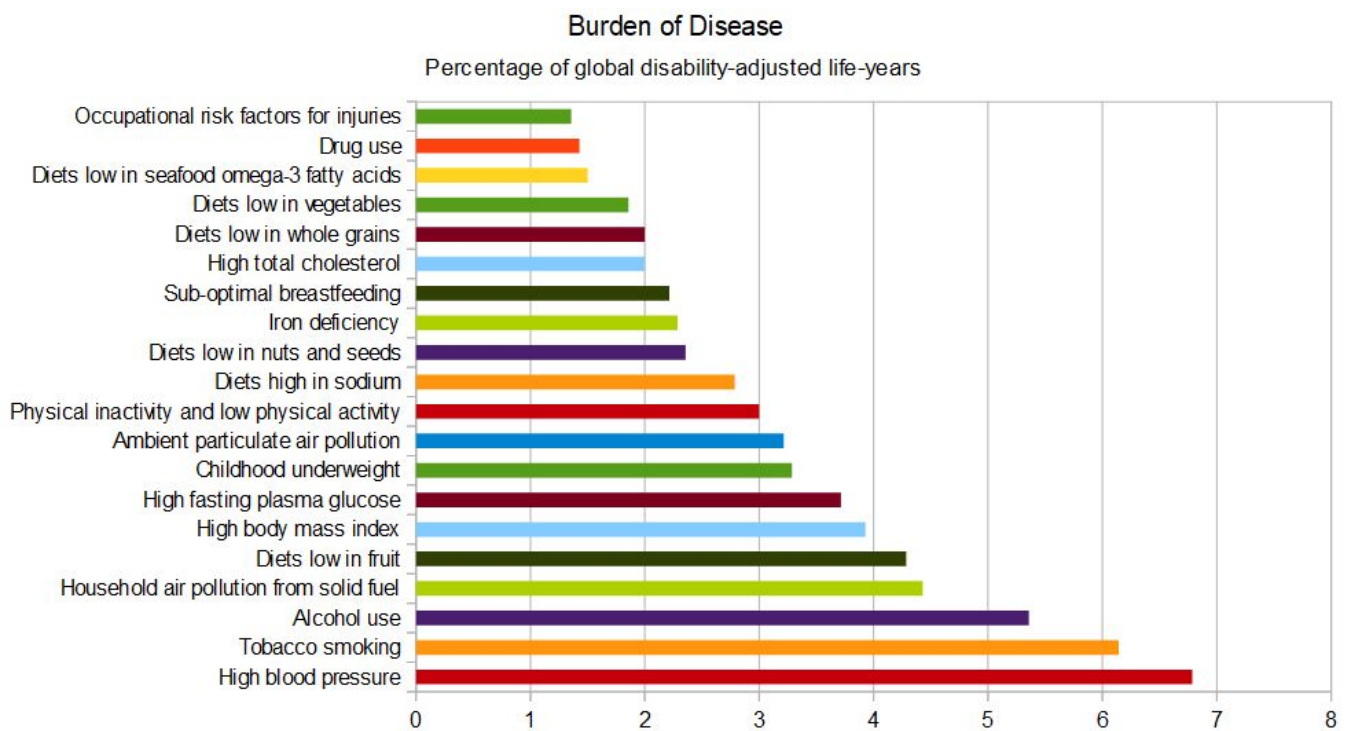


The *Global Burden of Disease Study* is a comprehensive study that describes the mortality and morbidity (the state of ill-health) from risks to health.^{[1] [2]}

It is funded by the Bill and Melinda Gates Foundation. The above paper has 207 contributors listed.

Millions of lives are lost each year or people are living the consequences of poor dietary choices which can be easily averted by changing what we eat.

The twenty most significant factors are shown below.



A number of these risk factors are attributable, either directly or indirectly, to diet.

Overall Rank	Dietary Rank	Criteria
1	*	High blood pressure
5	1	Diets low in fruit
6	*	High body mass index
7	*	High fasting plasma glucose
11	2	Diets high in sodium
12	3	Diets low in nuts and seeds
13	*	Iron deficiency
16	4	Diets low in whole grains
17	5	Diets low in vegetables
22	6	High processed meat
24	7	Low fiber
31	8	Low zinc

Sodium is greatly increased in animal-based diets and diets high in processed food. Even more important than sodium is the sodium/potassium ratio. Plant-based diets are low in sodium and high in potassium.

The survey in 1990 showed *Sanitation* ranked at 15. It is now ranked 26 and *Unimproved water* has been reduced from rank 33 to 22.

Related articles

[DASH Diet and Blood Pressure](#)

Footnotes

1. Lim, S. (2012) A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990-2010. *Lancet*. 380 (9859), 2224-2260.
2. Anon (2019) *Lancet -Global Burden of Disease* [online]. Available from: <https://www.thelancet.com/gbd> (Accessed 27 April 2019).