

South Asia



South Asia has a young population with an average life expectancy at birth of about 67 years (Table 1). About two thirds of the population lives in rural areas. There is less than one health professional (physician, nurse, or midwife) per 1,000 people on average.

Table 1. Summary regional Indicators for South Asia countries, 2010

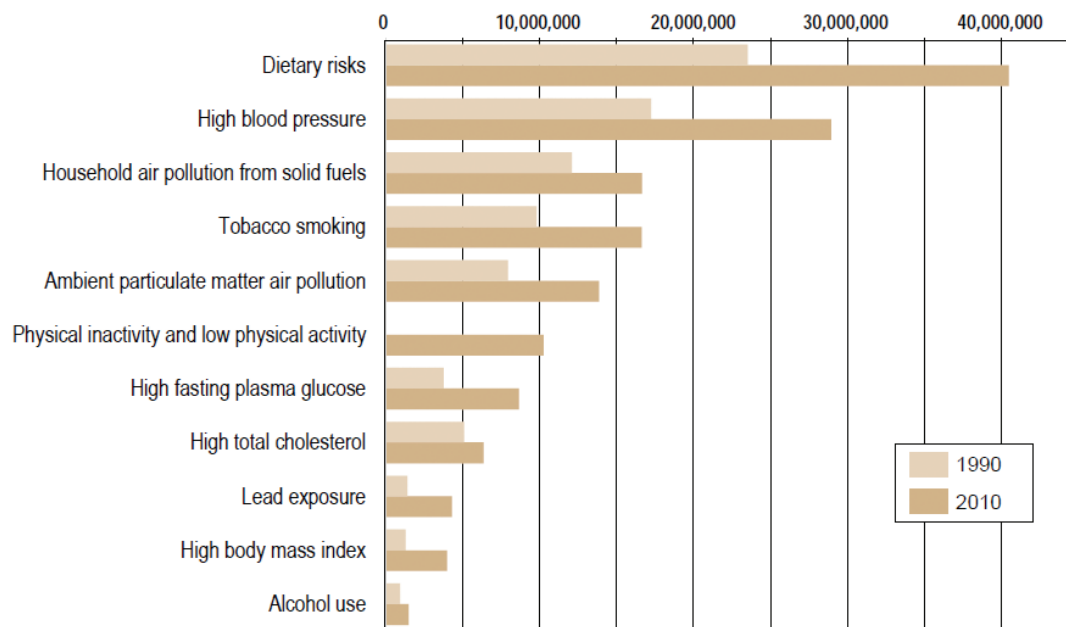
Country Indicator	Median among countries	Range among countries
Life expectancy (years)	66.6	59.6 – 69.5
Population ≥65 years of age (%)	4.6	2.2 – 5.1
Urban population (%)	29.4	16.7 – 35.9
Physicians per 1,000 people	0.3	0.02 – 0.81
Nurses or midwives per 1,000	0.27	0.07 – 1.00

Ischaemic heart disease is the predominant CVD cause of disability-adjusted life years (DALYs) lost in South Asia, and was responsible for over 50% of CVD burden by 2010. Rheumatic heart disease (3.6 million DALYs in 2010) and stroke (15.4 million DALYs in 2010) persist as important CVD causes of disease burden.

Figure 1. Number of DALYs due to CVD, South Asia, both sexes, 1990 and 2010

1. Ischaemic heart disease	17,933,600 (47.3%)	1. Ischaemic heart disease	31,010,200 (51.2%)
2. Stroke	10,094,000 (26.6%)	2. Stroke	15,409,100 (25.4%)
3. Rheumatic heart disease	3,558,340 (9.4%)	3. Rheumatic heart disease	3,639,330 (6.0%)
4. Hypertensive heart disease	2,201,510 (5.8%)	4. Hypertensive heart disease	3,588,080 (5.9%)
5. Cardiomyopathy	1,693,630 (4.4%)	5. Cardiomyopathy	2,658,900 (4.4%)
6. Endocarditis	247,519 (0.6%)	6. Atrial fibrillation	446,611 (0.7%)
7. Atrial fibrillation	221,136 (0.5%)	7. Aortic aneurysm	379,426 (0.6%)
8. Aortic aneurysm	214,397 (0.5%)	8. Endocarditis	272,742 (0.4%)
9. Peripheral vascular disease	48,579 (0.1%)	9. Peripheral vascular disease	92,341 (0.1%)
10. Other CV and circulatory diseases	1,622,340 (4.3%)	10. Other CV and circulatory diseases	2,990,600 (4.9%)

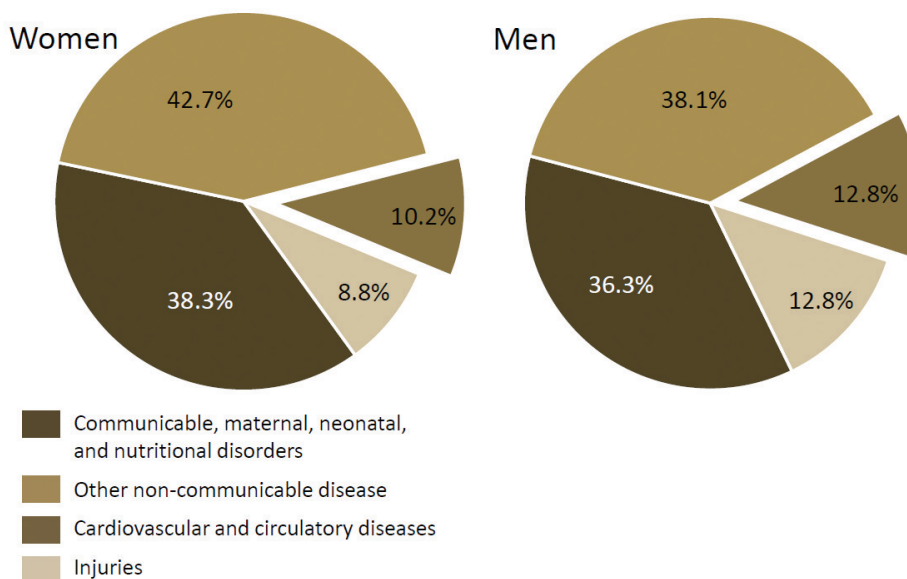
Figure 2. Number of DALYs due to CVD risk factors, South Asia, both sexes, 1990 and 2010*



*Note that DALYs attributed to risk factors overlap, that is, the sum for all CVD causes is > total CVD DALYs in CVD causes worksheet, risk factor DALYs > 100% real total.

CVD attributed to all major risk factors increased, to different degrees, since 1990 (Figure 2). The largest relative increases in CVD DALYs were attributed to high body mass index, high fasting plasma glucose, and lead exposure. Over 30 million CVD DALYs were attributed to indoor or outdoor air pollution in 2010. About 11% of total disease burden was attributed to CVDs in South Asia (Figure 3).

Figure 3. DALYs by cause, South Asia, 2010



Absolute numbers of disability-adjusted life years (DALYs) per 100,000 people varied by up to three-fold among the countries of South Asia in 2010. (Figure 4). Age-standardized DALY rates changed little between 1990 and 2010, but absolute numbers of DALYs per 100,000 increased almost uniformly in countries of the region. The absolute decrease in CVD DALYs estimated for Afghanistan (decrease of 12%) was estimated based on limited data.

The Atlas of CVD reports point estimates. Trends may not be statistically significant. Uncertainty intervals for all point estimates should be considered and are available at <http://viz.healthmetricsandevaluation.org/gbd-compare/>.

Figure 4. 2010 DALYs by country, South Asia

CVD DALYs per 100,000 persons, 2010

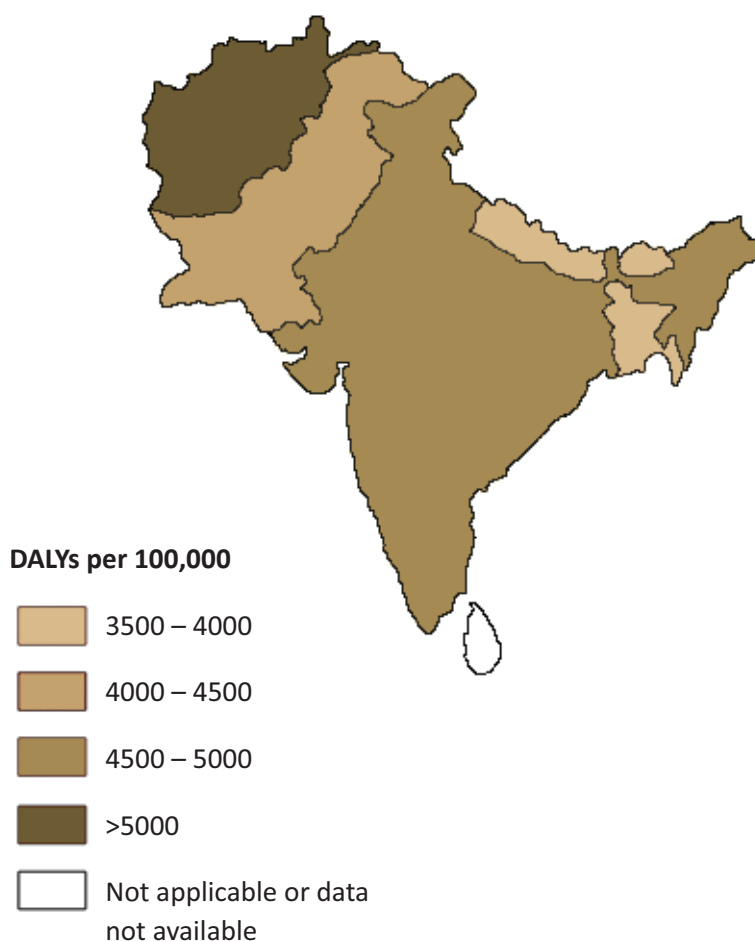


Figure 5. Change in CVD DALYs, 1990-2010, South Asia

Percent change in CVD DALYs per 100,000 between 1990 and 2010

