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URL: https://tghncollections.pubpub.org/pub/ygaie6yn
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INTRODUCTION: Covid 19 has interrupted the efforts to reduce noncommunicable diseases which are listed among top 10 major causes of mortality globally, 7 out of 10, accounting for 74% of all deaths. Lockdown is one among the measures which was applied in different countries at different times. People were restricted to move out of their homes. This might have impacted a lot in NCDs risk factors in many ways as it did with NCDs services.

METHODS: We searched our studies in PubMed, Free Medical Journal and Public Library of Science. The Total of 6924 studies were reviewed by titles. Only 66 studies went to second stage of reviewing their abstracts after excluding 6858 irrelevant studies. At last, 36 studies were excluded with reasons and 30 studies were included in the final data extraction stage. Key terms used in searching include “Obesity and Covid-19” or Lockdown or quarantine”, “Alcohol and Covid 19, Smoking and Covid 19”, “Physical activity and Covid 19”, “Unhealthy diet and Covid 19”, “Noncommunicable risk factors and Covid 19”.

RESULTS: The results from this review show how NCDs risk factors such as overweight, unhealth diet, tobacco use and alcohol consumption were affected during Covid 19 lockdown. The hypothesis put by the reviewers that Lockdown must had increased risk factors for NCDs has been proven wrong by the results of this review because some populations had these risk factors decreased and some didn’t have any change. This is to say, the lockdown affected NCDs risk factors both positively and negatively. Moreover, people with chronic diseases were also affected by the lockdown as well. They are those who protected their health by practicing heath behaviors, some didn’t and others continued with their normal life style during that period. The Covid 19 lockdown affected their disease status, making them sicker than before lockdown.

CONCLUSION: Lockdown is a good measure to contain the fast-spreading diseases and has helped to the great extent in containing the infection but it has also caused some lifestyle changes in different populations in the world hence increased major risks for NCDs.