

## Introduction

Communicable and non-communicable diseases (NCDs) are leading causes of morbidity and mortality worldwide. The burden of NCDs is increasing rapidly, particularly in low and middle-income countries. This is due to a combination of factors, including changes in diet, physical activity, and smoking habits, as well as demographic transitions and population ageing. The World Health Organization (WHO) has identified NCDs as a major public health challenge in the 21st century. This commentary discusses the impact of NCDs on maternal and child health, and the need for a holistic approach to their prevention and management.

According to the WHO, NCDs are responsible for 71% of global deaths, with cardiovascular diseases, cancer, chronic respiratory diseases, and diabetes being the most common. NCDs are also a leading cause of disability and loss of productivity. The burden of NCDs is particularly high in low and middle-income countries, where they are often associated with poverty and limited access to healthcare. This is due to a combination of factors, including changes in diet, physical activity, and smoking habits, as well as demographic transitions and population ageing. The WHO has identified NCDs as a major public health challenge in the 21st century. This commentary discusses the impact of NCDs on maternal and child health, and the need for a holistic approach to their prevention and management.

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**Received:** October 02, 2021; **Accepted:** October 16, 2021; **Published:** October 24, 2021

**Citation:** Cross J (2021) Communicable and Non-Communicable Diseases and Maternal Health Does it Undergo Obstetric Transition. J Preg Child Health 8: 497.

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