



FACT SHEET

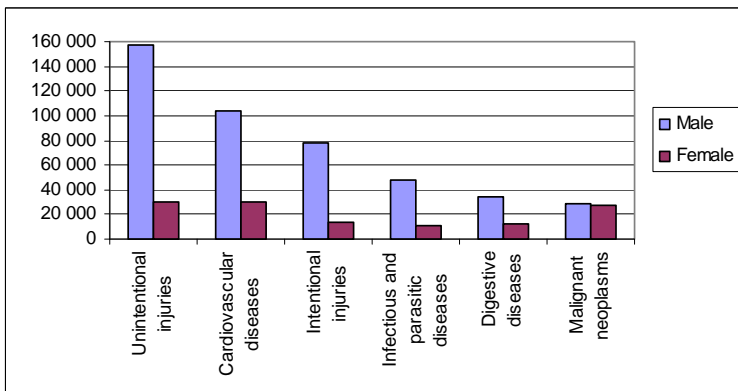
NON-COMMUNICABLE DISEASES AND INJURIES IN EUROPE AND EURASIA 2010

Overview: Non-communicable diseases and injuries (NCDs) are the leading cause of morbidity and mortality in the Eastern Europe and Eurasia (E&E) region. NCDs contribute to 93% off all deaths and lead to disability and death an average of 20 years earlier than they do in Western Europe. Due to the long duration of many of these conditions, NCDs have significant economic and social repercussions on the families of the affected individuals. There is considerable evidence that programs designed to prevent and manage NCDs can be inexpensive and cost-effective, and can substantially improve the health of the population in the region.

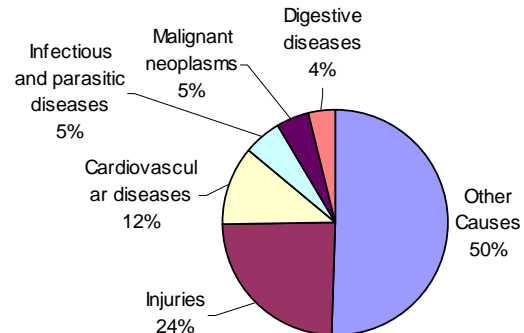


USAID-supported primary health care programs in E&E are increasingly promoting simple and cost-effective interventions such as regular screening for hypertension and reductions in smoking and alcohol use. USAID is advancing the issue of NCDs in the region and globally, and advocating that NCDI prevention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

Causes of Mortality in E&E Region By Sex, Ages 15-44



Causes of Mortality in E&E Region, Ages 15-44



WHO 2004

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 15-44** in the E&E region, injuries account for approximately 29% of deaths, cardiovascular diseases account for 20%, and cancers account for 18% (WHO, 2004)
- **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 15 - 44 (WHO, 2009).
- **Alcohol consumption** is a major factor in 40–60% of all injury deaths in the E&E region. (USAID/Johns Hopkins, 2006)



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 in project sites, thanks to the project. *Implementer: JSI Research & Training Institute, Inc.*
- *Survive*, a public private partnership in the Republic of Georgia is increasing awareness of cervical and breast cancer as well as improving access to screening and promoting early detection of cancerous cells. *Implementer: JSI Research & Training Institute, Inc.*
- In the Republic of Georgia, a public private partnership is addressing road safety through promoting: road safety curriculum in the school system, legislation to mandate seatbelt use and behavior change campaigns. *Implementer: Partnership for Road Safety*
- The USAID E&E regional program is conducting a baseline study on knowledge, attitudes, and practices surrounding NCDs through an audit of medical records, clinical guidelines, and surveys of women aged 15-44 and health care providers. *Implementer: University Research Corp.*
- Through a public private partnership in Armenia, the Armenian American Wellness Center (AAWC) is increasing access to quality cancer screening services for women. The AAWC also provides a range of primary health care services including reproductive health care. *Implementer: AAWC*



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

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 effective 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%; there was a 23% reduction in mortality and 28% fewer injuries.