WORLD HEART FEDERATION®

Eastern Europe & Central Asia

EASTERN EUROPE & CENTRAL ASIA

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Over 48% of males in Eastern Europe and Central Asia are active tobacco smokers and over 31% of males have raised blood pressure (Table 1). Diabetes prevalence approaches 9% in males and females in the region.

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

Country Indicator	Regional average	Range (min, max)
Percent of population age 65 years or older	10.7	(3.3, 19.3)
Active smoking	males 48.4	(24.9, 59.0)
	females 13.0	(0.4, 24.9)
Raised blood pressure, age 18 years or older*	males 31.1	(25.8, 36.4)
	females 22.9	(20.9, 25.7)
Diabetes, age 18 years or older**	males 8.6	(7.4, 13.3)
	females 8.8	(6.5, 13.0)

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

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

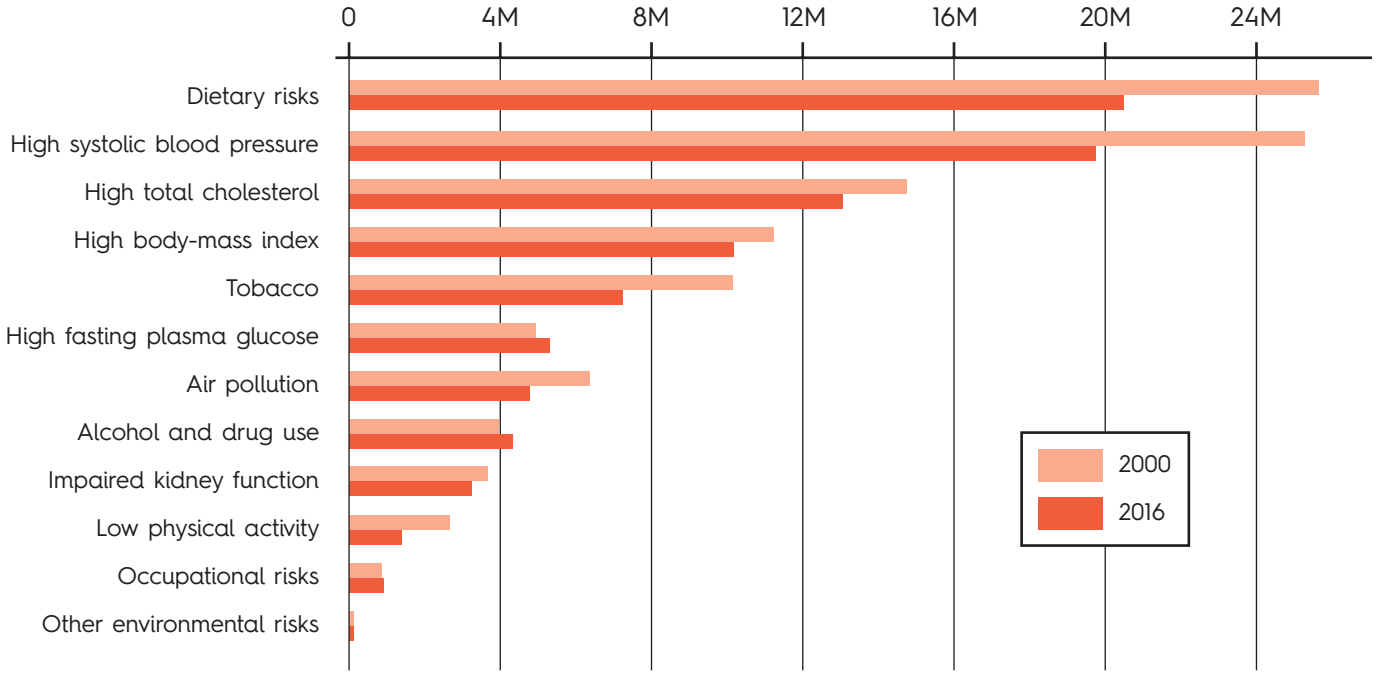
By 2016, over 56% of total CVD burden in Eastern Europe and Central Asia was from ischemic heart disease and over 26% was from stroke (Figure 1).

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

CVD cause	2000 rank (% of all)
1. Ischemic heart disease	8,618,747 (55.3%)
2. Stroke	4,492,108 (28.8%)
3. Other cardiovascular and circulatory diseases	683,690 (4.4%)
4. Hypertensive heart disease	580,972 (3.7%)
5. Cardiomyopathy and myocarditis	418,412 (2.7%)
6. Atrial fibrillation and flutter	255,864 (1.6%)
7. Rheumatic heart disease	219,539 (1.4%)
8. Aortic aneurysm	186,311 (1.2%)
9. Endocarditis	80,080 (0.5%)
10. Peripheral artery disease	43,578 (0.3%)
All CVD causes (total)	15,579,301 (100%)

CVD cause	2016 rank (% of all)
1. Ischemic heart disease	9,595,685 (56.3%)
2. Stroke	4,582,941 (26.9%)
3. Other cardiovascular and circulatory diseases	865,479 (5.1%)
4. Hypertensive heart disease	566,335 (3.3%)
5. Cardiomyopathy and myocarditis	503,056 (3.0%)
6. Atrial fibrillation and flutter	344,924 (2.0%)
7. Aortic aneurysm	257,741 (1.5%)
8. Rheumatic heart disease	183,200 (1.1%)
9. Endocarditis	83,956 (0.5%)
10. Peripheral artery disease	63,573 (0.4%)
All CVD causes (total)	17,046,890 (100%)

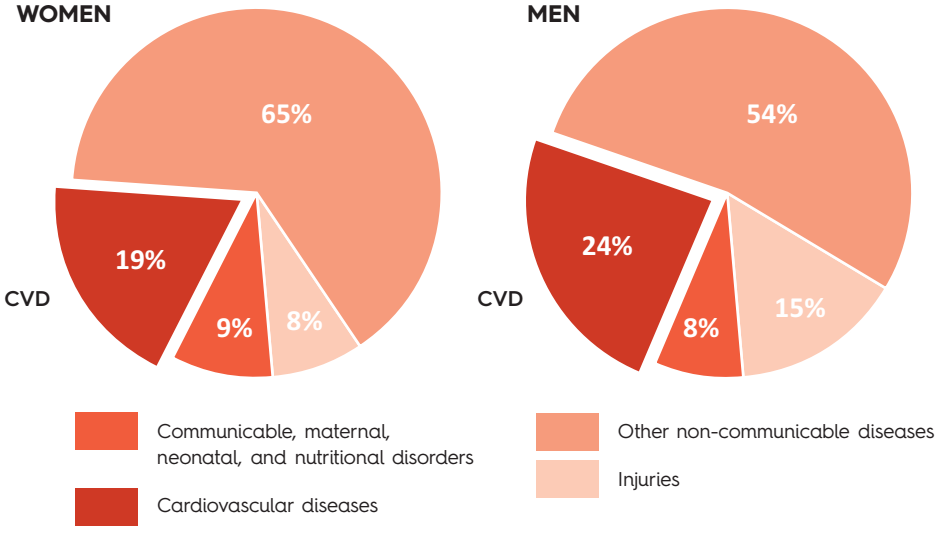
Figure 2. Number of DALYs due to CVD risk factors, Eastern Europe and Central Asia, both sexes, 2000 and 2016*



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

CVD burden attributed to high blood pressure, dietary risks, high total cholesterol, high body mass index, tobacco smoking, and air pollution decreased from the year 2000 to the year 2016 in Eastern Europe and Central Asia (Figure 2). CVD burden attributable impaired kidney function and alcohol and drug abuse increased. CVD burden represents about 19% of total burden in women and 24% in men in Eastern Europe and Central Asia (Figure 3).

Figure 3. DALYs by cause, Eastern Europe and Central Asia, 2016



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In 2016, the world's highest CVD burden per 100,000 people was found in Belarus, Ukraine, and Russia (Figure 4). Nonetheless, CVD burden per 100,000 has decreased in these same countries since 2000 (Figure 5). Albania had a 37% increase in CVD burden per 100,000 and Lithuania had a 14% increase over the same interval.

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, Eastern Europe and Central Asia

CVD DALYs per 100,000 persons, 2016

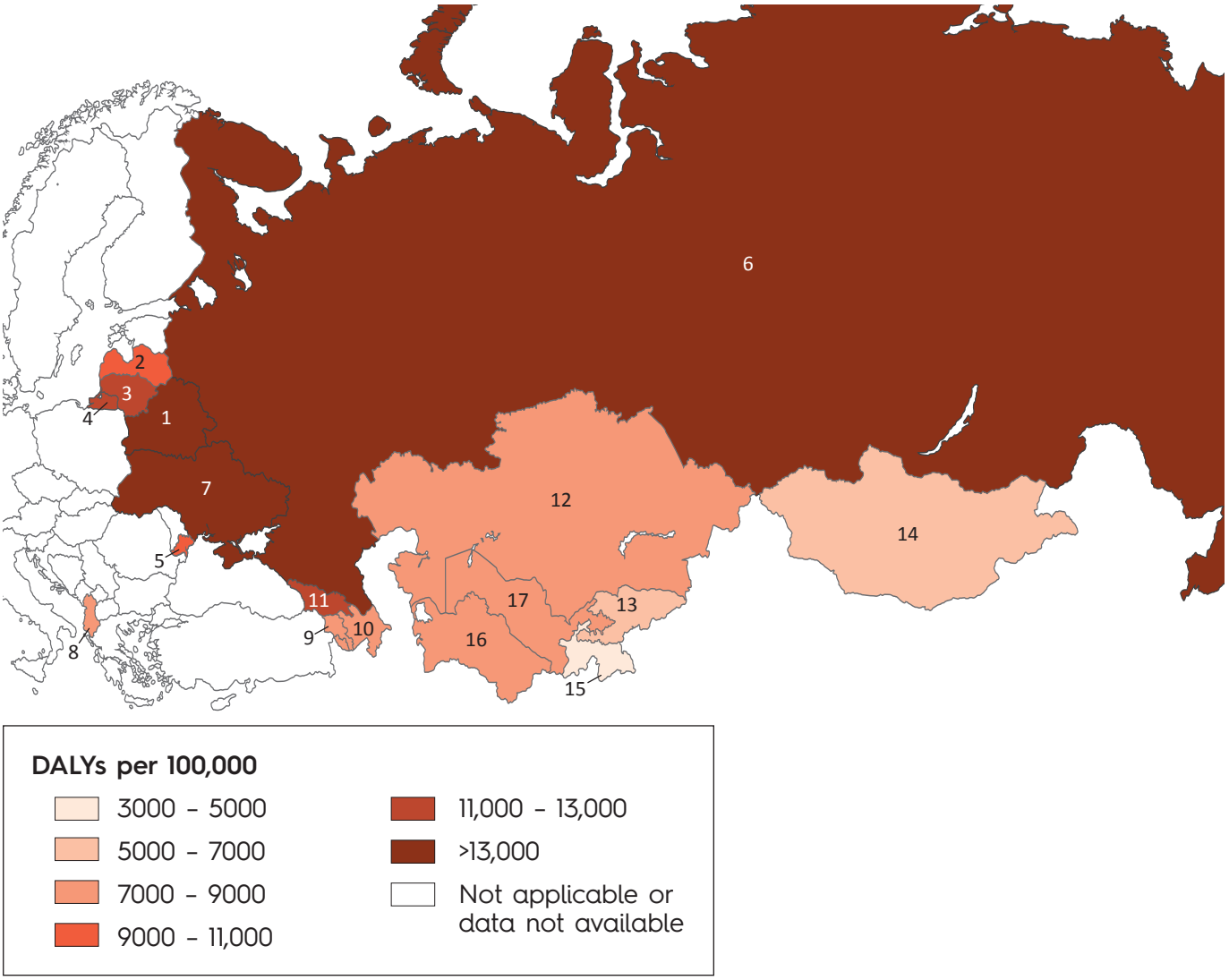
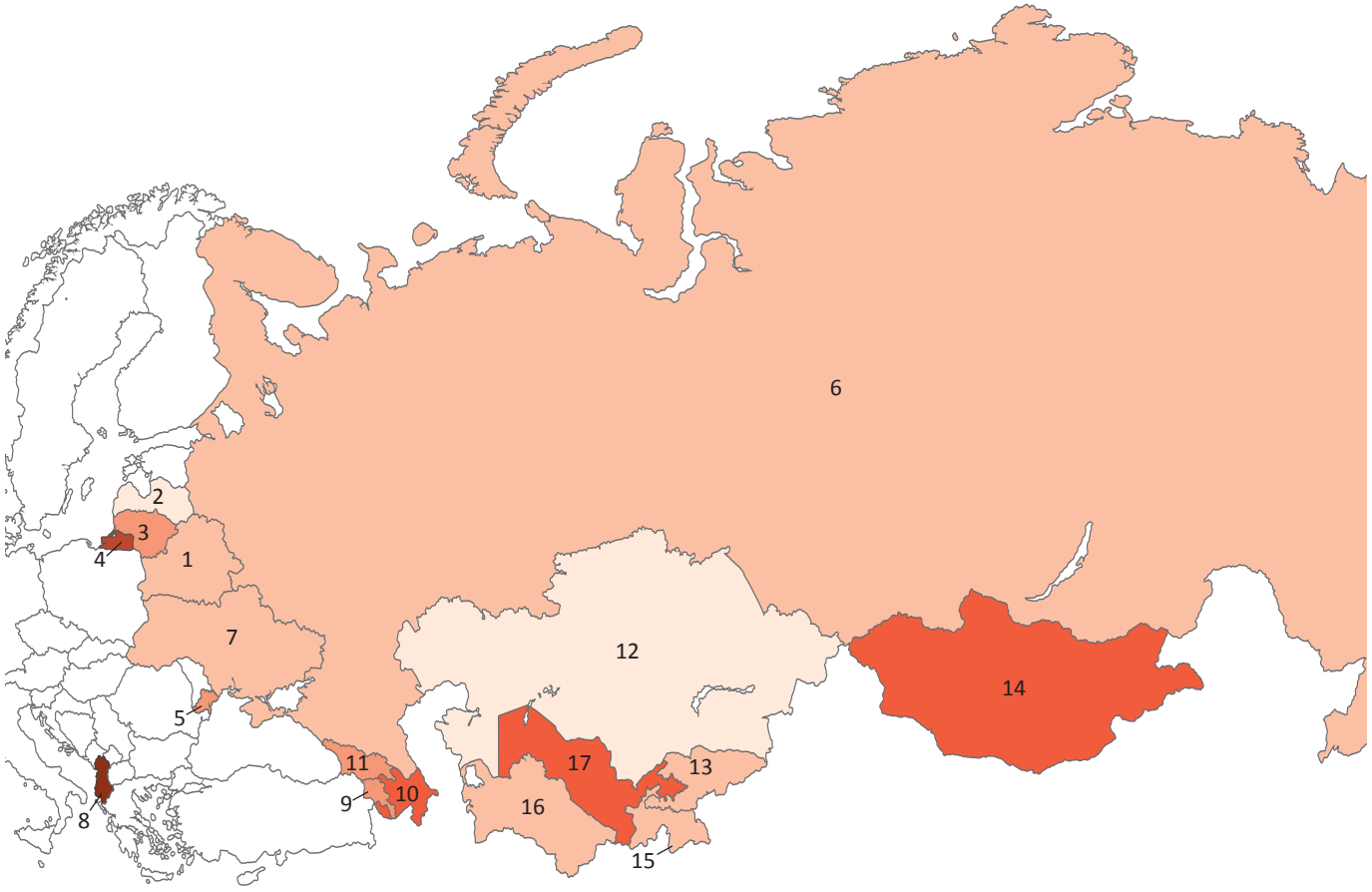


Figure 5. Change in CVD DALYs, 2000-2016, Eastern Europe and Central Asia

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



Percent Change

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

EASTERN EUROPE

1. Belarus
2. Estonia
3. Latvia
4. Lithuania
5. Moldova
6. Russian Federation
7. Ukraine

CENTRAL ASIA

8. Albania
9. Armenia
10. Azerbaijan
11. Georgia
12. Kazakhstan
13. Kyrgyzstan
14. Mongolia
15. Tajikistan
16. Turkmenistan
17. Uzbekistan