



THE IMPACT OF CHRONIC DISEASE IN THE RUSSIAN FEDERATION

Chronic diseases are the major cause of death and disability worldwide

Facts:

- In the Russian Federation, chronic diseases are projected to account for 81% of all deaths (see chart, right).
 - Total projected deaths in the Russian Federation, 2005 = 2,424,000.
 - Total projected deaths due to chronic disease in the Russian Federation, 2005 = 1,956,000.

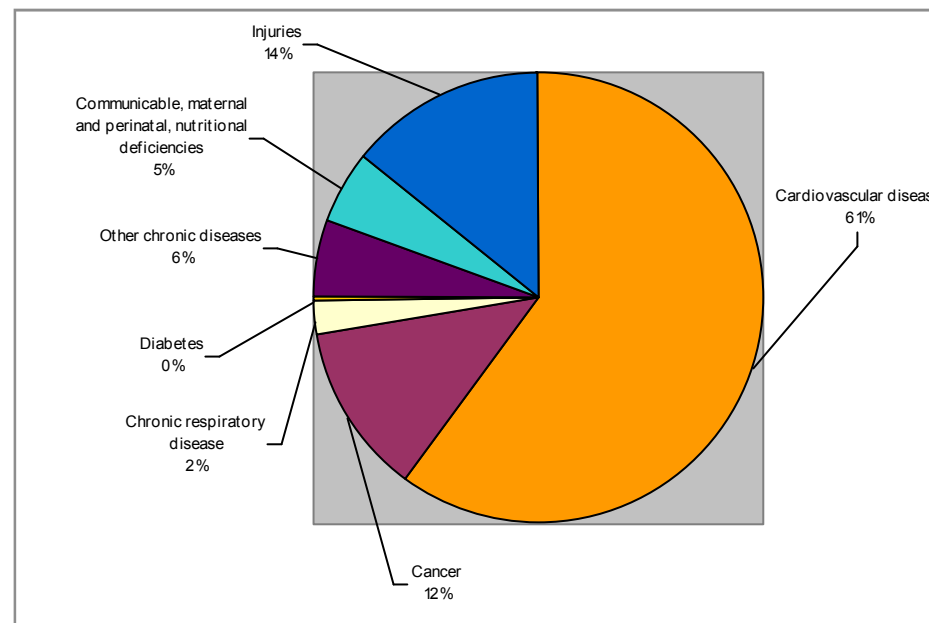
WHO projects that over the next 10 years in the Russian Federation:

- Over 19 million people will die from a chronic disease.

Note:

The data presented in this information sheet were estimated by WHO using standard methods to maximize cross-country comparability. They are not necessarily the official statistics of WHO Member States.

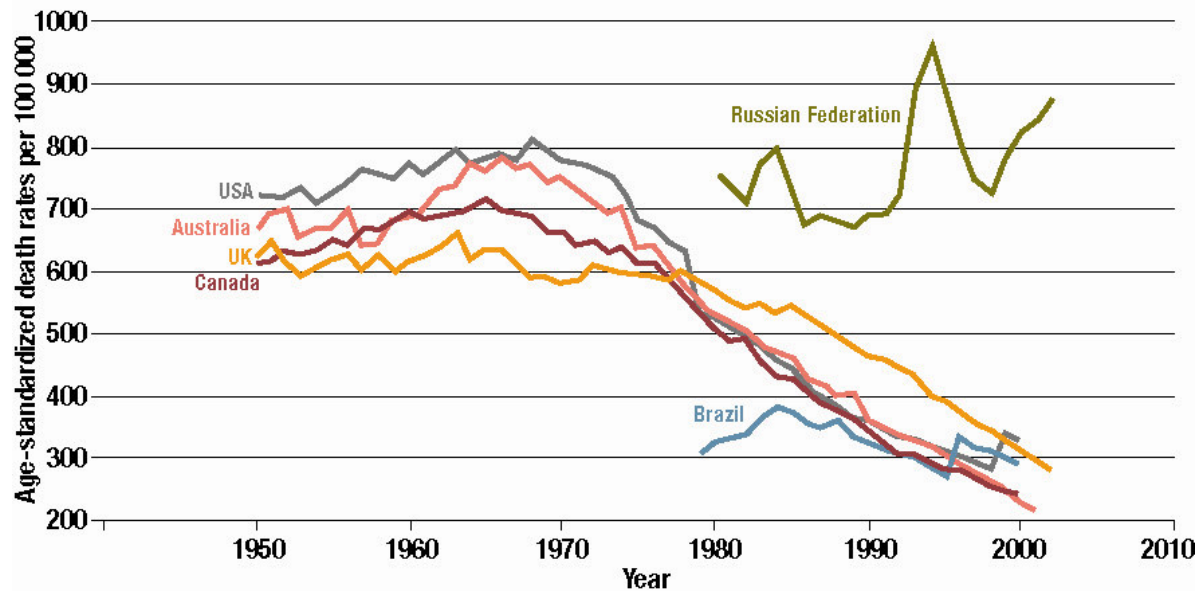
Projected deaths by cause, all ages, Russian Federation, 2005



Facts:

- Between 1950 and 2002, the heart disease death rates in the Russian Federation remained the same or increased.
- In countries where effective programmes to reduce heart disease death rates were introduced – including Australia, Canada, the United Kingdom and the United States – death rates from cardiovascular diseases decreased dramatically (see below).

Heart disease death rates among men aged 30 years and over, 1950–2002



Economic impact:

- Chronic diseases create large adverse - and underappreciated - economic effects on families, communities and countries.
- In 2005 alone, it is estimated that the Russian Federation will lose 11 billion dollars in national income from premature deaths due to heart disease, stroke and diabetes.
- These losses are projected to continue to increase: cumulatively, the Russian Federation stands to lose 303 billion dollars over the next 10 years from premature deaths due to heart disease, stroke and diabetes.¹

Solutions:

- At least 80% of premature heart disease, stroke and type 2 diabetes, and 40% of cancer could be prevented through healthy diet, regular physical activity and avoidance of tobacco products.
- Cost-effective interventions exist, and have worked in many countries: the most successful strategies have employed a range of population-wide approaches combined with interventions for individuals.
- WHO estimates that an additional 2% annual reduction in national-level chronic disease death rates in the Russian Federation over the next 10 years would result in an economic gain of 20 billion dollars for the country.

¹The estimates are reported in international dollars to account for differences in purchasing power between countries. An international dollar is a hypothetical currency that is used as a means of translating and comparing costs from one country to the other using a common reference point, the US dollar. An international dollar has the same purchasing power as the US dollar has in the United States.