Sikkim: Disease Burden Profile, 1990 to 2016

1990 life expectancy
Females: 63.5 years  Males: 61.9 years
2016 life expectancy
Females: 75.8 years  Males: 70.5 years

How much did the under-5 mortality rate change from 1990 to 2016?
Under-5 mortality rate, both sexes combined, 1990-2016

What caused the most deaths in different age groups in 2016?
Percent contribution of top 10 causes of death by age group, both sexes, 2016

India: Health of the Nation’s States – The India State-Level Disease Burden Initiative.
Proportion of total disease burden from:
Premature death: 60.2% | Disability or morbidity: 39.8%

**What caused the most years of life lost, by sex, in 2016?**
Top 15 causes of YLLs, ranked by percent for both sexes combined, 2016

**What caused the most years lived with disability, by sex, in 2016?**
Top 15 causes of YLDs, ranked by percent for both sexes combined, 2016

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*COPD is chronic obstructive pulmonary disease.

*Sense organ diseases includes mainly hearing and vision loss.
Proportion of total disease burden from:
CMNNDs: 30.9% | NCDs: 57.5% | Injuries: 11.6%

How have the leading causes of death and disability combined changed from 1990 to 2016?
Change in top 15 causes of DALYs, both sexes, ranked by number of DALYs, 1990-2016

Leading causes of DALYs 1990
1. Diarrhoeal diseases [12.2%]
2. Lower respiratory infections [11.7%]
3. Tuberculosis [5.6%]
4. Preterm birth complications [4.9%]
5. Other neonatal disorders [4.3%]
6. Ischaemic heart disease [3.0%]
7. COPD† [2.3%]
8. Neonatal encephalopathy [2.2%]
9. Iron-deficiency anaemia [2.2%]
10. Hepatitis [2.0%]
11. Malaria [1.9%]
12. Intestinal infectious diseases [1.9%]
13. Falls [1.6%]
14. Self-harm§ [1.5%]
15. Skin diseases [1.4%]
16. Migraine [1.3%]
17. Low back & neck pain [1.3%]
18. Skin diseases [1.3%]
19. Malaria [1.3%]
20. Road injuries [1.3%]
21. Diabetes [0.6%]

Leading causes of DALYs 2016
1. Lower respiratory infections [5.8%]
2. Ischaemic heart disease [5.8%]
3. COPD† [3.7%]
4. Iron-deficiency anaemia [3.6%]
5. Preterm birth complications [3.4%]
6. Sense organ diseases‡ [3.1%]
7. Low back & neck pain [2.7%]
8. Road injuries [2.7%]
9. Migraine [2.7%]
10. Falls [2.6%]
11. Skin diseases [2.6%]
12. Tuberculosis [2.5%]
13. Self-harm§ [2.4%]*
14. Diarrhoeal diseases [2.3%]
15. Diabetes [2.1%]
16. Other neonatal disorders [1.9%]
17. Intestinal infectious diseases [1.5%]
18. Neonatal encephalopathy [1.2%]
19. Hepatitis [1.0%]
20. Measles [0.2%]

*Change not significant.
The percent figure in brackets next to each cause is DALYs from that cause out of total DALYs.

†COPD is chronic obstructive pulmonary disease.
‡Sense organ diseases includes mainly hearing and vision loss.
§Self-harm refers to suicide and the nonfatal outcomes of self-harm.

What caused the most death and disability combined across age groups in 2016?
Percent of DALYs by age group, both sexes, 2016

The number in the bracket on top of each vertical bar is the ratio of percent DALYs to population for that age group.
The number in parentheses after each age group on the x-axis is the percent of population in that age group.
**Contribution of top 10 risks to DALYs, both sexes, ranked by number of DALYs, 1990-2016**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Malnutrition* [33.9%]</td>
<td>Malnutrition* [14.1%]</td>
</tr>
<tr>
<td>WaSH† [15.2%]</td>
<td>High blood pressure [6.9%]</td>
</tr>
<tr>
<td>Air pollution [10.1%]</td>
<td>Air pollution [6.2%]</td>
</tr>
<tr>
<td>Tobacco use [5.0%]</td>
<td>Dietary risks [6.6%]</td>
</tr>
<tr>
<td>High blood pressure [3.9%]</td>
<td>Tobacco use [5.6%]</td>
</tr>
<tr>
<td>Dietary risks [3.7%]</td>
<td>High fasting plasma glucose [4.7%]</td>
</tr>
<tr>
<td>Occupational risks [2.3%]</td>
<td>Alcohol &amp; drug use [4.2%]</td>
</tr>
<tr>
<td>Alcohol &amp; drug use [1.9%]</td>
<td>High body-mass index [3.8%]</td>
</tr>
<tr>
<td>High total cholesterol [1.4%]</td>
<td>High total cholesterol [2.8%]</td>
</tr>
<tr>
<td>High body-mass index [0.8%]</td>
<td>WaSH† [1.8%]</td>
</tr>
</tbody>
</table>

The percent figure in bracket next to each risk is DALYs from that risk out of total DALYs.

*Malnutrition is child and maternal malnutrition.
†WaSH is unsafe water, sanitation, and handwashing.

**How did the risk factors differ by sex in 2016?**

Percent of total DALYs attributable to top 10 risks, ranked by percent for both sexes combined, 2016

- **Females**
  - Malnutrition*
  - High blood pressure
  - Air pollution
  - Dietary risks
  - Tobacco use
  - High fasting plasma glucose
  - Alcohol & drug use
  - High body-mass index
  - Occupational risks
  - High total cholesterol

- **Males**
  - Malnutrition*
  - High blood pressure
  - Air pollution
  - Dietary risks
  - Tobacco use
  - High fasting plasma glucose
  - Alcohol & drug use
  - High body-mass index
  - Occupational risks
  - High total cholesterol

Percent of years of life lost and years lived with disability