

North Africa & Middle East



The North Africa and Middle East region has a young population with an average life expectancy at birth of about 74 years on average (Table 1). The proportion of the population living in cities varies substantially among countries in the region.

Table 1. Summary regional Indicators for North Africa and Middle East countries, 2010

Country Indicator	Median among countries	Range among countries
Life expectancy (years)	74.2	62.5 – 79.3
Population ≥65 years of age (%)	3.4	0.3 – 8.4
Urban population (%)	73.2	31.7 – 98.7
Physicians per 1,000 people	1.52	0.2 – 3.54
Nurses or midwives per 1,000	2.76	0.64 – 7.37

Ischaemic heart disease is the leading CVD cause of disease burden in North African and the Middle East. Increases in disability-adjusted life years (DALYs) occurred for almost all CVDs since 1990, with almost two-fold relative increases in peripheral vascular disease and atrial fibrillation. Decreases in DALYs lost from 1990 to 2010 were estimated for endocarditis and rheumatic heart disease.

Figure 1. Number of DALYs due to CVD, North Africa and Middle East, both sexes, 1990 and 2010

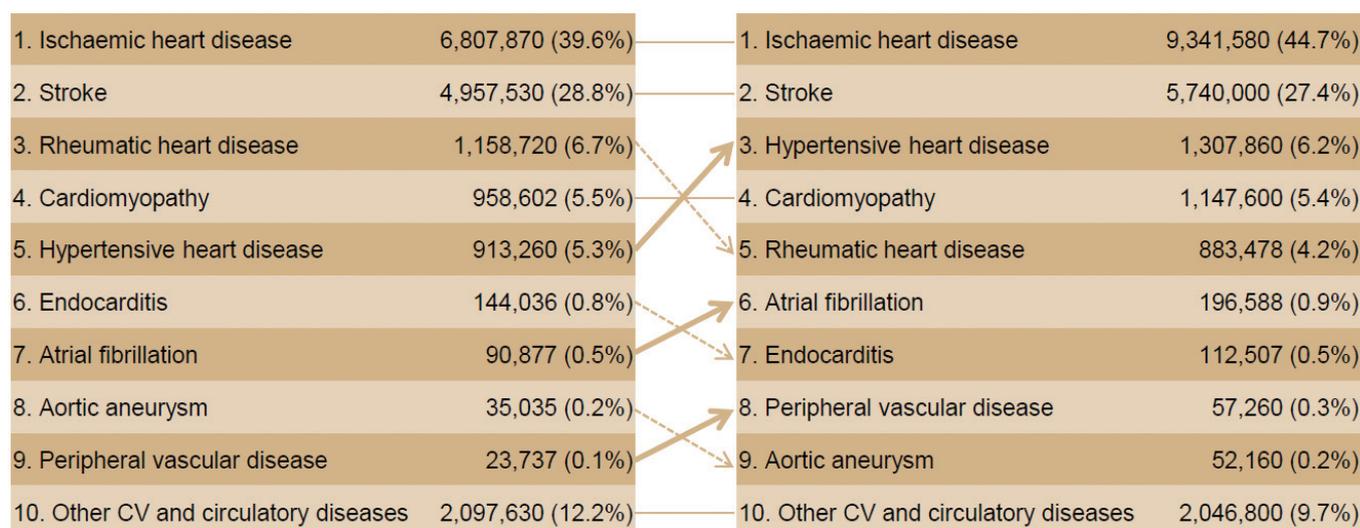
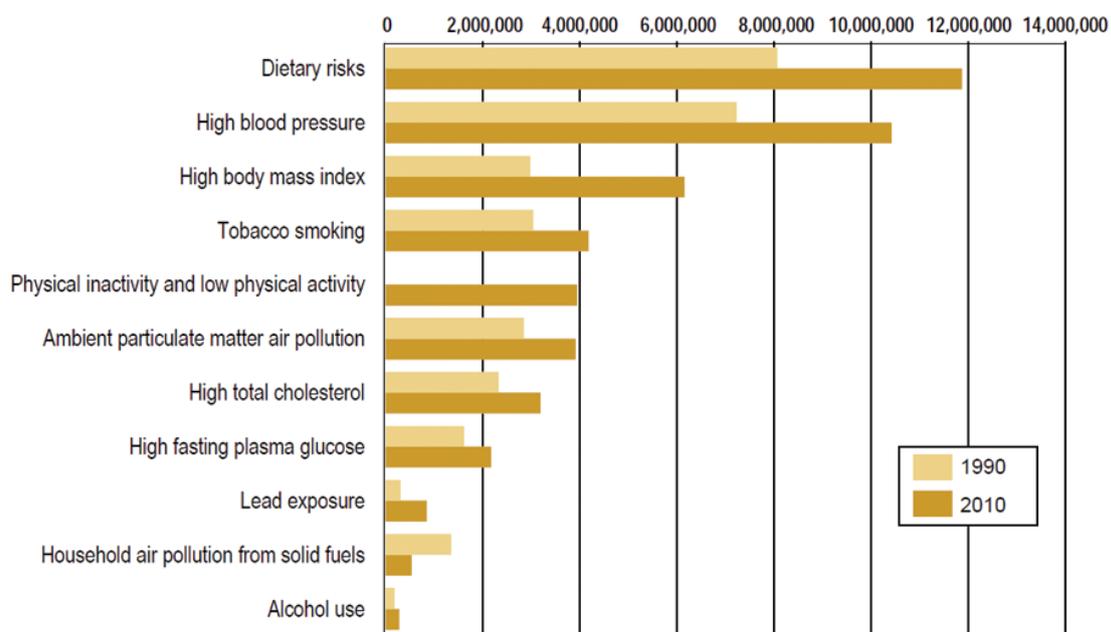


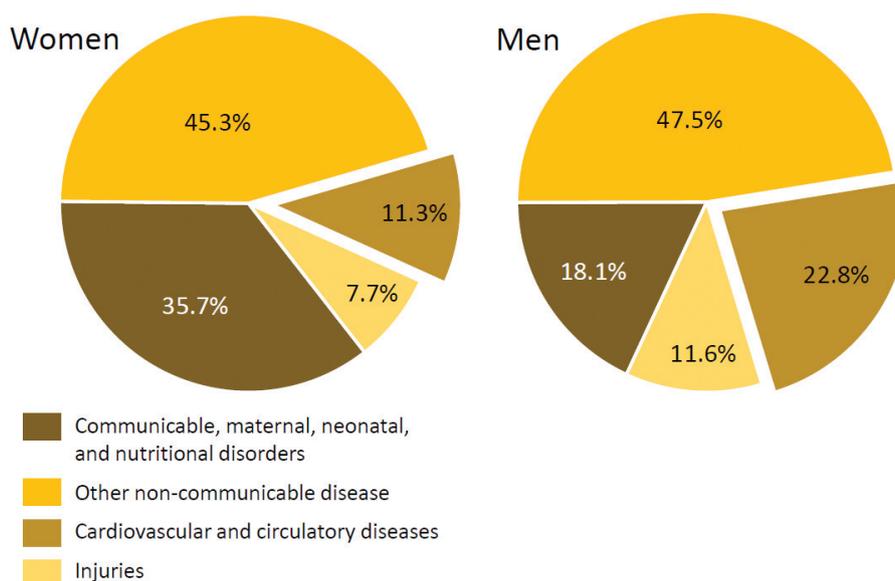
Figure 2. Number of DALYs due to CVD risk factors, North Africa and Middle East, both sexes, 1990 and 2010*



*Note that DALYs attributed to risk factors overlap, that is, the sum for all CVD causes is > total CVD DALYs in CVD causes worksheet, risk factor DALYs > 100% real total.

CVD burden attributed to high blood pressure, dietary risks, high cholesterol, and high body mass index all increased markedly since 1990 (Figure 2). In 2010, about 23% of total DALYs were attributed to CVD in men, and about 11% were attributed to CVD in women (Figure 3).

Figure 3. DALYs by cause, North Africa and Middle East, 2010



Disability-adjusted life years (DALYs) lost due to CVD per 100,000 people varied by up to seven fold among the countries of North Africa and the Middle East in 2010 (Figure 4). Egypt had the highest 2010 DALYs per 100,000 at 7,420 (95% uncertainty interval 6,883 to 7,757). In the overall region age standardized and absolute CVD DALYs per 100,000 decreased between 1990 and 2010 (by 28% and 18%, respectively). The absolute CVD DALY rate increased markedly in Kuwait (28%). CVD burden rates may have increased slightly in Egypt and Libya (about 5% and 6%, Figure 5), but these estimates were based on limited data.

The Atlas of CVD reports point estimates. Trends may not be statistically significant. Uncertainty intervals for all point estimates should be considered and are available at <http://viz.healthmetricsandevaluation.org/gbd-compare/>.

Figure 4. 2010 DALYs by country, North Africa and Middle East

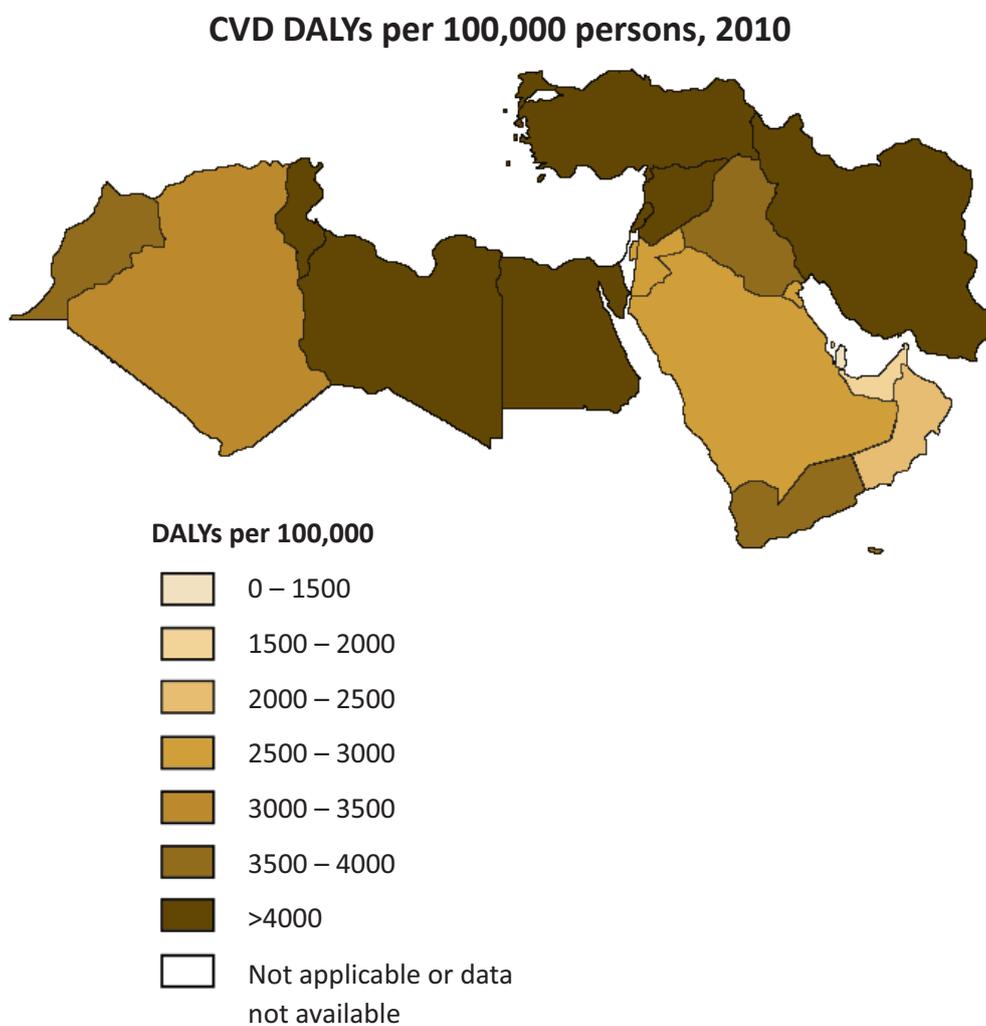


Figure 5. Change in CVD DALYs, 1990-2010, North Africa and Middle East

Percent change in CVD DALYs per 100,000 between 1990 and 2010

