Iran (Islamic Republic of)

2010 total population: 73 973 630
Income group: Lower middle

### NCD mortality

<table>
<thead>
<tr>
<th>2008 estimates</th>
<th>males</th>
<th>females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total NCD deaths (000s)</td>
<td>163.5</td>
<td>118.2</td>
</tr>
<tr>
<td>NCD deaths under age 60 (percent of all NCD deaths)</td>
<td>24.0</td>
<td>24.2</td>
</tr>
<tr>
<td>Age-standardized death rate per 100 000</td>
<td>661.2</td>
<td>506.7</td>
</tr>
<tr>
<td>All NCDs</td>
<td>41.8</td>
<td>28.8</td>
</tr>
<tr>
<td>Cardiovascular diseases and diabetes</td>
<td>428.5</td>
<td>348.0</td>
</tr>
</tbody>
</table>

### Proportional mortality (% of total deaths, all ages)

- **CVD** 45%
- **Communicable, maternal, perinatal and nutritional conditions** 13%
- **Other NCDs** 10%
- **Diabetes** 2%
- **Respiratory diseases** 4%
- **Cancers** 12%
- **Injuries** 14%

NCDs are estimated to account for 72% of all deaths.

### Behavioural risk factors

<table>
<thead>
<tr>
<th>2008 estimated prevalence (%)</th>
<th>males</th>
<th>females</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current daily tobacco smoking</td>
<td>19.4</td>
<td>1.1</td>
<td>10.4</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>25.2</td>
<td>46.5</td>
<td>35.7</td>
</tr>
</tbody>
</table>

### Metabolic risk factors

<table>
<thead>
<tr>
<th>2008 estimated prevalence (%)</th>
<th>males</th>
<th>females</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raised blood pressure</td>
<td>35.8</td>
<td>31.7</td>
<td>33.7</td>
</tr>
<tr>
<td>Raised blood glucose</td>
<td>7.8</td>
<td>8.9</td>
<td>8.3</td>
</tr>
<tr>
<td>Overweight</td>
<td>46.0</td>
<td>56.8</td>
<td>51.4</td>
</tr>
<tr>
<td>Obesity</td>
<td>12.4</td>
<td>26.5</td>
<td>19.4</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>48.8</td>
<td>54.7</td>
<td>51.7</td>
</tr>
</tbody>
</table>

### Metabolic risk factor trends

- **Mean systolic blood pressure**
  - 1980: 131
  - 2008: 121

- **Mean body mass index**
  - 1980: 20
  - 2008: 24

- **Mean fasting blood glucose**
  - 1980: 4.6
  - 2008: 5.6

- **Mean total cholesterol**
  - 1980: 4.4
  - 2008: 5.4

### Country capacity to address and respond to NCDs

- Has a Unit / Branch / Dept in MOH with responsibility for NCDs: Yes
- Has an integrated or topic-specific policy / programme / action plan which is currently operational for:
  - Cardiovascular diseases: Yes
  - Cancer: Yes
  - Chronic respiratory diseases: No
  - Diabetes: Yes
  - Alcohol: No
  - Unhealthy diet / Overweight / Obesity: No
  - Physical inactivity: Yes
  - Tobacco: Yes
- National health reporting system includes:
  - NCD cause-specific mortality: Yes
  - NCD morbidity: No
  - NCD risk factors: Yes
- Has a national, population-based cancer registry: Yes
- Number of tobacco (m)POWER measures implemented at the highest level of achievement: 4/5