

# FACT SHEET

## NON-COMMUNICABLE DISEASES AND INJURIES IN EUROPE AND EURASIA 2008

**Overview:** Non-communicable diseases and injuries (NCDIs) are not effectively managed within Eastern Europe and Eurasia<sup>1</sup> (E&E). NCDIs lead to disability and death an average of 20 years earlier than they do in the West. Especially due to the relatively long duration of many of these conditions, NCDIs adversely affect the broader economy and also have a major economic and social impact on the families of the affected individuals. There is considerable evidence that programs designed to prevent and manage NCDIs can be inexpensive and cost-effective, and can substantially improve the health of the population in the region.

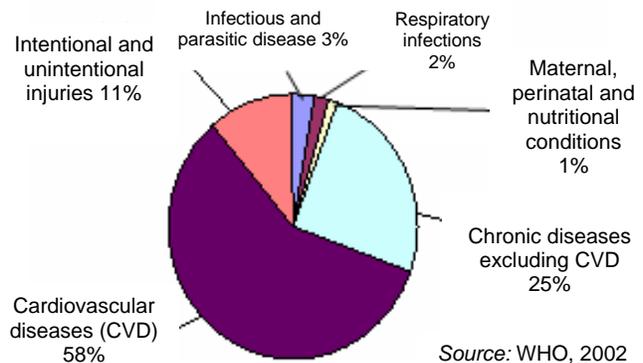
**USAID-supported primary health care programs in E&E** are increasingly promoting simple and cost-effective priorities such as regular screening for hypertension and reductions in smoking and alcohol use. USAID is advancing the issue of NCDIs in the region and globally, and advocating that NCDI prevention and management programs can be successfully applied within low-resource settings.

### NCDI Key Statistics

	E&E	EU-15
Life expectancy at birth	70.6	79.9
Healthy life expectancy at birth*	61.8	71.3
Probability of dying between 15-60 years (per 1,000)	185.6	79.9
Age-standardized mortality rate for cardiovascular disease (per 100,000)*	524.5	185

\* No data available for Serbia or Montenegro  
Source: WHOSIS, 2008 (most recent data available used for each indicator)

**Figure 1. Causes of death in E&E Region**



### Important NCDI Issues in Europe and Eurasia

- Estimates show that by 2015 Russia will be losing approximately 5% of its GDP from deaths due to inadequate treatment of heart disease, stroke and diabetes (WHO, 2005).
- Among women ages 15-29 in the E&E region, injuries account for approximately 44% of deaths, cardiovascular diseases account for 11%, and maternal conditions for less than 4% (WHO, 2002)
- Road traffic injury is the sixth leading cause of Disability Adjusted Life Year (DALY) losses in Eastern Europe and the leading cause of death worldwide among youth ages 10-24 (WHO, 2002).
- Alcohol consumption is a major factor in 40–60% of all injury deaths in the E&E region. (USAID/Johns Hopkins, 2006)

<sup>1</sup> Countries include Eastern Europe and the Former Soviet Union. Though several countries are now EU members and the Central Asian Region is now managed through USAID's Asia Bureau, the 28 countries are tracked for comparisons and trends.



## Examples of USAID NCDI Programs

- In Russia, the USAID Maternal and Child Health Initiative is effectively reducing hypertension in pregnant women, one of the major contributors to maternal death. Between 2003 and 2007, the rate of hypertension fell from 28 percent to 7 percent, thanks to the project.  
*Implementer John Snow, Inc.*



**Figure 2. A group of Uzbek family doctors learn how to interpret EKG results. Photo Credit: Zdrav Plus**

- A new USAID-funded project will seek to create a replicable program to address the main causes of mortality and morbidity of women between the ages of 15 and 44 in the region. This public-private partnership will promote the health and well-being of women during their main reproductive and working years through integrated primary health care, promoting cost-effective interventions, increasing consumer empowerment, and emphasizing prevention over treatment.
- Another new USAID initiative will support programs addressing road safety, which is one of the areas of growing health concern in E&E, and a neglected development issue. Programming will seek to reduce injuries and fatalities through cost-effective, proven interventions such as crash data collection and analysis, targeted road improvements, seatbelt campaigns and other awareness measures, and pre-hospital emergency care.

## USAID NCDI Success Stories

- A cardiovascular disease program in Tula, Russia decreased hospital hypertension treatment costs by 41%, primary care hypertension management costs by 39%, and the overall cost of care for hypertensive patients by 23%.
- In the Mtskheta-Mtianeti region of Georgia, the distribution of inexpensive drugs to patients with high blood pressure led to average decreases in systolic and diastolic pressure levels of 12% and 10%, respectively.
- A Diabetes Education Center in Dubna, Russia, reduced the average length of stay for patients hospitalized with diabetes-related conditions from 33 days to 20 days, and decreased the average levels of insulin use among its patients.
- Patients who participated in an asthma program in Sarov, Russia, had fewer symptoms, emergency visits, hospitalization, and lost school- and workdays.
- USAID/Macedonia developed anti-smoking TV campaigns through in-kind, in-country contributions.
- Conducted with the Global Road Safety Partnership, Poland's Black Spot Treatment program created highly conspicuous warning signs for the most dangerous areas of roads. In these areas, crashes decreased by 35%, 23% reduction in the number killed and 28% fewer injuries.