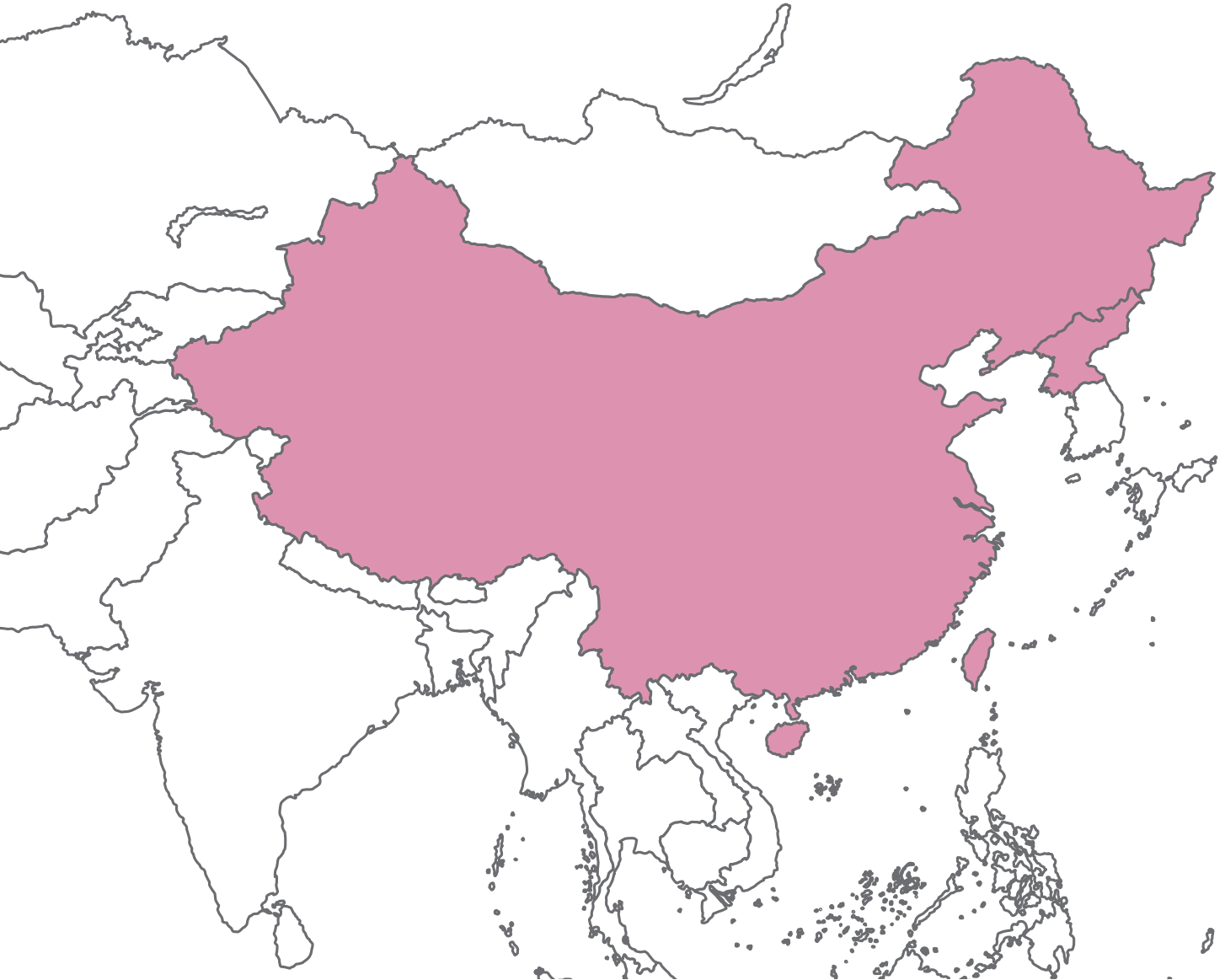


East Asia



Male tobacco smoking has decreased in the East Asia region, but prevalence remains almost 50% (Table 1). By contrast, female smoking prevalence is <2%. Raised blood pressure prevalence is 22% in men and 17% in females. Male diabetes prevalence is almost 10%.

Table 1. Summary regional indicators for East Asia countries, 2016

Country Indicator	Regional average	Range (min, max)
Percent of population age 65 years or older	10.6	(9.7, 12.3)
Active smoking	males	47.6 (47.6, 49.8)
	females	1.8 (1.8, 4.2)
Raised blood pressure, age 18 years or older*	males	21.5 (19.1, 21.5)
	females	16.8 (16.8, 16.9)
Diabetes, age 18 years or older**	males	9.8 (5.8, 9.9)
	females	7.6 (5.9, 7.6)

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

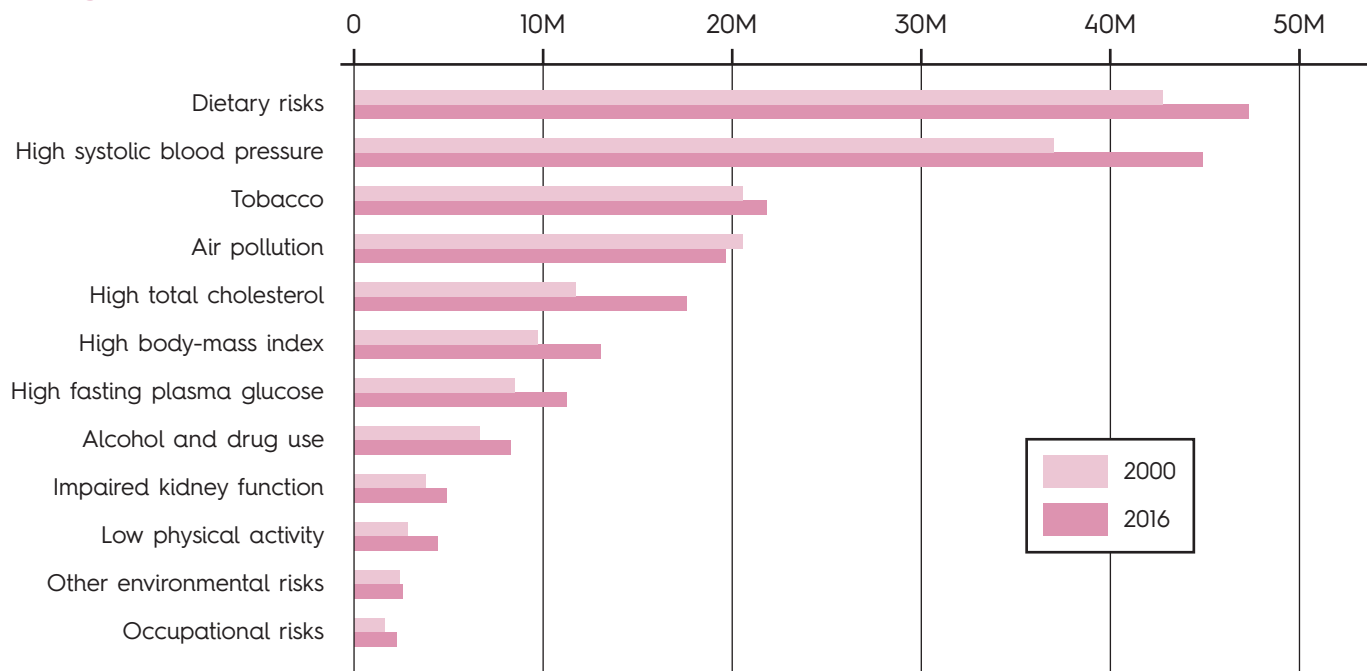
**Raised fasting blood glucose (\geq 7.0 mmol/L or on medication; age-standardized estimate)

Total CVD burden increased by more than 10 million DALYs in East Asia over 2000-2016 (Figure 1). Ischemic heart disease is the leading cause of CVD burden (55% of total CVD DALYs), but stroke represents almost one-third of CVD burden by itself.

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

CVD cause	2000 rank (% of all)	CVD cause	2016 rank (% of all)
1. Ischemic heart disease	34,002,890 (51.7%)	1. Ischemic heart disease	41,749,618 (55.4%)
2. Stroke	21,926,095 (33.4%)	2. Stroke	21,844,742 (29.0%)
3. Hypertensive heart disease	2,985,188 (4.5%)	3. Other cardiovascular and circulatory diseases	3,236,033 (4.3%)
4. Other cardiovascular and circulatory diseases	2,150,739 (3.3%)	4. Hypertensive heart disease	2,842,507 (3.8%)
5. Rheumatic heart disease	1,621,004 (2.5%)	5. Cardiomyopathy and myocarditis	2,008,086 (2.7%)
6. Cardiomyopathy and myocarditis	1,411,538 (2.1%)	6. Atrial fibrillation and flutter	1,198,521 (1.6%)
7. Atrial fibrillation and flutter	706,581 (1.1%)	7. Rheumatic heart disease	1,045,134 (1.4%)
8. Aortic aneurysm	451,963 (0.7%)	8. Aortic aneurysm	862,956 (1.1%)
9. Endocarditis	363,400 (0.6%)	9. Endocarditis	389,465 (0.5%)
10. Peripheral artery disease	104,774 (0.2%)	10. Peripheral artery disease	199,520 (0.3%)
All CVD causes (total)	65,724,171 (100%)	All CVD causes (total)	75,376,582 (100%)

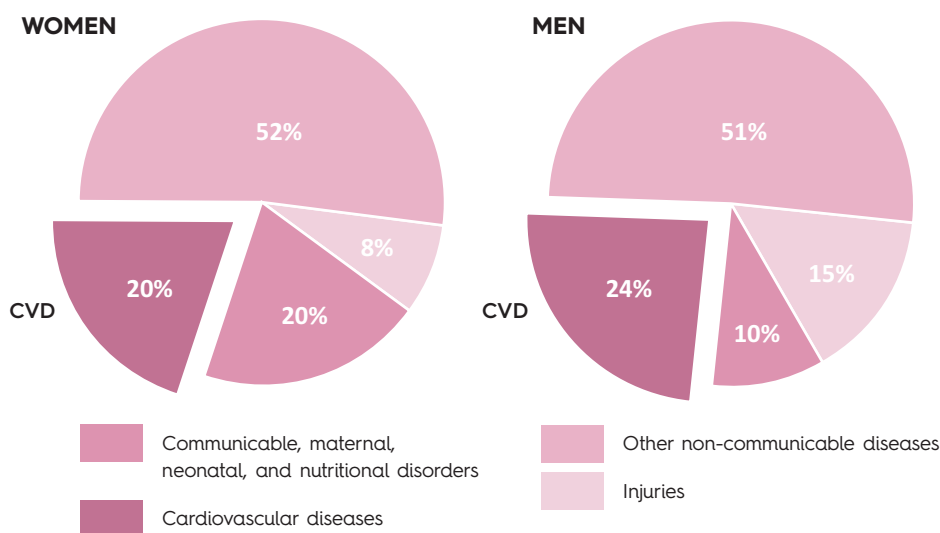
Figure 2. Number of DALYs due to CVD risk factors, East Asia, both sexes, 2000 and 2016*



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

Dietary risks (including a high sodium diet), low physical activity, and high blood pressure accounted for changes in CVD burden in East Asia over 2000-2016 (Figure 2). About 24% of total disease burden in males is attributable to CVD in men; about 20% of total disease burden is attributable to CVD in women (Figure 3).

Figure 3. DALYs by cause, East Asia, 2016



China is the predominant country in the East Asia region; DALYs per 100,000 were >5,000 per DALY throughout the region (Figure 4). CVD burden rate increased modestly between 2000 and 2016 but may have increased >20% in North Korea (Figure 5).

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, East Asia
CVD DALYs per 100,000 persons, 2016

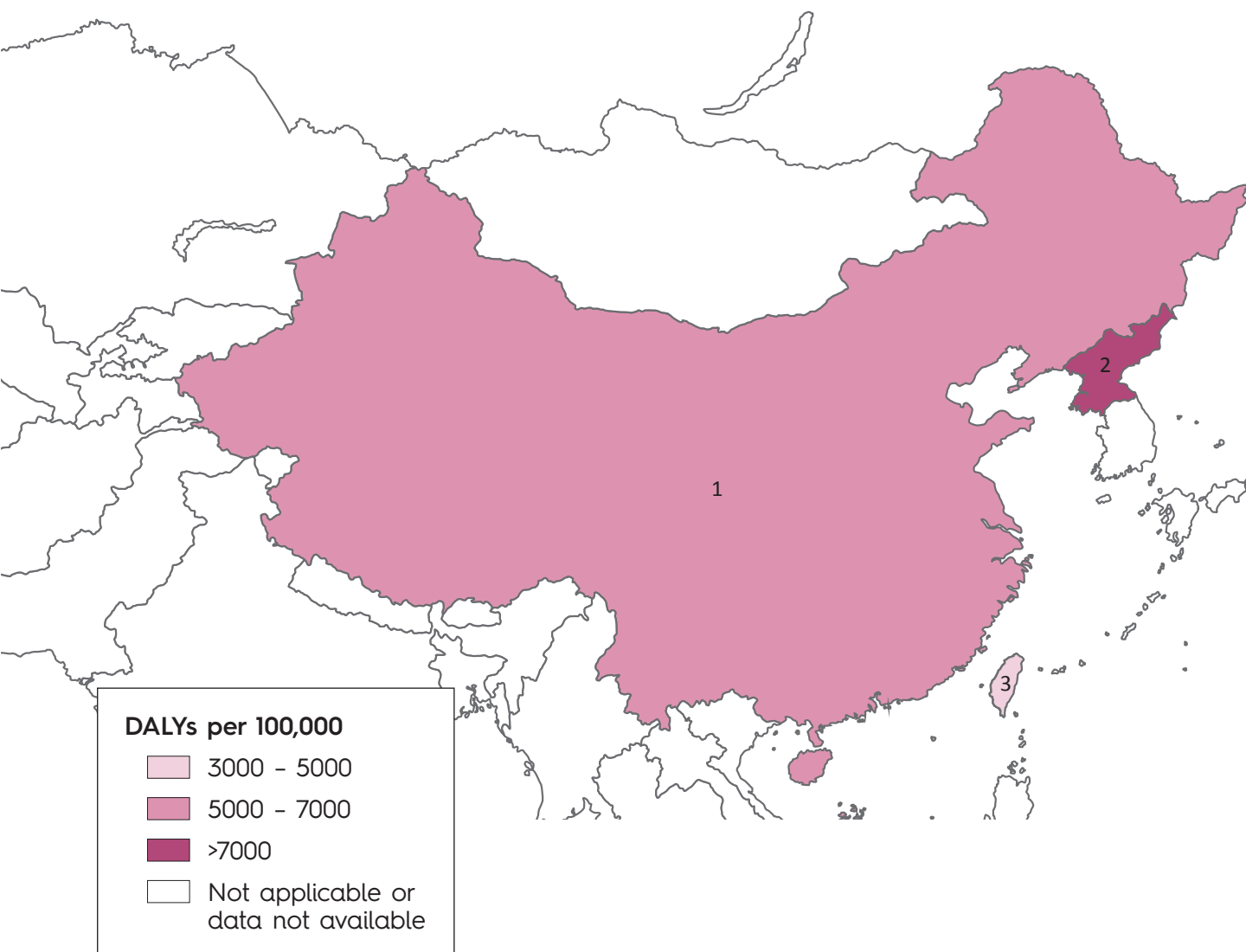


Figure 5. Change in CVD DALYs, 2000-2016, East Asia

Percent change in CVD DALYs per 100,000 between 2000 and 2016



Percent Change

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

EAST ASIA

1. China
2. North Korea (Democratic People's Republic of Korea)
3. Taiwan