

# Eastern Europe & Central Asia



In Eastern Europe and Central Asia region, the proportion urban population and proportion of the population aged 65 years or more varies widely among countries (Table 1). Mean life expectancy at birth is 69.8 years overall.

**Table 1. Summary regional Indicators for Eastern Europe and Central Asia countries, 2010**

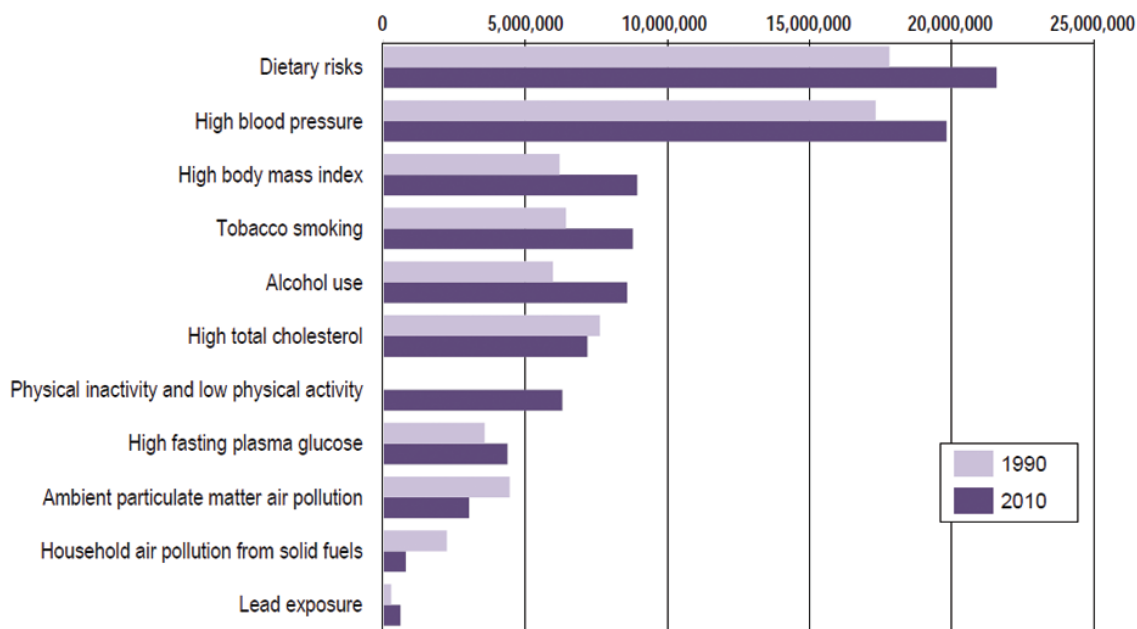
Country Indicator	Median among countries	Range among countries
Life expectancy (years)	69.8	65 – 75.4
Population ≥65 years of age (%)	10.9	3.3 – 18.4
Urban population (%)	58.9	26.5 – 74.6
Physicians per 1,000 people	3.29	2.1 – 5.18
Nurses or midwives per 1,000	6.58	3.22 – 13.11

Ischaemic heart disease and stroke account for an overwhelming majority of disability adjusted life years (DALYs) lost from CVDs in Eastern Europe and Central Asia (Figure 1).

**Figure 1. Number of DALYs due to CVD, Eastern Europe and Central Asia, both sexes, 1990 and 2010**

1. Ischaemic heart disease	16,491,420 (55.9%)	1. Ischaemic heart disease	21,825,420 (61.5%)
2. Stroke	9,880,270 (33.5%)	2. Stroke	10,405,480 (29.3%)
3. Cardiomyopathy	935,517 (3.1%)	3. Cardiomyopathy	1,235,101 (3.4%)
4. Rheumatic heart disease	909,000 (3.0%)	4. Hypertensive heart disease	726,660 (2.0%)
5. Hypertensive heart disease	521,920 (1.7%)	5. Rheumatic heart disease	565,534 (1.5%)
6. Aortic aneurysm	145,303 (0.4%)	6. Aortic aneurysm	181,428 (0.5%)
7. Atrial fibrillation	123,436 (0.4%)	7. Atrial fibrillation	173,807 (0.4%)
8. Endocarditis	60,818 (0.2%)	8. Endocarditis	64,413 (0.2%)
9. Peripheral vascular disease	30,417 (0.1%)	9. Peripheral vascular disease	42,317 (0.1%)
10. Other CV and circulatory diseases	380,691 (1.2%)	10. Other CV and circulatory diseases	225,194 (0.6%)

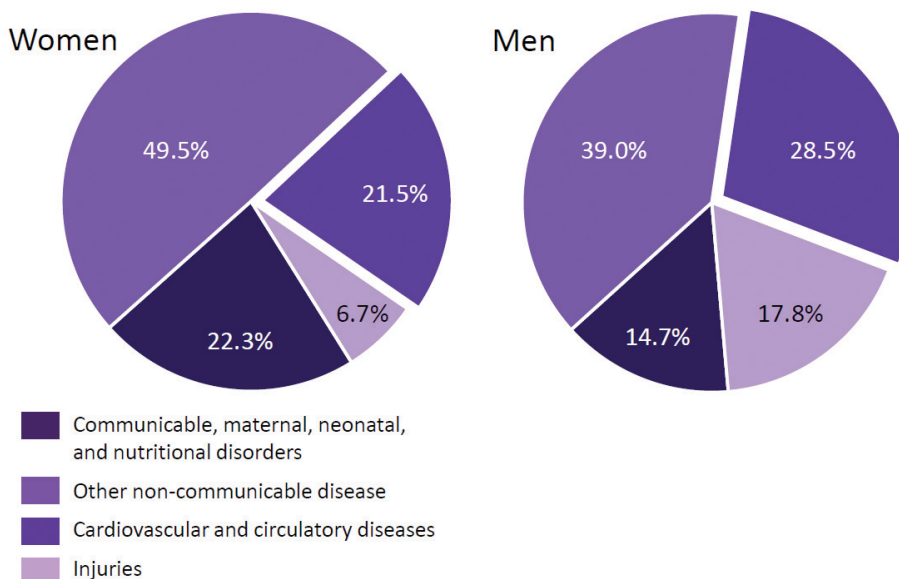
**Figure 2. Number of DALYs due to CVD risk factors, Eastern Europe and Central Asia, both sexes, 1990 and 2010\***



\*Note that DALYs attributed to risk factors overlap, that is, the sum for all CVD causes is greater than total CVD DALYs.

Dietary risks and high blood pressure are the leading risk factors responsible for CVD burden in Eastern Europe and Central Asia (Figure 2). Tobacco smoking and alcohol use are particularly important CVD risk factors in the region and CVD burden attributed to both increased since 1990. About a quarter of all disease burden is attributable to CVDs (Figure 3).

**Figure 3. DALYs by cause, Eastern Europe and Central Asia, 2010**



Eastern Europe and Central Asia had the highest CVD disability-adjusted life years lost per 100,000 people in the world in 2010. The Eastern European countries all had over 10,000 CVD DALYs lost per 100,000 (Figure 4). Age standardized CVD burden rates rose steeply in Eastern Europe and Central Asia after 1990 but may be returning to 1990 levels (data not shown). Absolute numbers of CVD DALYs lost per 100,000 increased in almost all countries between 1990 and 2010 (Figure 5). In a handful of countries---Latvia, Estonia, and Lithuania in Eastern Europe, and Tajikistan in Central Europe--CVD burden rate may have decreased.

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, Eastern Europe and Central Asia**

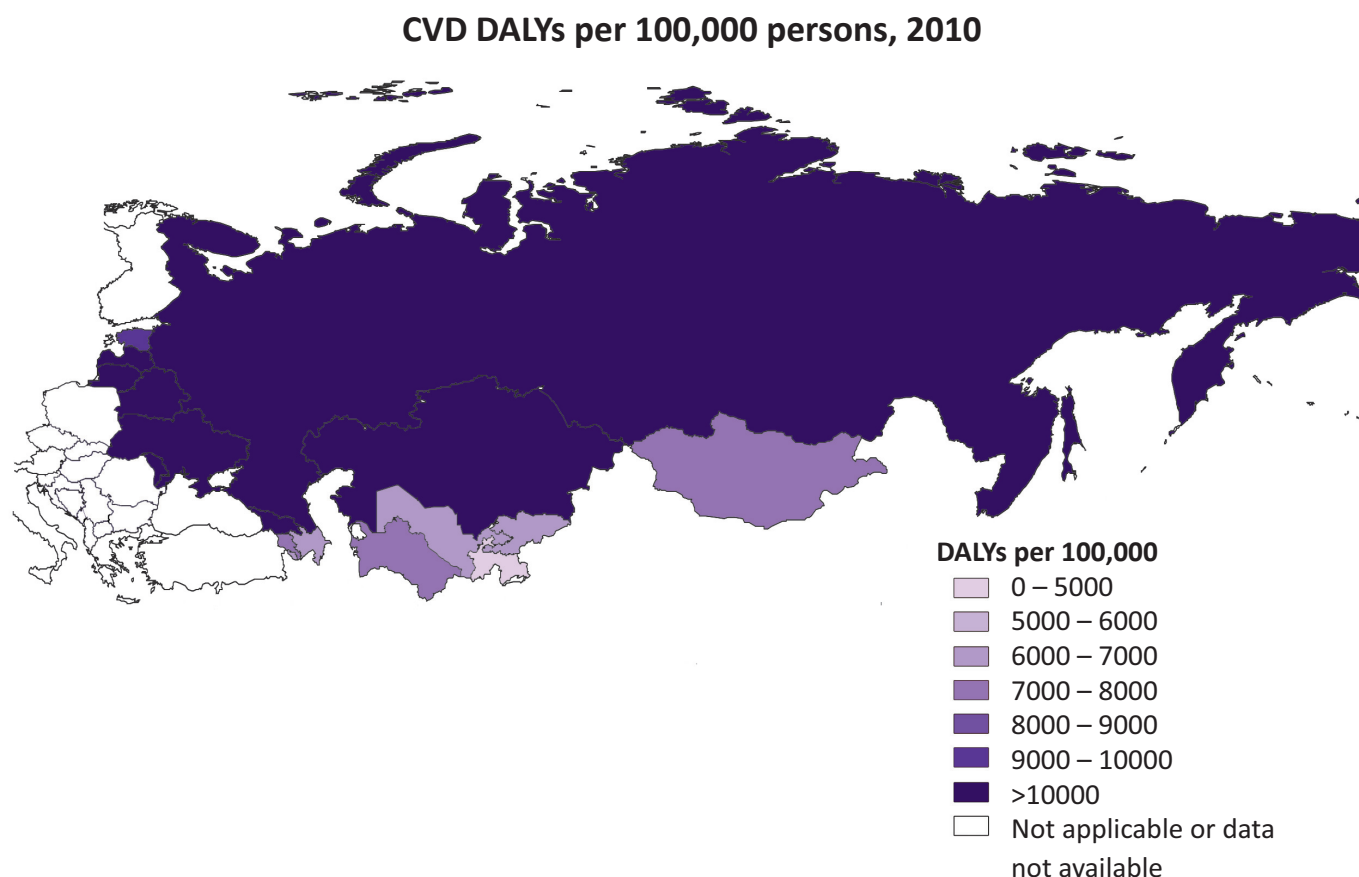


Figure 5. Change in CVD DALYs, 1990-2010, Eastern Europe and Central Asia

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



