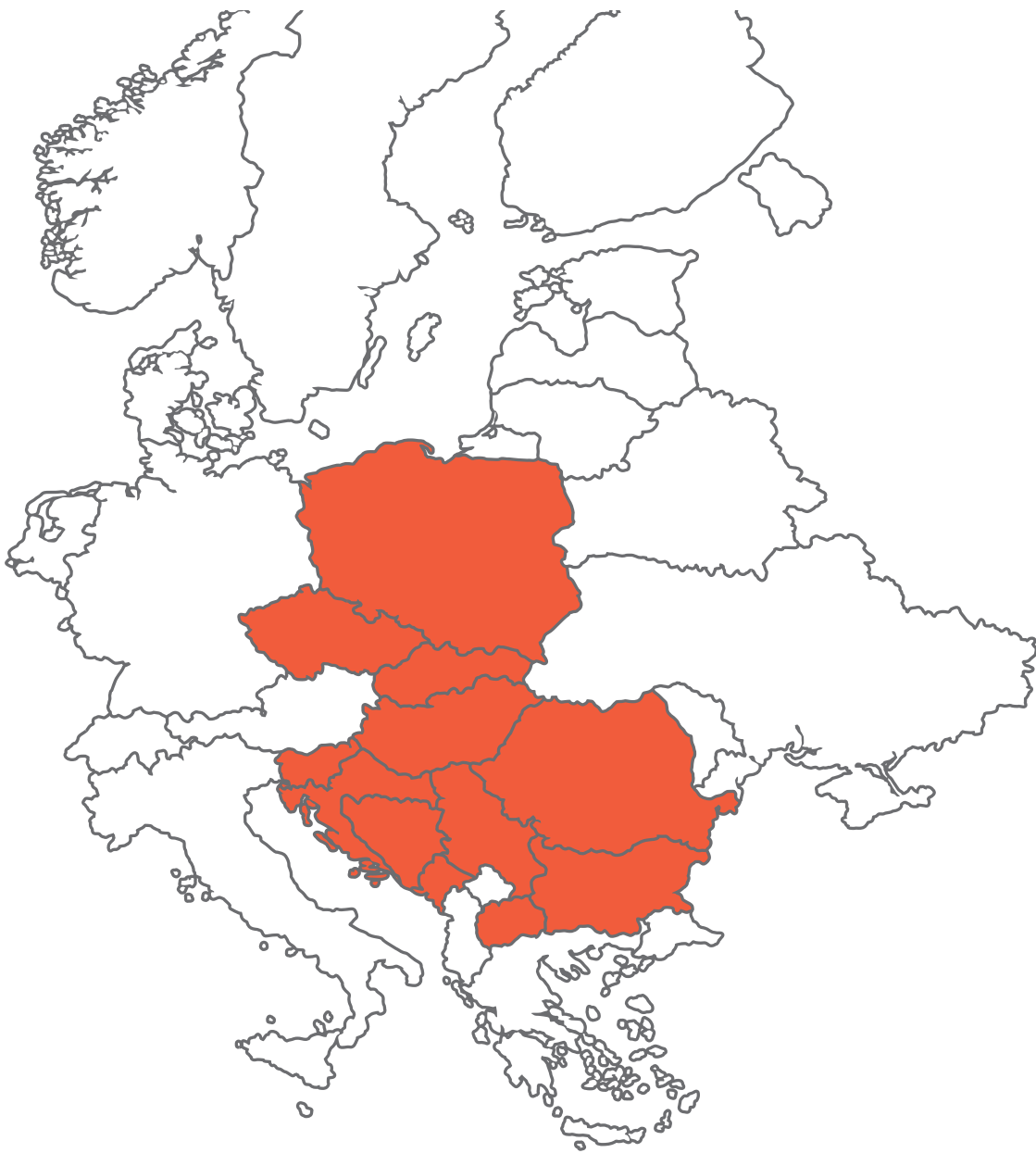


Central Europe



Central Europe has an older population, with 15.5% of adults aged 65 years or older (Table 1). Over one-fourth of women smoke, and age-standardized smoking prevalence is higher in women than in men in Central Europe.

Table 1. Summary regional indicators for Central Europe countries, 2016

Country Indicator	Regional average	Range (min, max)
Percent of population age 65 years or older	15.5	(4.1, 18.9)
Active smoking	males	21.9 (22.3, 47.2)
	females	25.9 (17.6, 39.7)
Raised blood pressure, age 18 years or older*	males	34.0 (32.7, 38.4)
	females	23.9 (21.2, 27.6)
Diabetes, age 18 years or older**	males	7.9 (7.3, 8.9)
	females	6.7 (6.3, 7.0)

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

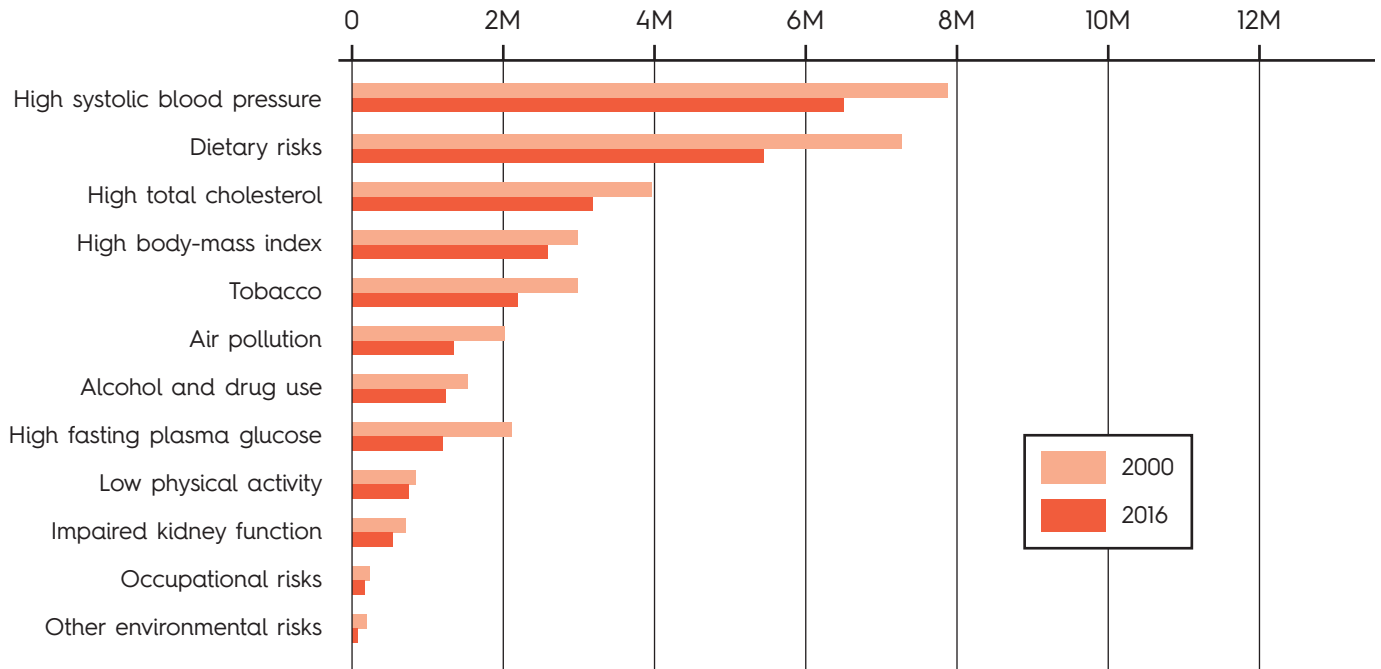
**Raised fasting blood glucose (\geq 7.0 mmol/L or on medication; age-standardized estimate)

Total CVD burden increased only slightly in Central Europe from 2000 to 2016 (Figure 1). Over 80% of total CVD burden in Central Europe is comprised of ischemic heart disease and stroke combined.

Figure 1. Number of DALYs due to CVD, Central Europe, both sexes, 2000 and 2016

CVD cause	2000 rank (% of all)	CVD cause	2016 rank (% of all)
1. Ischemic heart disease	3,842,199 (56.2%)	1. Ischemic heart disease	3,944,580 (56.6%)
2. Stroke	1,875,909 (27.4%)	2. Stroke	1,797,491 (25.8%)
3. Other cardiovascular and circulatory diseases	328,902 (4.8%)	3. Other cardiovascular and circulatory diseases	387,278 (5.6%)
4. Hypertensive heart disease	236,456 (3.5%)	4. Hypertensive heart disease	217,642 (3.1%)
5. Cardiomyopathy and myocarditis	195,607 (2.9%)	5. Cardiomyopathy and myocarditis	213,873 (3.1%)
6. Atrial fibrillation and flutter	126,702 (1.9%)	6. Atrial fibrillation and flutter	160,820 (2.3%)
7. Aortic aneurysm	94,877 (1.4%)	7. Aortic aneurysm	120,498 (1.7%)
8. Rheumatic heart disease	79,166 (1.2%)	8. Rheumatic heart disease	63,450 (0.9%)
9. Aortic aneurysm	34,423 (0.5%)	9. Aortic aneurysm	33,159 (0.5%)
10. Peripheral artery disease	22,459 (0.3%)	10. Peripheral artery disease	31,098 (0.4%)
All CVD causes (total)	6,836,698 (100%)	All CVD causes (total)	6,969,889 (100%)

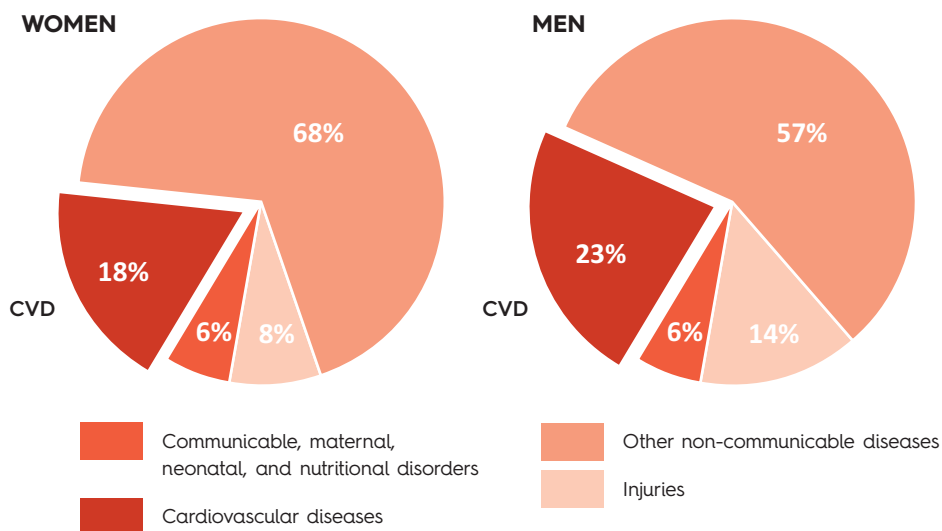
Figure 2. Number of DALYs due to CVD risk factors, Central Europe, both sexes, 2000 and 2016*



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

CVD burden attributed to impaired kidney function, high body mass index and high total cholesterol decreased from the year 2000 to the year 2016 (Figure 2). Burden attributable to all other risk factors increased. CVD burden represents about 18% of total burden in Central European women and 23% in Central European men (Figure 3).

Figure 3. DALYs by cause, Central Europe, 2016



In 2016, the highest CVD burden per 100,000 people in the Central Europe region was found in Bulgaria and Romania (Figure 4). CVD burden increased in Macedonia and Bosnia and Herzegovina, but decreased in all other countries in the Central Europe region (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, Central Europe

CVD DALYs per 100,000 persons, 2016

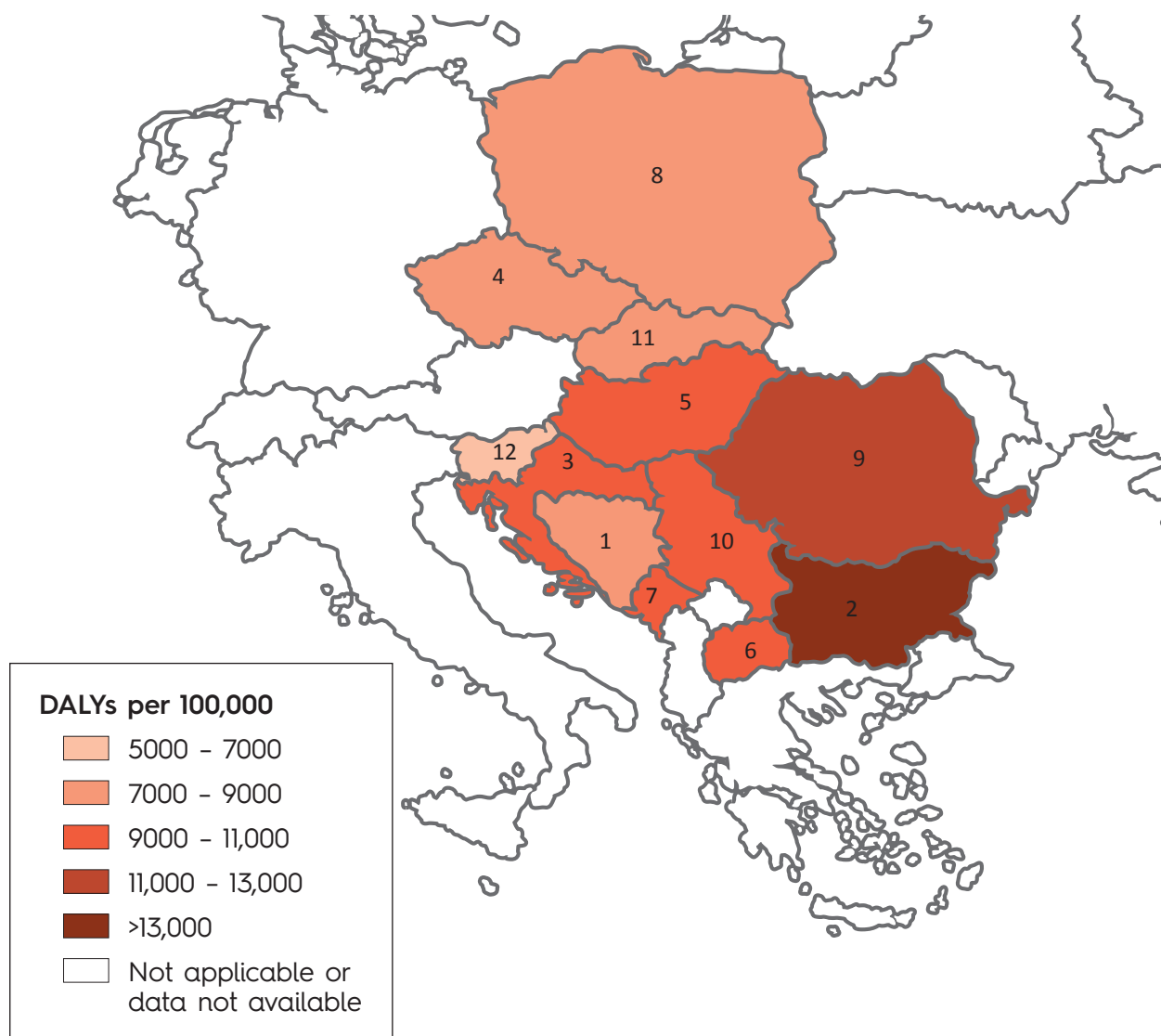
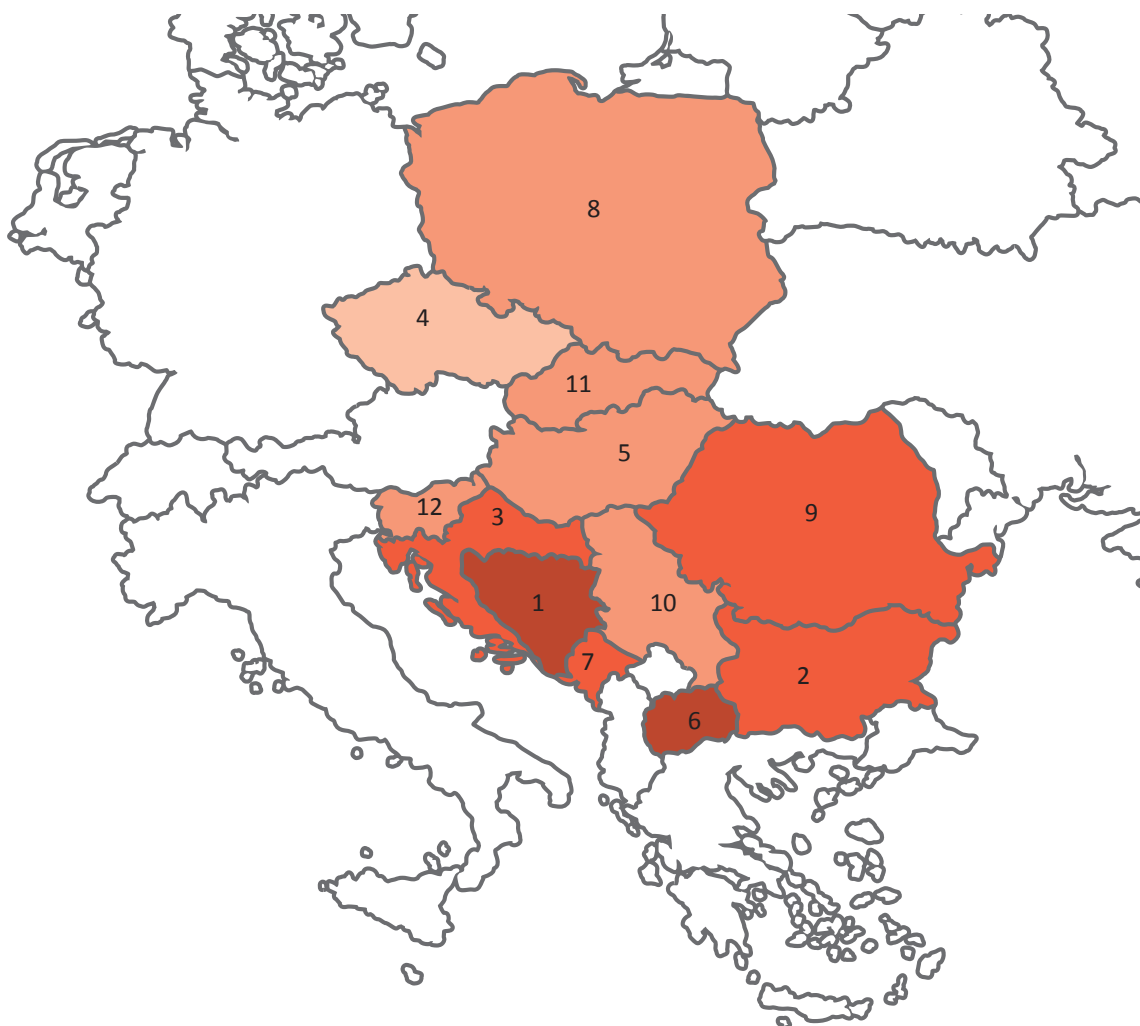


Figure 5. Change in CVD DALYs, 2000-2016, Central Europe

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



Percent Change

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

CENTRAL EUROPE

- | | |
|---|---------------|
| 1. Bosnia and Herzegovina | 7. Montenegro |
| 2. Bulgaria | 8. Poland |
| 3. Croatia | 9. Romania |
| 4. Czech Republic | 10. Serbia |
| 5. Hungary | 11. Slovakia |
| 6. Macedonia, the former Yugoslav Republic of | 12. Slovenia |