

# Una breve mirada a la salud en Mexico

Enfermedades y riesgos

**Top Chart** Treemap

**Cause of Disease or Injury**  
A. Communicable, mater...

**Metric**  
DALYs (Disability...)

**Place**  
Global

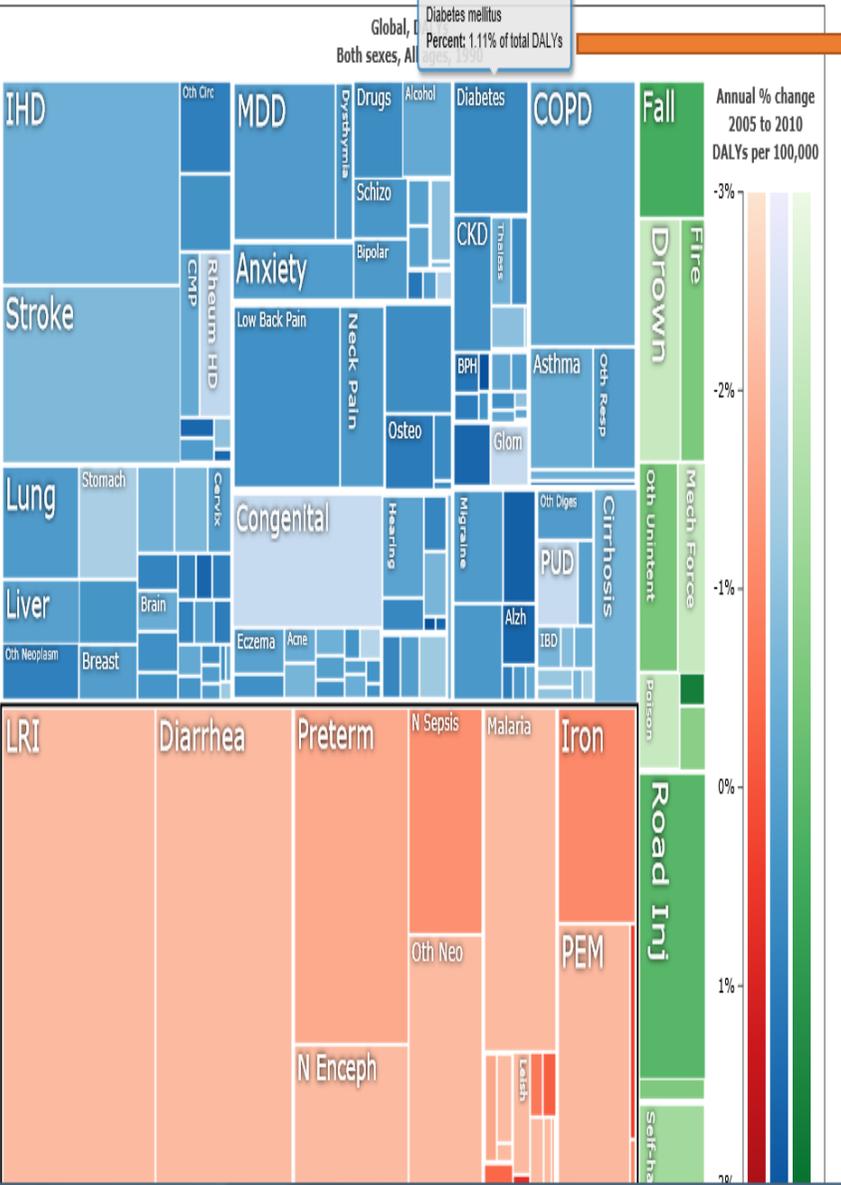
**Year** 1990

**Age** All ages

**Sex** Both Male Female

**Depth** 4

**Color** Rate of Change



**Top Chart** Treemap

**Cause of Disease or Injury**  
B.3.5. Other chronic resp

**Metric**  
DALYs (Disability...)

**Place**  
Global

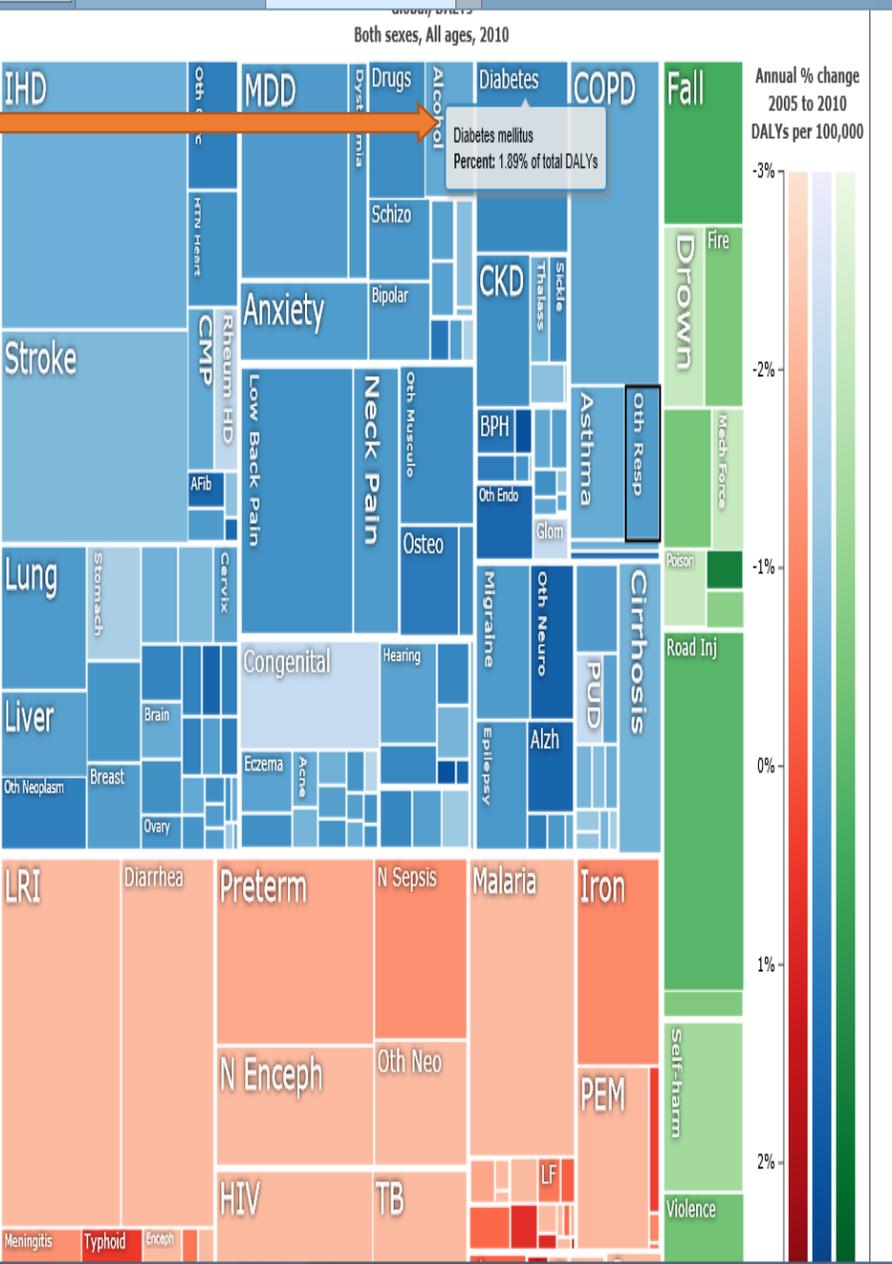
**Year** 2010

**Age** All ages

**Sex** Both Male Female

**Depth** 4

**Color** Rate of Change



**Bottom Chart** None selected

**Bottom Chart** None selected

Mexico | Top 20 | Causes Risks

Both | Male | Female | DALY (Disability-Adjusted Life Year) | All ages

1990 Mean rank (95% UI)		2010 Mean rank (95% UI)		Median % change (95% UI)	
1.2 (1-2)	1 Diarrheal diseases	1 Diabetes	1.1 (1-2)	86%	(66 to 123)
1.8 (1-2)	2 Lower respiratory infections	2 Ischemic heart disease	2.0 (1-3)	88%	(67 to 103)
3.2 (3-5)	3 Preterm birth complications	3 Chronic kidney disease	3.5 (3-6)	284%	(118 to 347)
3.9 (3-5)	4 Congenital anomalies	4 Road injury	4.6 (3-7)	17%	(-5 to 32)
6.0 (4-8)	5 Road injury	5 Interpersonal violence	5.0 (2-7)	14%	(-2 to 64)
6.4 (5-11)	6 Interpersonal violence	6 Cirrhosis	5.1 (3-7)	55%	(41 to 72)
6.7 (5-9)	7 Diabetes	7 Congenital anomalies	8.4 (6-14)	-26%	(-60 to -10)
8.1 (5-11)	8 Neonatal encephalopathy	8 Lower respiratory infections	8.7 (7-11)	-64%	(-70 to -57)
8.4 (7-10)	9 Ischemic heart disease	9 Low back pain	8.9 (5-13)	63%	(36 to 94)
10.0 (8-12)	10 Cirrhosis	10 Major depressive disorder	9.9 (6-15)	19%	(-16 to 70)
11.5 (8-17)	11 Major depressive disorder	11 Stroke	10.3 (8-13)	42%	(27 to 55)
13.2 (10-17)	12 Protein-energy malnutrition	12 Preterm birth complications	11.6 (8-14)	-52%	(-61 to -37)
13.7 (12-16)	13 Stroke	13 Other musculoskeletal	12.8 (11-15)	88%	(72 to 106)
13.9 (10-18)	14 Iron-deficiency anemia	14 Neck pain	14.2 (10-18)	56%	(42 to 72)
14.2 (10-19)	15 Low back pain	15 COPD	15.2 (13-18)	15%	(0 to 33)
16.1 (14-19)	16 COPD	16 Epilepsy	18.0 (15-23)	23%	(2 to 45)
19.3 (15-23)	17 Chronic kidney disease	17 Neonatal encephalopathy	18.7 (14-25)	-52%	(-67 to -29)
19.7 (11-30)	18 Neonatal sepsis	18 Diarrheal diseases	19.2 (16-24)	-84%	(-87 to -80)
20.0 (15-27)	19 Neck pain	19 Migraine	21.0 (15-31)	47%	(16 to 89)
20.4 (16-25)	20 Epilepsy	20 Alcohol use disorders	21.0 (12-28)	22%	(-10 to 114)
21.3 (18-25)	21 Other musculoskeletal	27 Iron-deficiency anemia	28.1 (21-35)	-49%	(-54 to -46)
24.3 (18-32)	24 Alcohol use disorders	30 Neonatal sepsis	30.7 (18-46)	-34%	(-54 to -8)
26.8 (20-36)	27 Migraine	39 Protein-energy malnutrition	38.9 (32-53)	-67%	(-80 to -57)

Puedes acelerar la exploración si deshabilitas complementos.
 
 Elegir complementos
 Preguntarme más tarde

**Top Chart** Stacked Bar Ch...

**Risk Factor Category**  
Overview

**Metric** DALYs (Disabili...)

**Place** Mexico

**Year** 2010

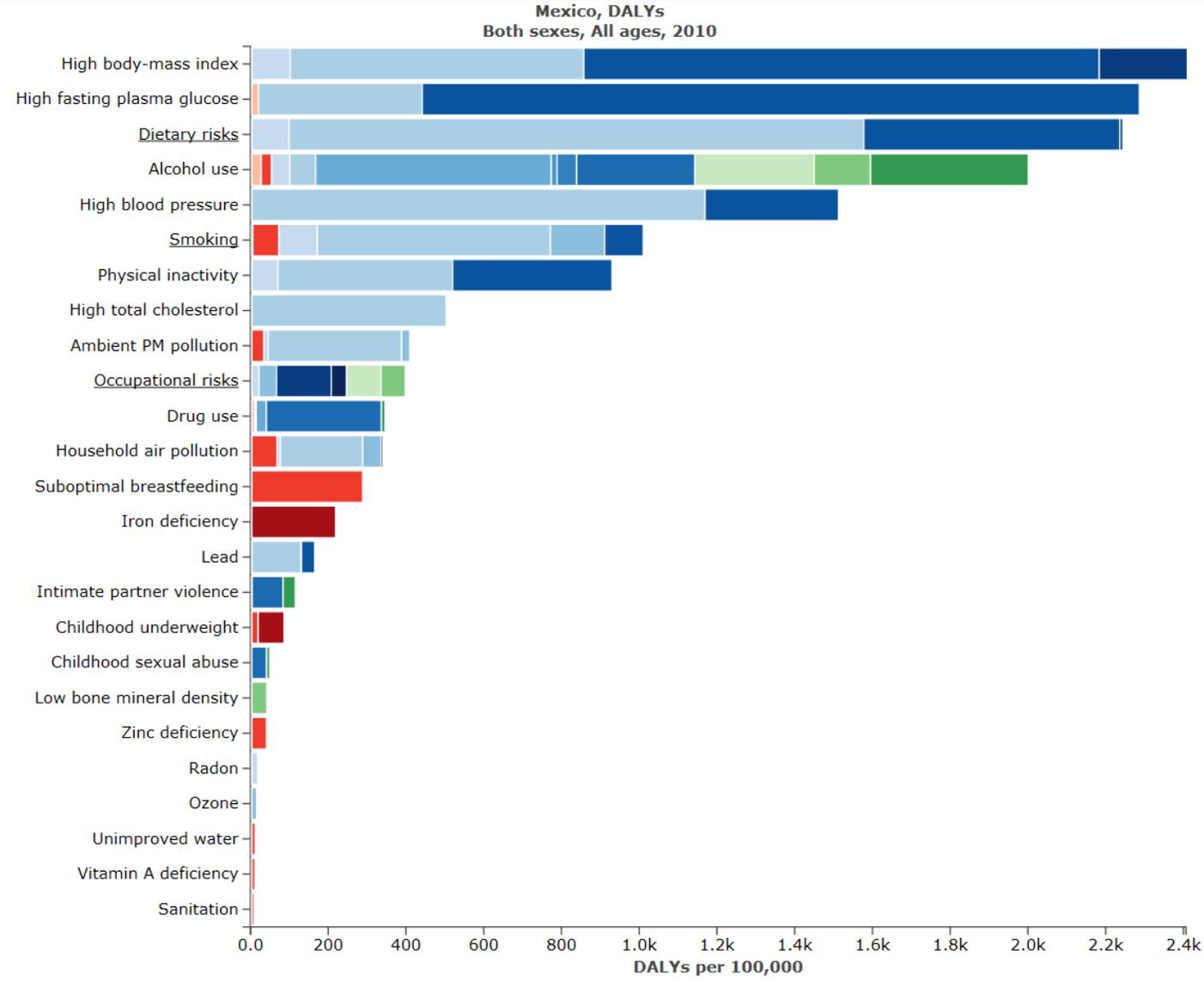
**Age** All ages

**Sex** Both Male Female

**Units** # Rate %

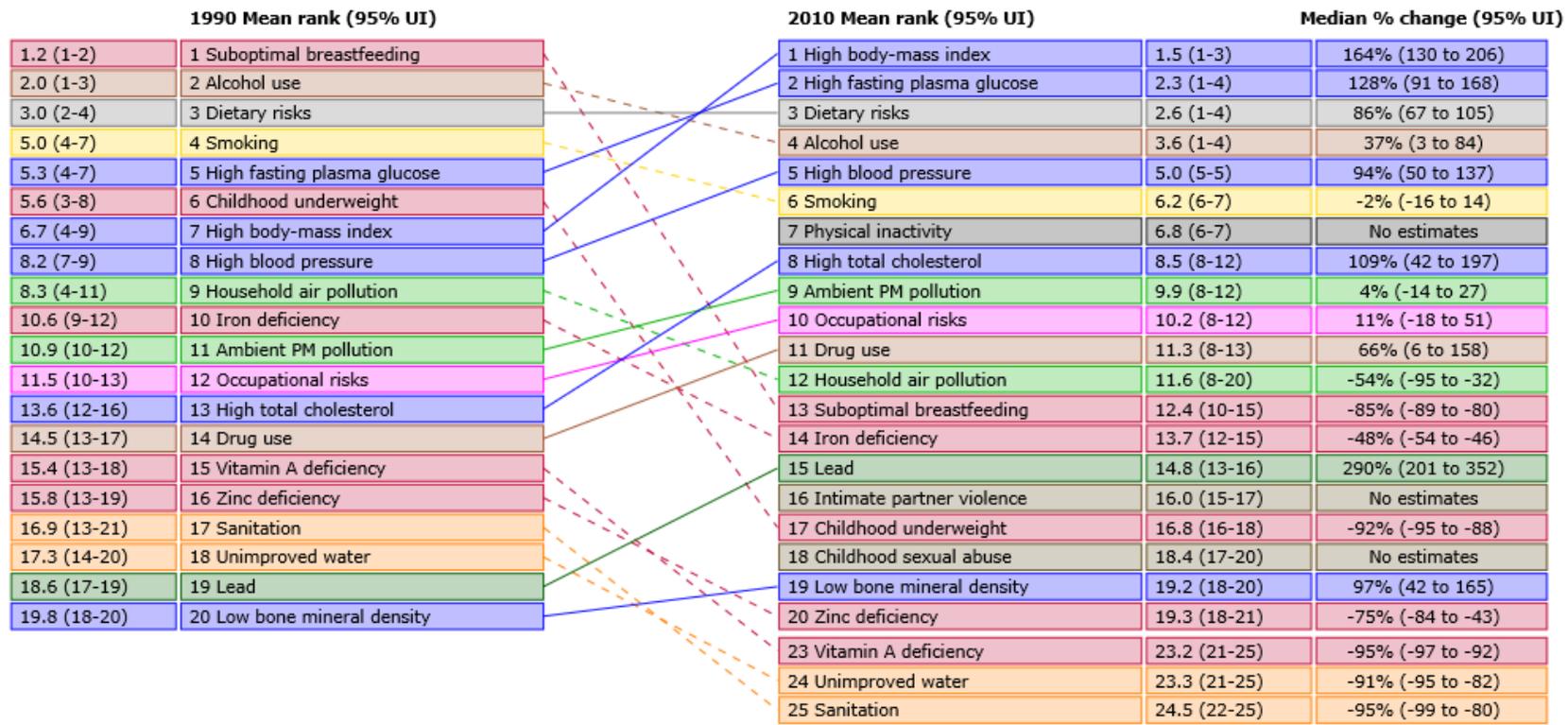
**Bar Order** Rank Alphabetical

**Bottom Chart** None selected

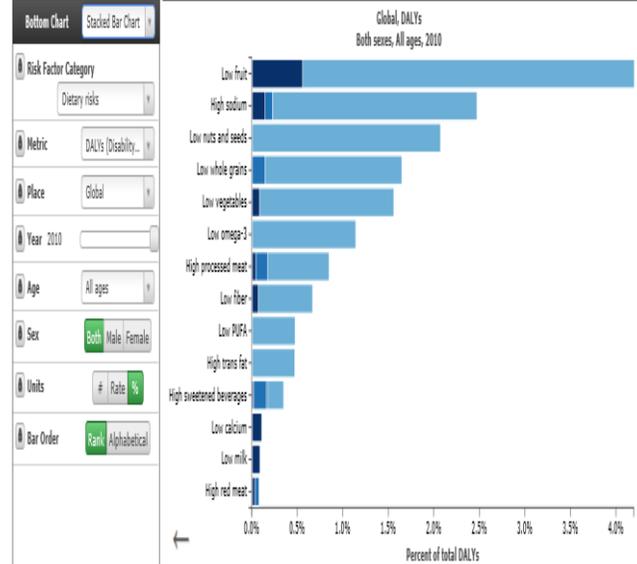
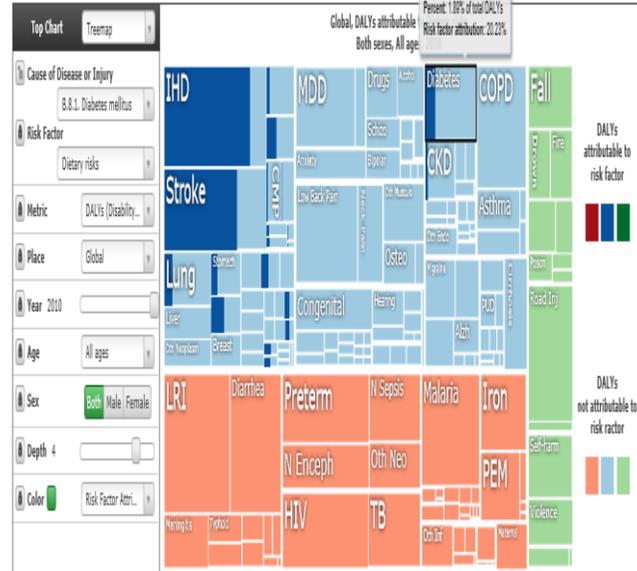
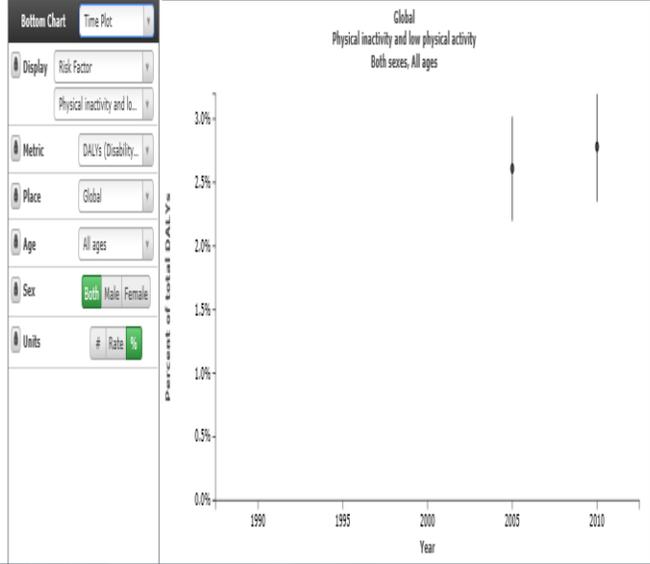
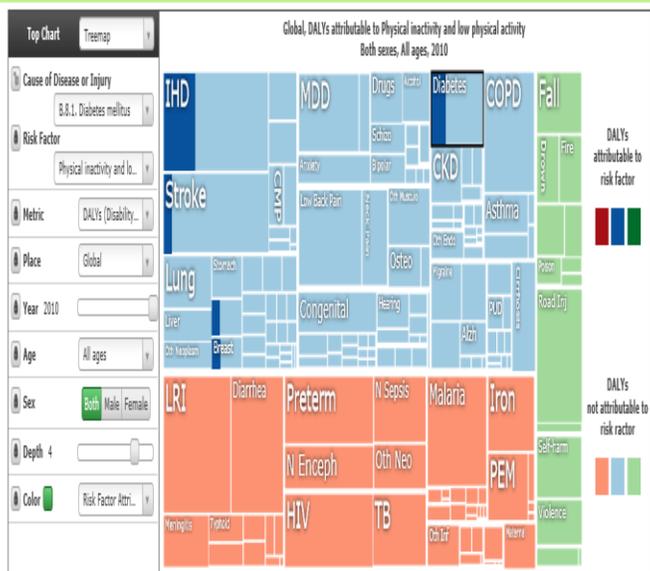
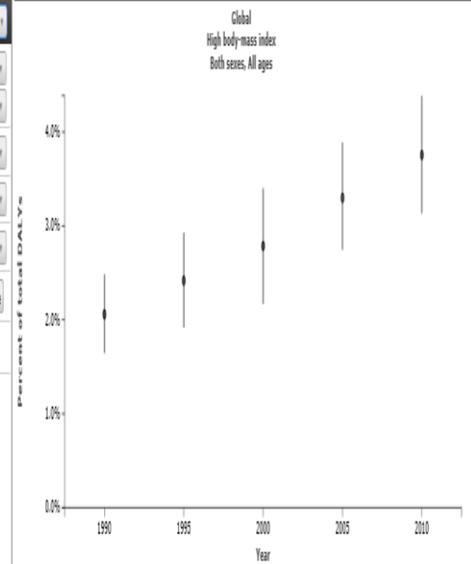
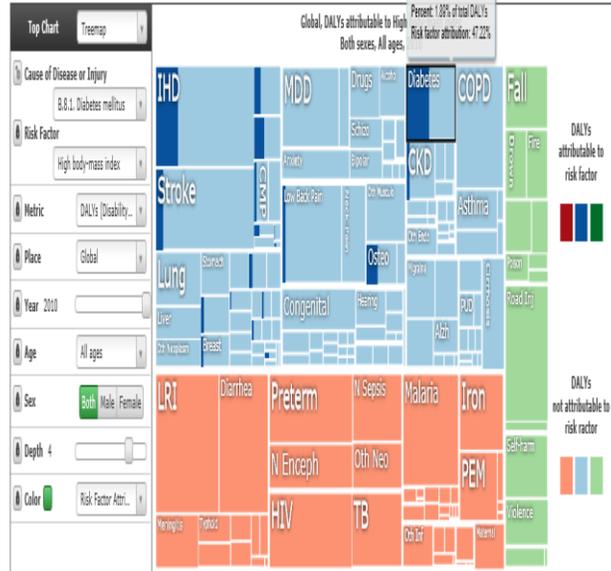


Mexico Top 20 Causes Risks

Both Male Female DALY (Disability-Adjusted Life Year) All ages



Puedes acelerar la exploración si deshabilitas complementos. Elegir complementos Preguntarme más tarde



**Top Chart** Time Plot

**Display** Risk Factor  
Diet high in sugar-sweet...

**Metric** DALYs (Disability...)

**Place** Developed

**Age** All ages

**Sex** Both Male Female

**Units** # Rate %

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**Bottom Chart** Map

**Display** Risk Factor  
Diet high in sugar-sweet...

**Metric** DALYs (Disability...)

**Place** Developed

**Year** 2010

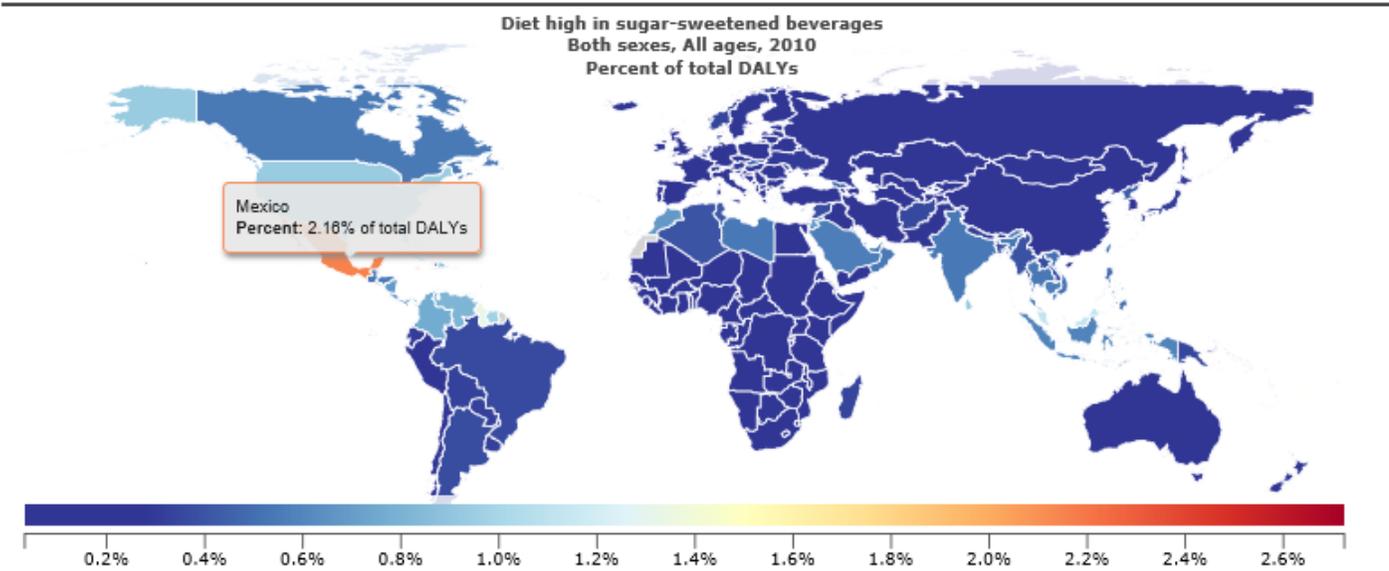
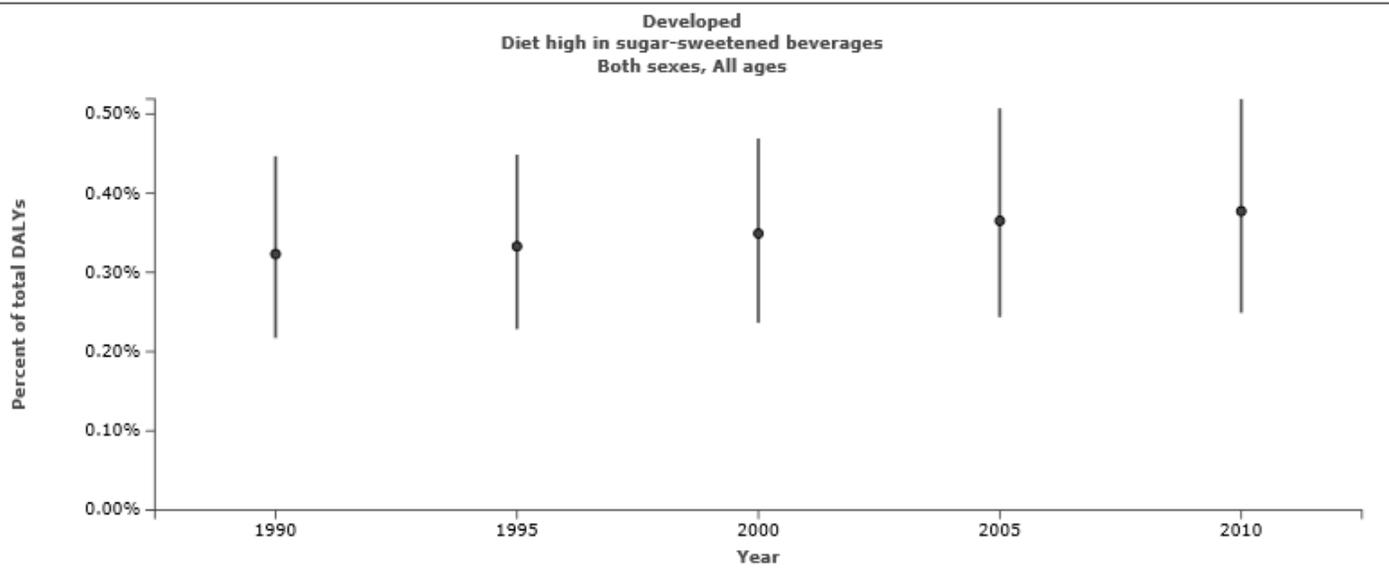
**Age** All ages

**Sex** Both Male Female

**Units** # Rate %

**Mapping Level** Country

**Zoom** - Reset +



# Bebidas azucaradas en Mexico

- 152 litros por año y persona, 70% cola
- 7% de los ingresos, un millón de puntos de venta
- Aumento en una década del 40%, con igual descenso de ingesta frutas y verduras
- Un litro de bebida azucarada contiene unas 13 cucharadas de azúcar
- Influye en un aumento de sobrepeso del 25% a los 4-10 años, 35% a los 10-25 años y 70% a por encima de los 40 años.
- Consecuencia en diabetes, hipertensión y aumento del riesgo de enfermedades cardiovasculares. La cola tiene efecto en osteoporosis y la cafeína en hiperactividad e insomnio.
- Causa la pérdida de unos 580,000 AVAD y 17,000 muertes al año.

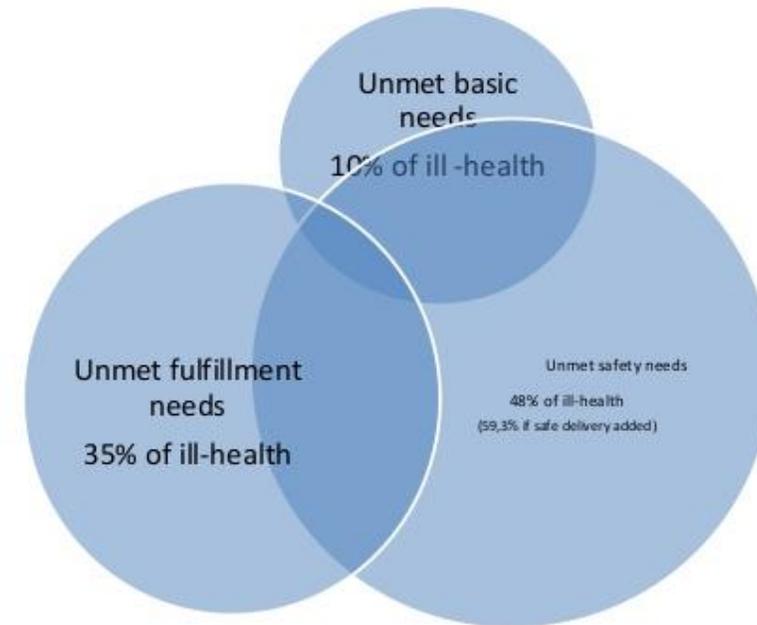
# Determinantes sociales y salud

- En respuesta a la creciente preocupación suscitada por esas inequidades persistentes y cada vez mayores, la Organización Mundial de la Salud estableció en 2005 la Comisión sobre Determinantes Sociales de la Salud, para que ofreciera asesoramiento respecto a la manera de mitigarlas. En el informe final de la Comisión, publicado en agosto de 2008, se proponen tres recomendaciones generales:
  - [1. Mejorar las condiciones de vida cotidianas](#)
  - [2. Luchar contra la distribución desigual del poder, el dinero y los recursos](#)
  - [3. Medición y análisis del problema](#)

## Health needs

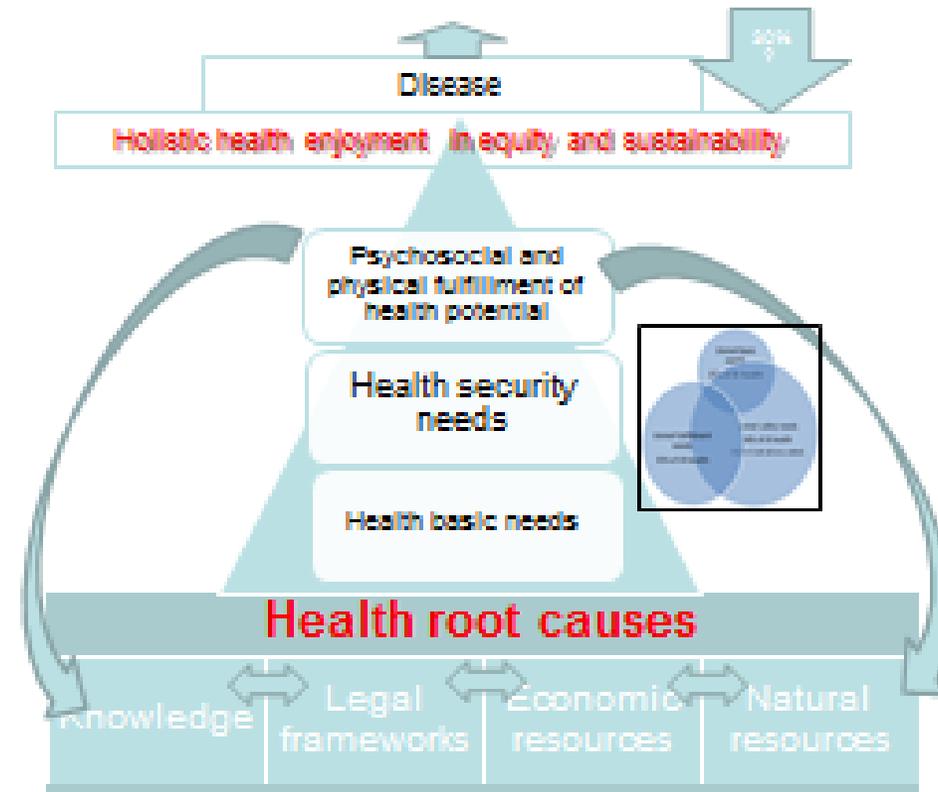
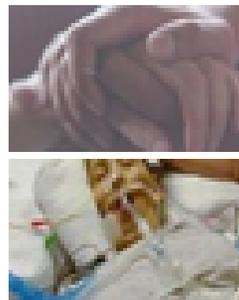


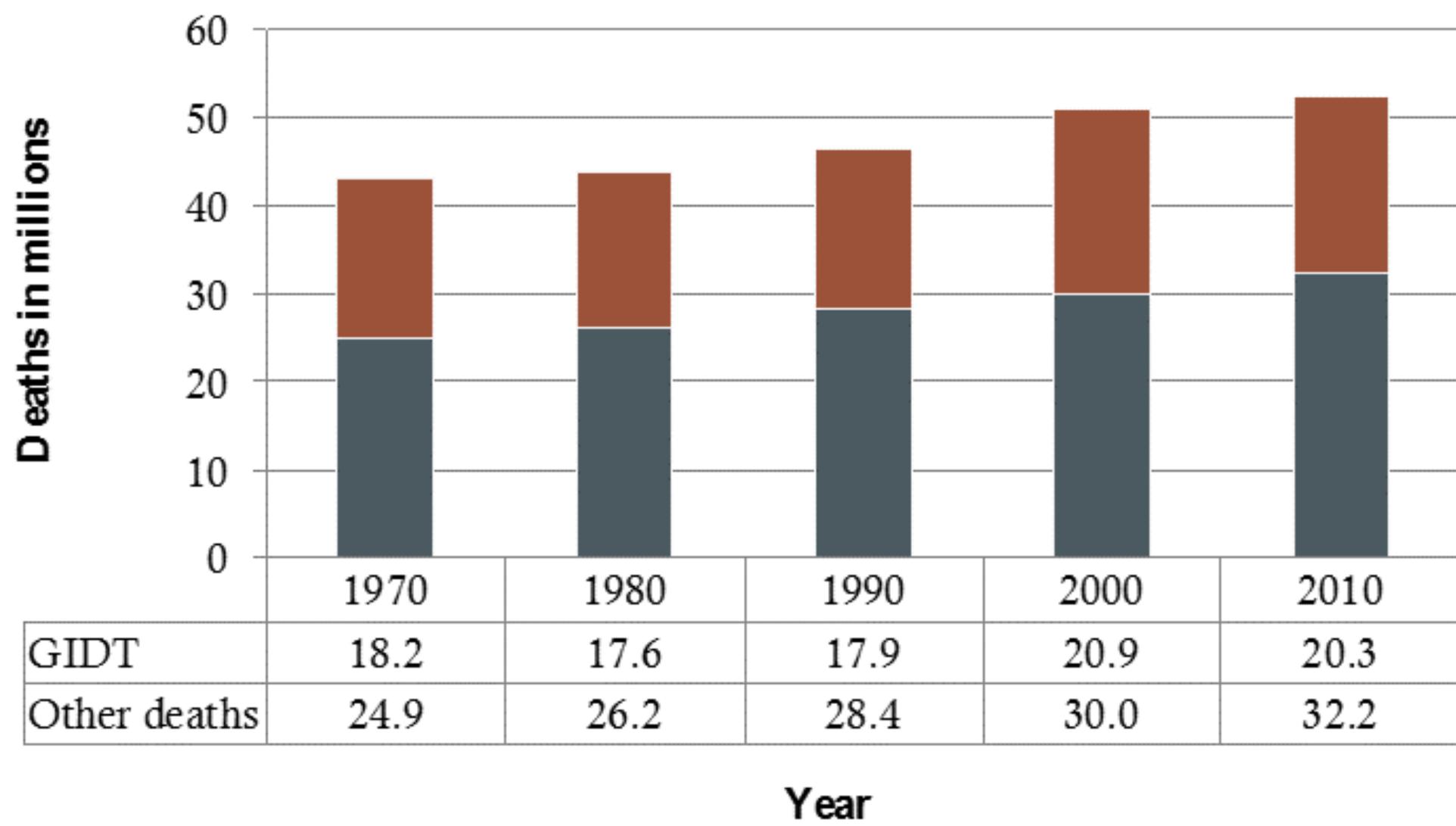
## Risk combinations of ill health



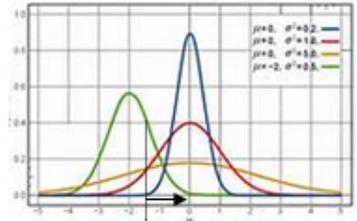
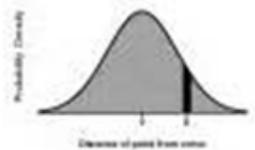
Systemic	Enables analysis	Definition of WHO organization of services/health system plans	Setting and budgeting resources	Monitoring and applied research
Health priorities assessed	Regulatory health services	WHO health care & services	Global communicable diseases / emerging diseases vs. local conditions	Development communicable diseases vs. chronic conditions
Health plans	Human resources for health	Interventions and policies	Access to medicines and digital health products	Health for Learning outcomes
Health system priorities	Inclusive leadership	Universal Coverage	Disease control	Health for all

(WHO, 2012)

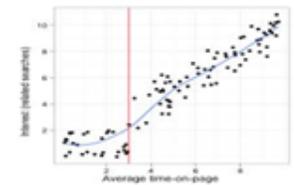
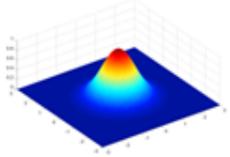




HEALTH EQUITY SURVIVAL SYSTEM		
GOVERNANCE	OBJETIVE	POLITICAL CONDITIONS
Multiactor, Multisectorial, Tranparent, Binding	Best feasible (and sustainable) health Limits of the fair distribution)	Legal Framework guaranteeing the right to health and State priority given to social equity with institutional mandate to monitor health equity and influence socioeconomic and environmental policies

Health Basic indicators (vs. partial)  LE HALE USM AdM (15-60)	Best feasible health and its CIs (resources < average GDP and environmentally sustainable)  	Burden of beath inequity    CI - LE, HALE, USM, AdM : <i>avoidable deaths</i>
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**ANALYSIS OF MAIN STRUCTURAL VARIABLES**  
(on the basis of universal rights frameworks and political commitments towards equity)

RESOURCES GDP pc Employment KNOWLEDGE Education Culture Beliefs	Correlation r2 and thresholds  	Health inequity burden due to structural variables    CI-R < u, CI-E < u
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**EQUITY FOCUS IN RELEVANT POLICIES**

ECONOMY AND FISCAL POLICIES																																											
EDUCATION, KNOWLEDGE	Causal <u>hierachy</u>	<u>Marcadores</u> Sex Age Location Ethn																																									
SOCIAL POLICIES, COMMUNICATION, INFRASTRUCTURES, INCENTIVES IN HEALTH PROMOTION	LIFE-STYLES <u>Consumption and movility</u>	<u>Variables estruct</u> Resources Knowledge																																									
DISEASE PREVENTION POLICIES	DISEASE RISKS Risk Markers (eg BMI, BP, Hb, Tumor markers, etc)	<p align="center">Attr Pop Risk Analysis</p> <table border="1"> <thead> <tr> <th rowspan="2">EXAMPLE RISK</th> <th colspan="5">Probability</th> </tr> <tr> <th>Very High</th> <th>High</th> <th>Medium</th> <th>Low</th> <th>Very Low</th> </tr> </thead> <tbody> <tr> <td>Very High</td> <td>Very High</td> <td>Very High</td> <td>Very High</td> <td>High</td> <td>High</td> </tr> <tr> <td>High</td> <td>Very High</td> <td>High</td> <td>High</td> <td>Medium</td> <td>Medium</td> </tr> <tr> <td>Medium</td> <td>High</td> <td>High</td> <td>Medium</td> <td>Medium</td> <td>Low</td> </tr> <tr> <td>Low</td> <td>High</td> <td>Medium</td> <td>Medium</td> <td>Low</td> <td>Very Low</td> </tr> <tr> <td>Very Low</td> <td>Medium</td> <td>Low</td> <td>Low</td> <td>Very Low</td> <td>Very Low</td> </tr> </tbody> </table>	EXAMPLE RISK	Probability					Very High	High	Medium	Low	Very Low	Very High	Very High	Very High	Very High	High	High	High	Very High	High	High	Medium	Medium	Medium	High	High	Medium	Medium	Low	Low	High	Medium	Medium	Low	Very Low	Very Low	Medium	Low	Low	Very Low	Very Low
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Medium	High	High	Medium	Medium	Low																																						
Low	High	Medium	Medium	Low	Very Low																																						
Very Low	Medium	Low	Low	Very Low	Very Low																																						
HEALTH SERVICES	DISEASES Incidence, prevalence and mortality of major causes																																										
	ACCESS TO HEALTH SERVICES Availability, access, use, quality																																										