



## **World Conference on Social Sciences, Law and Public Policy**

Hosted Online from Toronto, Canada

Date: 26<sup>th</sup> February 2026

Website: <https://econferencia.com>

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### **EPIDEMIOLOGICAL ANALYSIS OF THE PREVALENCE OF CHRONIC LIVER DISEASES AND THE MAIN RISK FACTORS**

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Chronic liver diseases (CLDs) represent one of the most pressing problems of modern public health, with their global prevalence steadily increasing each year. This group of diseases includes chronic viral hepatitis, alcoholic and non-alcoholic fatty liver disease, autoimmune hepatitis, and liver cirrhosis. Worldwide, chronic liver diseases are among the leading causes of mortality and disability, placing a significant economic burden on healthcare systems.

According to data from the World Health Organization, deaths associated with liver diseases occupy one of the leading positions after cardiovascular and oncological diseases. In particular, in developing countries, inadequate sanitary and hygienic conditions, limited access to medical services, and low adherence to healthy lifestyles accelerate the spread of these diseases.

Chronic liver diseases are dangerous because they may progress for a long time without clinical symptoms but ultimately lead to liver failure and death. Therefore, in-depth epidemiological investigation and identification of risk factors are of great importance for the development of effective preventive strategies.

**Global prevalence of chronic liver diseases.** According to scientific sources, approximately 25–30% of the world's population has pathologies associated with chronic impairment of liver function. Viral hepatitis B and C remain the main causes of chronic liver diseases on a global scale. At the same time, in recent



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years, non-alcoholic fatty liver disease has been identified as the fastest-growing nosological form.

The following factors are considered leading in the development of chronic liver diseases:

- **Viral infections** – hepatitis B and C viruses cause chronic inflammation of the liver parenchyma.
- **Alcohol consumption** – long-term and excessive alcohol intake is one of the main causes of liver cirrhosis.
- **Unhealthy nutrition** – diets rich in high-calorie, fatty, and sugary foods exacerbate metabolic disorders.
- **Metabolic syndrome** – obesity, insulin resistance, and dyslipidemia increase the risk of liver pathologies.
- **Social and hygienic factors** – low socioeconomic status and inadequate sanitary conditions.

The epidemiology of chronic liver diseases demonstrates regional and social differences. In developed countries, non-alcoholic fatty liver disease is becoming the leading condition, whereas in developing countries, viral hepatitis remains the primary problem. This situation is closely associated with lifestyle patterns, nutritional culture, and the effectiveness of healthcare systems.

Preventive measures should be implemented not only through individual medical approaches but also at the level of public health.

Chronic liver diseases are widespread globally and constitute a serious burden for healthcare systems. Viral hepatitis, alcohol consumption, and metabolic factors are the main epidemiological determinants of these diseases. Improving social and hygienic conditions, promoting healthy nutrition, and introducing early screening programs are of great importance in disease prevention. Strengthening



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epidemiological monitoring and scientific research enables the development of effective strategies to combat chronic liver diseases.

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