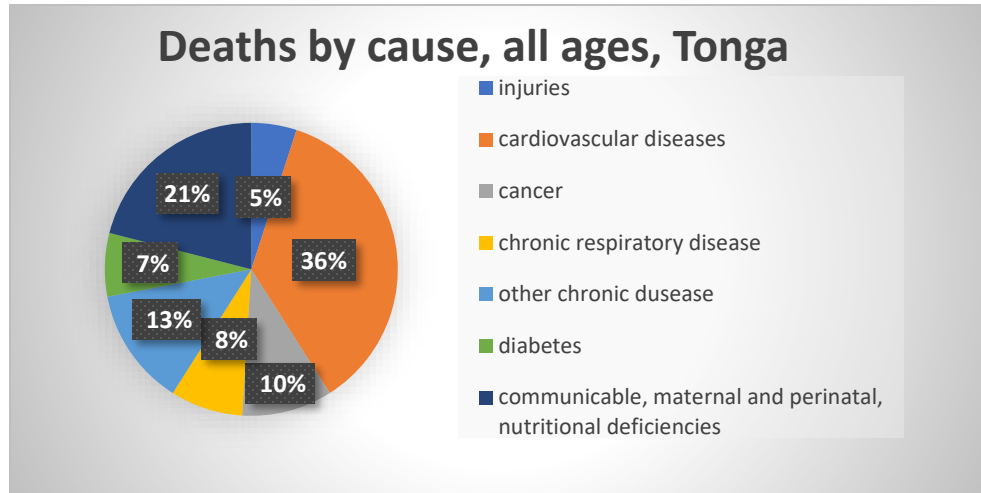
<p>Location on map</p>	 <p>Tonga is an Archipelago in the South Pacific Ocean south of Samoa.</p> <p>https://www.virtualoceania.net/tonga/maps/oceania-tonga.shtml</p>
<p>Population</p>	<p>Total population: 107,122 in 2010. 96.6% of people in Tonga are local nationals. 1.7% are Euromericans, 1.0% are European and the rest makes up the 0.7% of the total population. Religion: The Free Wesleyan Church of Tonga is the established religion in Tonga.</p>
<p>Political structure</p>	<p>King is the Head of State and the Commander-in-Chief of the Armed Forces. Prime minister is appointed by King from among the members of the parliament. The first-past-the-post electoral system is applied. The Legislative Assembly of Tonga has up to 30 members, of which 17 are directly elected by first-past-the-post voting from single-member constituencies. All Tongan citizens aged at least 21, other than noble title holders and members of the Royal Family who hold noble titles, are entitled to elect the people's representative for their constituency. Tonga is divided into seventeen single-member constituencies for the election of the people's representatives.</p>

Major challenges faced by Tonga:

- Political corruption.
- Geographic depression, isolation, and limited resources provide a narrow economic base.
- Decaying infrastructure.
- Low economic status.

Public health problem:

The wide spread of non-communicable diseases such as cancer is a major health problem in Tonga. Adults are at the highest risk. Non-communicable diseases have caused 74% of all adult death according to Tonga health department. Due to the non-communicable diseases, the mortality rate is very high, around 18000 healthy lives are lost per 100,000 people. More than half of the population is affected by the Non-communicable diseases.



http://www.who.int/chp/chronic_disease_report/tonga.pdf

Outcomes the condition can cause:

The main cause of deaths in Tonga are due to chronic diseases such as cancer and cardiovascular diseases. People of all ages specially the adults are at the highest risk. Hence, the chronic diseases in Tonga contribute a lot in decrease in Tonga's economy, which also leads to decaying infrastructure.

Is treatment available:

There is no specific treatment available to cure non-communicable diseases. Vaccines and immunizations are ineffective against these diseases. However, certain measures can be taken to reduce the sufferings of the effected.

What can be done:

Primary prevention should be the main aim to prevent chronic diseases. Most of the chronic diseases are incurable. Unhealthy diet, tobacco use, and physical inactivity are the essential causes for chronic diseases. Awareness should be created amongst locals regarding the harmful of effects of tobacco and about the benefits of healthy diet. Special programs should be set up through community efforts so people can be more active and live a healthy life.

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