

North Africa & Middle East



The North Africa & Middle East region has a young population, with only about 4% of adults aged 65 years or older (Table 1). Tobacco smoking is much more common in men compared with women. About a quarter of men and women have high blood pressure despite the region's young demographic. North Africa & Middle East is home to countries with the highest prevalence of adult diabetes in the world: for example, Kuwait (19.6%), Qatar (18.9%), Egypt (17.9%) and Saudi Arabia (17.4%).

Table 1. Summary regional indicators for North Africa and Middle East countries, 2016

Country Indicator		Regional average	Range (min, max)
Percent of population age 65 years or older		3.9	(1.1, 8.1)
Active smoking	males	39.6	(21.0, 70.2)
	females	2.5	(0.1, 31.0)
Raised blood pressure, age 18 years or older*	males	25.9	(20.4, 31.5)
	females	24.5	(17.8, 29.5)
Diabetes, age 18 years or older**	males	13.7	(11.4, 19.7)
	females	14.4	(10.6, 19.9)

*Raised blood pressure (SBP \geq 140 OR DBP \geq 90; age-standardized estimate)

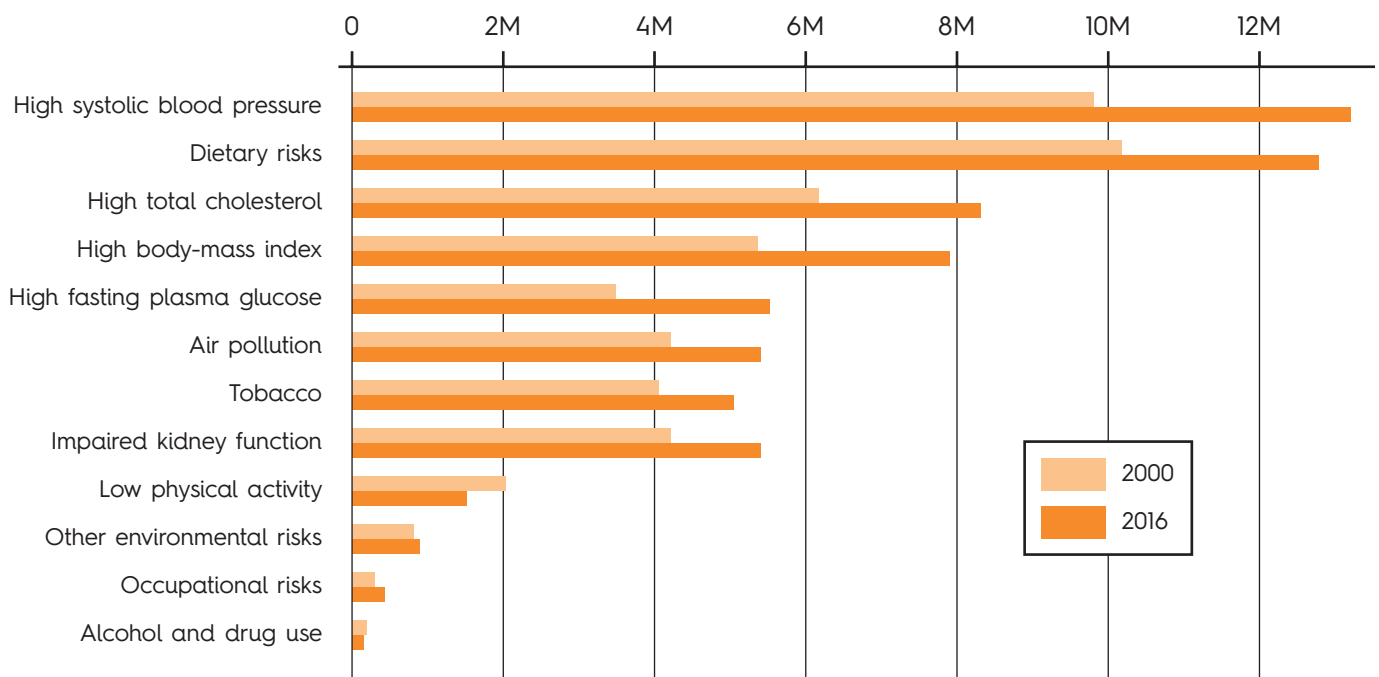
**Raised fasting blood glucose (\geq 7.0 mmol/L or on medication; age-standardized estimate)

Total CVD burden rose by almost 50% between 2000-2016; most of this increase was due to increased ischemic heart disease burden (Figure 1). Peripheral arterial disease burden more than doubled. In the same interval, cardiomyopathy and myocarditis replaced rheumatic heart disease as the 5th ranked cause of CVD burden in North Africa & the Middle East.

Figure 1. Number of DALYs due to CVD, North Africa and Middle East, both sexes, 2000 and 2016

CVD cause	2000 rank (% of all)	CVD cause	2016 rank (% of all)
1. Ischemic heart disease	10,335,693 (50.2%)	1. Ischemic heart disease	15,873,784 (53.9%)
2. Stroke	7,113,426 (34.6%)	2. Stroke	9,171,788 (31.1%)
3. Hypertensive heart disease	969,468 (4.7%)	3. Hypertensive heart disease	1,229,475 (4.2%)
4. Other cardiovascular and circulatory diseases	650,986 (3.2%)	4. Other cardiovascular and circulatory diseases	1,084,215 (3.7%)
5. Rheumatic heart disease	626,082 (3.0%)	5. Cardiomyopathy and myocarditis	705,048 (2.4%)
6. Cardiomyopathy and myocarditis	416,490 (2.0%)	6. Rheumatic heart disease	528,370 (1.8%)
7. Atrial fibrillation and flutter	195,473 (0.9%)	7. Atrial fibrillation and flutter	388,282 (1.3%)
8. Aortic aneurysm	123,468 (0.6%)	8. Aortic aneurysm	261,348 (0.9%)
9. Endocarditis	120,438 (0.6%)	9. Endocarditis	154,623 (0.5%)
10. Peripheral artery disease	28,477 (0.1%)	10. Peripheral artery disease	60,548 (0.2%)
All CVD causes (total)	20,579,999 (100%)	All CVD causes (total)	29,457,481 (100%)

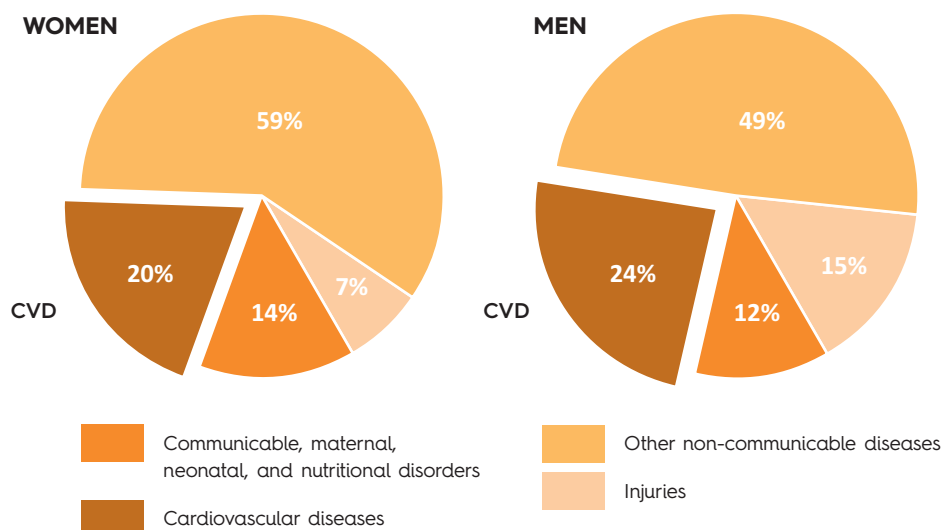
Figure 2. Number of DALYs due to CVD risk factors, North Africa and Middle East, both sexes, 2000 and 2016*



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

CVD burden attributable to high systolic blood pressure, dietary risks, high total cholesterol, high body-mass index, high fasting plasma glucose, air pollution, tobacco, and impaired kidney function all increased over the interval 2000-2016. CVD accounts for about a one-fourth of total disease burden in men and one-fifth of disease burden in women in the North African & Middle East region.

Figure 3. DALYs by cause, North Africa and Middle East, 2016



Egypt, Iraq, Morocco, Syria, Tunisia, and Yemen had the highest CVD disease burden per 100,000 people in 2016; Qatar, Bahrain, Kuwait and Saudi Arabia had the lowest CVD burden rate (Figure 4). The United Arab Emirates saw the greatest increase in CVD burden per 100,000 between 2000-2016 (Figure 5; 24.5% increase).

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. 2016 DALYs by country, North Africa and Middle East

CVD DALYs per 100,000 persons, 2016

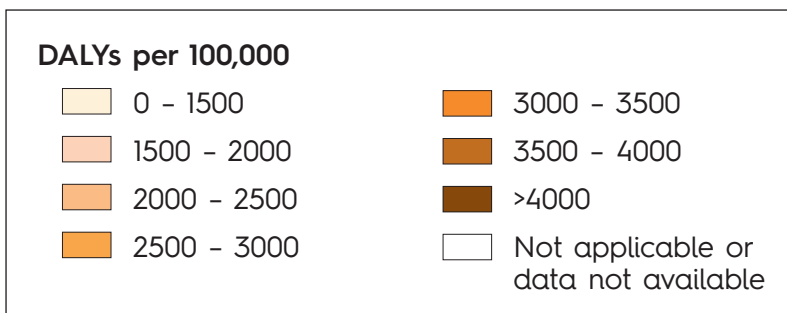
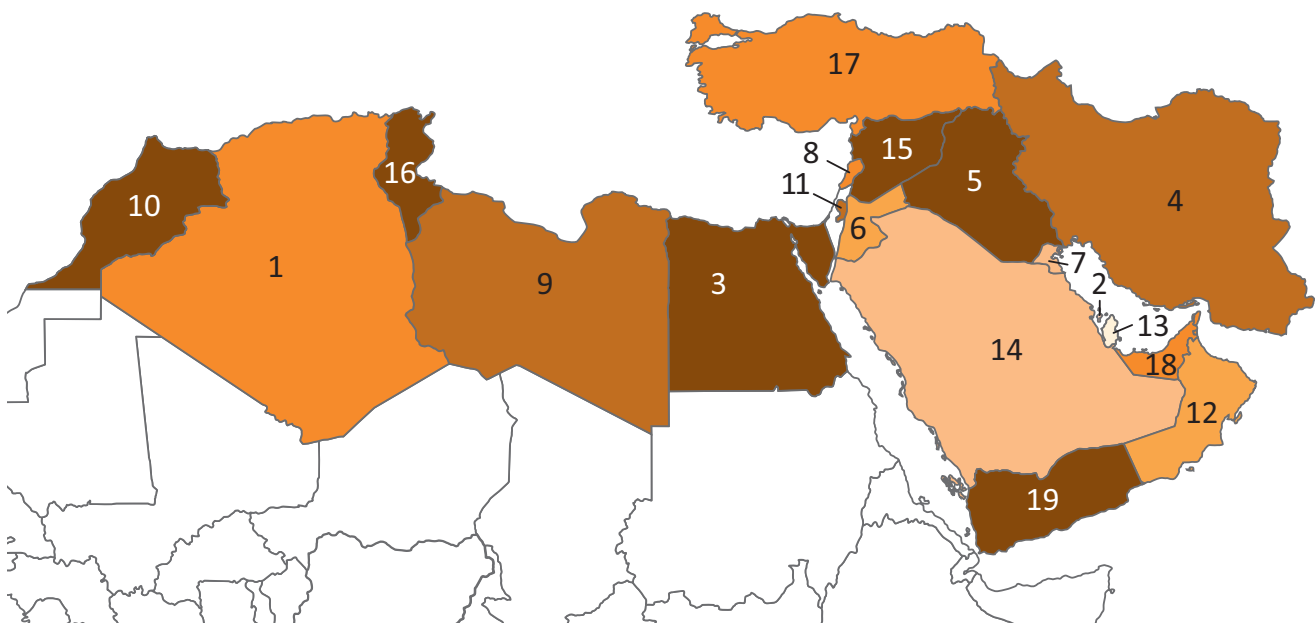
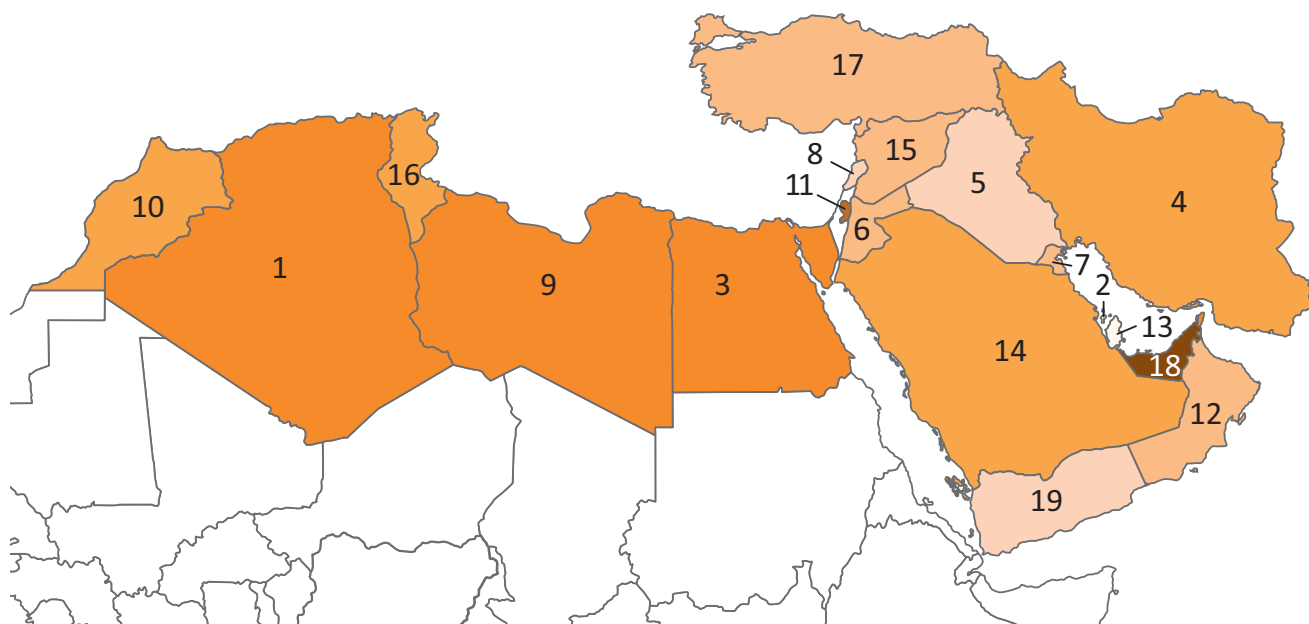


Figure 5. Change in CVD DALYs, 2000-2016, North Africa and Middle East
Percent change in CVD DALYs per 100,000 between 2000 and 2016



Percent Change

- >40% decrease
- 30-40% decrease
- 20-30% decrease
- 10-20% decrease
- 0-10% decrease
- 0-10% increase
- 10-20% increase
- >20% increase
- Not applicable or data not available

NORTH AFRICA AND MIDDLE EAST

- | | |
|------------------------------|------------------------------------|
| 1. Algeria | 11. Occupied Palestinian Territory |
| 2. Bahrain | 12. Oman |
| 3. Egypt | 13. Qatar |
| 4. Iran, Islamic Republic of | 14. Saudi Arabia |
| 5. Iraq | 15. Syria |
| 6. Jordan | 16. Tunisia |
| 7. Kuwait | 17. Turkey |
| 8. Lebanon | 18. United Arab Emirates |
| 9. Libya | 19. Yemen |
| 10. Morocco | |