

Diabetes eighth leading cause of death in Cuba: expert



Havana, November 15, (RHC-Xinhua) -- Diabetes is the eighth leading cause of death in Cuba, an expert said on Friday, also the World Diabetes Day.

More than 5 hundred 30 thousand people out of the total 11.2 million population, or 5 percent, have been diagnosed with the disease, said Esther Pallarols, a specialist at the Health Ministry's Department of Non-Communicable Diseases.

Overweight, smoking, excessive drinking and poor nutrition, along with a lack of exercises, are the major factors for developing diabetes, Pallarols warned.

A national program to control and prevent diabetes has been in place for several years in Cuba and rising costs are burdening the healthcare system and the fragile economy, Pallarols said.

<https://www.radiohc.cu/index.php/en/noticias/nacionales/39326-diabetes-eighth-leading-cause-of-death-in-cuba-expert>



Radio Habana Cuba