III

CONTENTS

FOREWORD	VI
Dr Catherine Le Galès-Camus, WHO Assistant Director-General, Noncommunicable Diseases and Mental Health	l vi
SUPPORTING STATEMENTS	VII
A.P.J. Abdul Kalam, Past-President of the Republic of India Rosa Mota, Marathon runner and Olympic marathon champion, Portugal Edson Arantes do Nascimento, Pelé, Football legend, Brazil	vii i)
OVERVIEW	1
 The Burden of Chronic Diseases Preventable Chronic Respiratory Diseases: A Major Global Health Problem A Mechanism for Action: The Global Alliance Against Chronic Respiratory Diseases (GARD) 	(
CHRONIC RESPIRATORY DISEASES	12
 Chronic Disease Epidemics Asthma Chronic Obstructive Pulmonary Disease Obstructive Sleep Apnea Syndrome Pulmonary Hypertension 	12 15 2 32 35
RISK FACTORS FOR CHRONIC RESPIRATORY DISEASES	37
 Causes and Consequences of Chronic Respiratory Diseases Tobacco Smoking: The Major Threat in High Income Countries, As Well As in Low And Middle Income Countries Indoor Air Pollutants: The Unrecognized Killers In Low and Middle Income Countries Outdoor Air Pollutants Allergens Occupational Exposure Diet and Nutrition Post-infectious Chronic Respiratory Diseases 	47 46 47 49 57 53
STEPWISE FRAMEWORK FOR ACTION	56
17. GARD Approach	56

a world where all people breathe freely

18.	Estimate Burden, Identify Risk Factors and Undertake Surveillance	61
19.	Advocate for Action	65
20.	Implement Prevention and Health Promotion	69
21.	Improve Diagnosis of Chronic Respiratory Diseases and Respiratory Allergies	77
22.	Control Chronic Respiratory Diseases and Allergies by Increasing Drug Accessibility	82
23.	Paediatric Chronic Respiratory Diseases and Respiratory Allergies	95
24.	Identify Policy Implementation Steps	98
RE	FERENCES	102
AN	INEX	129
1.	Directory of GARD Participants	129