ESTONIA

RISK OF PREMATURE DEATH DUE TO NCDs (%)

PROPORTIONAL MORTALITY

- 51% Cardiovascular diseases
- 12% Other NCDs
- 26% Cancers
- 3% Communicable, maternal, perinatal and nutritional conditions
- 2% Chronic respiratory diseases
- 1% Injuries

NCDs are estimated to account for 93% of all deaths.

76 100 LIVES CAN BE SAVED BY 2025 BY IMPLEMENTING ALL OF THE WHO "BEST BUYS"

MORTALITY

<table>
<thead>
<tr>
<th>NATIONAL TARGET SET</th>
<th>DATA YEAR</th>
<th>MALES</th>
<th>FEMALES</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Premature mortality from NCDs ✓</td>
<td>Total NCD deaths</td>
<td>2016</td>
<td>6 500</td>
<td>7 700</td>
</tr>
<tr>
<td>Risk of premature death between 30-70 years (%)</td>
<td>2016</td>
<td>25</td>
<td>10</td>
<td>17</td>
</tr>
<tr>
<td>Suicide mortality -</td>
<td>Suicide mortality rate (per 100 000 population)</td>
<td>2016</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

RISK FACTORS

- Harmful use of alcohol ✓ | Total alcohol per capita consumption, adults aged 15+ (litres of pure alcohol) | 2016 | 19 | 5 | 12 |
- Physical inactivity ✓ | Physical inactivity, adults aged 18+ (%) | 2016 | 30 | 38 | 34 |
- Salt/Sodium intake X | Mean population salt intake, adults aged 20+ (g/day) | 2010 | 11 | 10 | 10 |
- Tobacco use ✓ | Current tobacco smoking, adults aged 15+ (%) | 2016 | 38 | 20 | 29 |
- Raised blood pressure X | Raised blood pressure, adults aged 18+ (%) | 2015 | 38 | 31 | 34 |
- Diabetes X | Raised blood glucose, adults aged 18+ (%) | 2014 | 9 | 10 | 9 |
- Obesity ✓ | Obesity, adults aged 18+ (%) | 2016 | 22 | 25 | 24 |
- Obesity, adolescents aged 10-19 (%) | 2016 | 6 | 4 | 5 |
- Ambient air pollution - | Exceedance of WHO guidelines level for annual PM2.5 concentration (proportion)° | 2016 | - | - | - |
- Household air pollution - | Population with primary reliance on polluting fuels and technologies (%) | 2016 | - | - | 7 |

SELECTED ADULT RISK FACTOR TRENDS

CURRENT TOBACCO SMOKING

OBSERVATIONS

RAISED BLOOD PRESSURE

NATIONAL SYSTEMS RESPONSE

- Drug therapy to prevent heart attacks and strokes X
  - Proportion of population at high risk for CVD or with existing CVD (%)
  - Proportion of high risk persons receiving any drug therapy and counselling to prevent heart attacks and strokes (%)
  - Proportion of primary health care centres reported as offering CVD risk stratification
  - Reported having CVD guidelines that are utilized in at least 50% of health facilities
- Essential NCD medicines and basic technologies to treat major NCDs X
  - Number of essential NCD medicines reported as "generally available"
  - Number of essential NCD technologies reported as "generally available"

= no data available
* not exceeding

2016 TOTAL POPULATION: 1 312 000
2016 TOTAL DEATHS: 15 000