

# Editorial for the Inaugural Issue of the Middle-East Journal of Non-Communicable Diseases (MEJ-NCD)

Farahnaz Joukar, PhD, Editor-in-Chief

Non-communicable diseases (NCDs) are responsible for approximately 74% of all global deaths, claiming about 41 million lives each year [1]. Cardiovascular diseases remain the leading cause, followed by cancers, chronic respiratory diseases, diabetes, and mental or metabolic disorders. In the WHO Eastern Mediterranean Region (EMR) which includes most Middle Eastern countries NCDs account for nearly 72% of deaths and 52% of premature mortality [2]. Alarming, one in three adults in the region is overweight or obese, and tobacco use remains among the highest globally, further compounding the regional NCD burden [3].

While the burden is substantial, the vast majority of NCDs remain preventable. Evidence shows that comprehensive public health interventions such as tobacco control, promotion of healthy diets and physical activity, air quality improvement, and strengthened mental health services can substantially reduce premature deaths [4]. Nonetheless, the translation of this evidence into practical, context specific and culturally appropriate policies remains a major challenge across the Middle East.

The launch of the Middle East Journal of Non Communicable Diseases (MEJ-NCD) aims to contribute to this mission by offering an open platform for research, dialogue, and innovation in NCD prevention and control. As an interdisciplinary, peer reviewed journal, MEJ-NCD seeks to bridge research and practice linking scientific evidence with public health policy and clinical action relevant to our region. We especially encourage studies addressing the local determinants of NCDs, health system responses, and implementation science that can inform national strategies.

As we launch our inaugural issue, we reaffirm our commitment to scientific integrity, high editorial standards, and regional collaboration. We invite clinicians, researchers, and policymakers to join us in fostering evidence generation and translating knowledge into effective, coordinated action toward a healthier Middle East and beyond.

## References

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