

## THE INFLUENCE OF CHRONIC NON-COMMUNICABLE DISEASES ON THE QUALITY OF LIFE OF ADULT WOMEN



<https://doi.org/10.56238/arev6n3-147>

Submitted on: 10/13/2024

Publication date: 11/13/2024

**Jéssica França Mendonça<sup>1</sup>, Vanessa Santos da Silva Correa Pinto<sup>2</sup>, Fabiola Pessoa Figueira de Sá<sup>3</sup>, Wellington Danilo Soares<sup>4</sup>, Jéssica Ribeiro Gomes<sup>5</sup>, Deusivam Sotério Filho<sup>6</sup>, Thalita Gontijo Brito<sup>7</sup>, Silany Correia Ramos de Andrade<sup>8</sup>, Cláudio Cavalcanti da Silva<sup>9</sup>, Jonathan Barbosa da Silva<sup>10</sup>, Moacir Andrade Ribeiro Filho<sup>11</sup> and Claudia Christina Ribeiro Guimãraes Neri de Magalhães<sup>12</sup>**

### ABSTRACT

This article aims to investigate the influence of Chronic Non-Communicable Diseases (NCDs) on the quality of life of adult women, highlighting the physical, emotional and social impacts of these diseases. An integrative literature review study was carried out, with data collection in the LILACS, SciELO and MEDLINE databases. NCDs, such as diabetes, hypertension and cardiovascular diseases, disproportionately affect women, aggravating gender and social inequalities. Women face specific challenges, such as overload of family responsibilities and less access to health care, which results in worsening quality of life. The study also suggests the need for more integrated approaches that consider not only clinical management, but also psychological and social support for these patients. Future research should focus on emotional aspects and the creation of public policies that promote equity in health care.

**Keywords:** Women's health. Quality of life. Mental health. Chronic Non-Communicable Diseases.

---

<sup>1</sup>Graduated in Psychology  
State University of Paraíba

<sup>2</sup>Doctorate student in Nursing and Biosciences  
Federal University of the State of Rio de Janeiro

<sup>3</sup>Doctorate student in Nursing and Biosciences  
Federal University of the State of Rio de Janeiro

<sup>4</sup>Dr. in Health Sciences  
State University of Montes Claros (UNIMONTES)

<sup>5</sup>Graduated in Psychology  
Hope Institute of Higher Education - IESPES

<sup>6</sup>Graduated in Dentistry  
United University of the Araguaia Valley (UNIVAR)

<sup>7</sup>Graduated in Medicine  
Faceres College

<sup>8</sup>Undergraduate student in Nursing  
Maurício de Nassau University Center (Uninassau)

<sup>9</sup>Undergraduate Nursing Student  
Maurício de Nassau University Center (Uninassau)

<sup>10</sup>Undergraduate Nursing Student  
Maurício de Nassau University Center (Uninassau)

<sup>11</sup>Master in Family Health  
Northeast Network for Training in Family Health (RENASF)

<sup>12</sup>Master of Science in Health Sciences  
Federal University of Tocantins (UFT)

## INTRODUCTION

For many years, chronic non-communicable diseases (NCDs) have stood out as a significant public health problem, mainly due to their high morbidity and mortality. These diseases can cause severe levels of disability that impact both people's lifestyle and quality of life and the economy of our country. However, it has the following advantage: they can be avoided. (Ashbek *et al.*, 2023).

NCDs are the leading cause of global morbidity and mortality, affecting approximately 75% of the adult population. Thus, the effects of demographic transition on the population's disease profile are highlighted. Urbanization, industrialization, and the prolongation of the population's life expectancy have resulted in a decrease in morbidity and mortality due to infectious-parasitic diseases and an increase in the severity of chronic degenerative diseases. Therefore, the incidence of NCDs increases with the increase in the global elderly population, which, in the next five years, will reach 1.2 billion individuals (Melo *et al.*, 2023).

Several national and international actions have been suggested for the prevention and management of NCDs. The United Nations Sustainable Development Goals (SDGs) include targets for reducing NCDs and risk factors by 2030. It should be noted that this objective was already complex and, with the pandemic of the new coronavirus (Sars-CoV-2), it may not be met. This is because the pandemic can impact the ways of life and harm the healthcare of individuals with NCDs (Malta *et al.*, 2021).

In 2024, several surveys and reports highlighted the impact of NCDs on the quality of life (QoL) of women in Brazil. Chronic non-communicable diseases, such as hypertension, diabetes, cancer, and respiratory problems, are now the leading causes of death and disability in the Americas and Brazil, disproportionately affecting women in terms of physical and mental health. Recent research showed that, even with the reduction in mortality rates from these diseases over the years, the total number of individuals living with NCDs has grown, mainly because of the aging of the population. (PAHO/WHO, 2024).

QoL is a comprehensive and subjective concept that intricately encompasses the physical health of the individual, their psychological condition, their degree of autonomy, their personal beliefs and convictions, as well as their connection with relevant elements of the environment (WHO, 2001).

NCDs share a set of socioeconomic determinants and changeable risk factors (RF) that enable a population intervention strategy and public policies for their prevention and

control, as well as actions aimed at social inclusion and reduction of inequalities. (Malta *et al.*, 2023)

Thus, the main objective of the present study is to investigate the influence of Chronic Non-Communicable Diseases (NCDs) on the quality of life of adult women.

## **METHODOLOGY**

To support this research, an integrative literature review was carried out, with a descriptive approach, whose main purpose was to investigate from secondary sources answers about the problem in question. To conduct the searches, the methodology proposed by Mendes was based on the Scott; Galvão, (2008), and that the steps followed were: 1) choice of the theme and research question, 2) delimitation of the inclusion and exclusion criteria, 3) extraction and limitation of information from the selected studies, 4) analysis of the studies included in the review, 5) analysis and interpretation of the results, and 6) presentation of the review or synthesis of knowledge.

The research problem focuses on the following guiding question: How do Chronic Non-Communicable Diseases (NCDs) affect women's quality of life?

The searches were carried out through a data survey in the scientific databases: SCIELO - Scientific Electronic Online Library LILACS - Latin American and Caribbean Literature in Health Sciences and MEDLINE - Medical Literature Analysis and Retrieval System Online. In the searches, the Health Sciences Descriptors (DeCS) and (MeSH) were used under the application of the Boolean operator AND. In Portuguese: Noncommunicable Diseases AND Women's Health AND Quality of Life AND Mental Health, and in English: Noncommunicable Diseases AND Women's Health AND Quality of Life AND Mental Health.

The selected studies followed the eligibility criteria, including: Fully original work, available in full in Portuguese and English and is indexed in selected databases. The defined exclusion criteria refer to: Monographs, abstracts, duplicates in the aforementioned databases and those that do not correspond to their respective themes.

## **RESULTS AND DISCUSSION**

The selected articles were organized in Table 1: in information regarding: Titles, year of publication, objective and main outcomes:

Table 1 - Sample of selected studies

N	SECURITIES	YEAR	MAGAZINE	GOALS	KEY OUTCOMES
1	The impact on public coffers with chronic non-communicable diseases: an integrative review	2023	<b>Multidisciplinary scientific studies and writing in health sciences</b>	To analyze the prevalence of NCDs in elderly people aged 60 years or more, through an integrative review	The most prevalent NCDs in the elderly in the Northeast Brazilian are: SAH, DM, osteoarthritis, heart diseases, mental disorders and dyslipidemias, with a higher occurrence among females.
2	The influence of active aging on the quality of life of the elderly – integrative literature review		HIGEIA: Scientific Journal of the School of Health Dr. Lopes Dias	To know the influence of active aging (AE) on the quality of life (QoL) of the elderly (according to the knowledge produced).	Active aging has a significant influence on the quality of life of the elderly, and it is important to change society's preconceived stereotypes in relation to aging, and should be seen as a natural stage in which there are also new opportunities and discoveries.
3	The main challenges of public health policies to cope with chronic non-communicable diseases in municipalities in the Brazilian Northeast.	2023	<b>Cadernos Saúde Coletiva Journal</b>	To identify the main challenges of public health policies to cope with NCDs in municipalities in the Brazilian Northeast.	In view of the various challenges identified at all levels of production and knowledge, it is suggested that more studies be carried out considering the context of chronic conditions and that further research transcribe the demands from managers and users.
4	Sociodemographic profile and quality of life of women with cardiovascular and respiratory diseases: a population-based study	2021	<b>Physiotherapy and Research Journal</b>	To describe the profile of three groups of women: apparently healthy (non-ND-sick); with cardiovascular diseases (CD); and with chronic respiratory diseases (RD).	Therefore, the QoL domain that obtained the lowest score for all groups was the environment, and women with CD had lower, statistically significant values for all categories.
5	Chronic non-communicable diseases and lifestyle changes during the COVID-19 pandemic in Brazil	2021	<b>Brazilian Journal of Epidemiology</b>	To compare lifestyle changes during the COVID-19 pandemic, according to the presence or absence of chronic non-communicable diseases (NCDs) in Brazilian adults.	It was evident that adults with NCDs had their lifestyles changed more during the COVID-19 pandemic

6	Burden of Chronic Noncommunicable Diseases in Portuguese-speaking Countries	2023	<b>Journal of Sciences &amp; Collective Health</b>	To analyze the trends in premature mortality due to NCDs between 1990 and 2019, the projections until 2030 and the RF attributable to these diseases in the CPLP countries.	It is concluded by the profound differences in the burden of NCDs between countries, with better results in Portugal and Brazil and that no CPLP country is expected to reach the target of reducing NCDs by 2030.
7	Prevalence of Chronic Non-Communicable Diseases in the Elderly of the Northeast: An Integrative Review	2023	<b>Diversitas Journal</b>	To analyze the prevalence of NCDs in older adults aged 60 years or older living in the Brazilian Northeast, through an integrative review	Based on the results observed, the most prevalent NCDs in the elderly in the Northeast Brazilian are: SAH, DM, osteoarthritis, heart diseases, mental disorders and dyslipidemias, with higher occurrence among females, increasing trend of manifestation with the increase age and negative impacts on the self-rated health and functional capacity of the elderly, especially in case of multimorbidity.
8	<b>Prevalence of chronic diseases and access to health services in Brazil: evidence from three household surveys</b>	2021	<b>Journal Ciência &amp; Saúde Coletiva</b>	To analyze the changes in the prevalence of these diseases, in health conditions, access and use of health services in Brazil, between 2008 and 2019.	The ND and the use of psychoactive substances have major contributions to the burden of diseases in Brazil, in 2015 they contributed to 9.30% of the years of life lost due to disability (DALY).

Source: Authors(2024)

Regarding the age group of women who reported NCDs, there was a predominance of Chronic Diseases (CD) and Non-Sick Diseases (ND) in women aged 50 to 69 years, demonstrating the prevalence of this health condition at older ages. For example, high blood pressure becomes more frequent in women over the years, and reduced estrogen protection after menopause may play a key role in this condition. In addition, after menopause, there is an increase in the formation of atheromatous plaques and inflammation, factors that favor the appearance of atherosclerosis (Frade et al., 2021).

With the growth of the elderly population in Brazil, NCDs have become a high burden of disease in the country, creating a significant demand for health services and the domestic economy. Population-based studies are essential to analyze the morbidity profile, the incidence of exposure to risk factors, and protection against NCDs, in addition to providing data on access to health care. This study, based on three population surveys conducted from 2008 to 2019, examined changes in the prevalence of NCDs, health conditions, and access to and use of services, considering the influence of sociodemographic factors. (Simões *et al.*, 2021).

Women with a lower level of education tend to have reduced knowledge about the prevention and management of NCDs, which hinders the development of self-care practices and adequate monitoring of health conditions, leading to greater morbidity and impairment in quality of life (Ferreira & Almeida, 2024). In addition, women face specific barriers in accessing the diagnosis and treatment of NCDs due to gender norms and prejudices present in care, which results in less adequate care and the worsening of these diseases, thus perpetuating gender inequalities in the health field (Oliveira *et al.*, 2024).

During middle age, NCDs can have a significant impact on women's physical and mental health. At this stage of life, they may also experience the effects of menopause, which can aggravate symptoms of conditions such as hypertension and diabetes. In addition, many women in this age group take care of elderly parents, which intensifies stress levels and compromises quality of life (Silva *et al.*, 2024).

One of the main clinical challenges in the management of NCDs lies in the absence of early diagnosis. Most women receive the diagnosis in advanced stages, which limits the therapeutic possibilities and decreases the chances of a substantial improvement in quality of life. In addition, the lack of effective public policies aimed at prevention has contributed to the growth in the prevalence of these diseases" (Almeida & Rocha, 2024).

Despite the diversity of chronic diseases and their implications for both individuals' quality of life and the costs related to intervention and treatment, most studies focus on hypertension and diabetes (Ormundo, Duarte, 2017; Rocha, Borges, Martins, 2017). Although these diseases exert a significant impact, the exclusive emphasis on them is considered a limitation for public health, and it is essential to expand the focus to other NCDs and, more importantly, to take into account the context of chronic conditions in a comprehensive way, and not just the aspect of the diseases themselves.



People with Chronic Non-Communicable Diseases (NCDs) have multiple individual and collective demands and need, in the context of public health policies, attention and care oriented towards health promotion, the development and maintenance of functional capacity, social engagement and co-responsibility in the self-care process. From this perspective, a comprehensive understanding of health strategies aimed at the health-disease process was analyzed, investigating whether the proposed activities were carried out collaboratively with other sectors of society, aiming to expand and consolidate the care network beyond the health sector (Coelho *et al.*, 2023).

## CONCLUSION

Therefore, a substantial impact of NCDs on the quality of life of adult women was observed, covering both physical, emotional and social aspects. NCDs, such as hypertension, diabetes, and heart disease, impose an additional burden on women, especially at critical moments in life, exacerbating preexisting inequalities related to gender and social role. In addition, women face specific challenges when trying to balance care for their own health and family demands, which amplifies the burden of these diseases.

In addition, it is essential to carry out future research that addresses in more depth the psychological effects of Chronic Non-Communicable Diseases (NCDs) throughout the life cycle, considering socioeconomic variables and access to health services. Likewise, it is essential to conduct studies on the effectiveness of public policies aimed at promoting greater gender equality in health care. The role of social support, the relationship between NCDs and mental health, and the development of self-care strategies specifically aimed at women are other aspects that require greater attention. Furthermore, longitudinal research focusing on multidimensional perspectives of quality of life can contribute to more effective interventions, improving the management of NCDs and, consequently, the quality of life of adult women.

## REFERENCES

1. Asbeque, A. C. F., et al. (2023). O impacto nos cofres públicos com doenças crônicas não transmissíveis: Revisão integrativa. *Estudos e Escrita Científica Multidisciplinar em Ciências da Saúde*, 1, 151–159. [https://diversitas.emnuvens.com.br/diversitas\\_journal/article/view/2036](https://diversitas.emnuvens.com.br/diversitas_journal/article/view/2036)
2. Azevedo, L., Riscado, P., & Maia, C. (2022). A influência do envelhecimento ativo na qualidade de vida da pessoa idosa: Revisão integrativa da literatura. *HIGEIA: Revista Científica da Escola Superior de Saúde Dr. Lopes Dias*, 7(4), 17–27. [https://revistahigeia.ipcb.pt/artigos\\_n7/02\\_A%20INFLUeNCIA%20DO%20ENVELHECIMENTO%20ATIVO%20NA%20QUALIDADE%20DE%20VIDA%20DA%20PESSOA%20IDOSA%20%E2%80%93%20REVISaO%20INTEGRATIVA%20DA%20LITERATURA.pdf](https://revistahigeia.ipcb.pt/artigos_n7/02_A%20INFLUeNCIA%20DO%20ENVELHECIMENTO%20ATIVO%20NA%20QUALIDADE%20DE%20VIDA%20DA%20PESSOA%20IDOSA%20%E2%80%93%20REVISaO%20INTEGRATIVA%20DA%20LITERATURA.pdf)
3. Coelho, A. C. R., et al. (2023). Os principais desafios das políticas públicas de saúde para o enfrentamento das doenças crônicas não transmissíveis em municípios do Nordeste brasileiro. *Cadernos Saúde Coletiva*, 31(2), e31020095. <https://scholar.google.com/scholar?cluster=13924161522565966375>
4. Frade, M. C. M., et al. (2021). Perfil sociodemográfico e qualidade de vida de mulheres com doenças cardiovasculares e respiratórias: Estudo de base populacional. *Revista Fisioterapia e Pesquisa*, 28(2), 183–190. <https://www.scielo.br/j/fp/a/qggwQKx7dkmrQPkCCjdPF6b/>
5. Malta, D. C., et al. (2021). Doenças crônicas não transmissíveis e mudanças nos estilos de vida durante a pandemia de COVID-19 no Brasil. *Revista Brasileira de Epidemiologia*, 24, e210009. <https://www.scielo.org/article/rbepid/2021.v24/e210009/pt/>
6. Malta, D. C., et al. (2023). Carga das doenças crônicas não transmissíveis nos países de língua portuguesa. *Ciência & Saúde Coletiva*, 28(5), 1549–1562. <https://www.scielo.org/article/csc/2023.v28n5/1549-1562/>
7. Melo, M. T. B., et al. (2023). Prevalência de doenças crônicas não transmissíveis em idosos do Nordeste: Uma revisão integrativa. *Diversitas Journal*, 8(1), 1172–1188. [https://diversitas.emnuvens.com.br/diversitas\\_journal/article/view/2036](https://diversitas.emnuvens.com.br/diversitas_journal/article/view/2036)
8. Organização Pan-Americana da Saúde. (2024). Relatório da OPAS mostra que as DCNTs continuam sendo a principal causa de morte e incapacidade nas Américas. <https://www.paho.org/pt/noticias/28-6-2024-relatorio-da-opas-mostra-que-dcnts-continuam-sendo-principal-causa-morte-e>
9. Simões, T. C., et al. (2021). Prevalências de doenças crônicas e acesso aos serviços de saúde no Brasil: Evidências de três inquéritos domiciliares. *Ciência & Saúde Coletiva*, 26(9), 3991–4006. <https://www.scielo.org/article/csc/2021.v26n9/3991-4006/pt/>