

Core Health Indicators in the WHO European Region



Preface

I am pleased to present the second edition of one of our key publications, presenting the core health indicators for the WHO European Region. Health in the Region continues to improve in several areas: life expectancy is steadily increasing; child and maternal health are continuously improving, and the burden of some noncommunicable and communicable diseases is declining in many countries. New health technologies, more integrated health care, stronger public health practice and programmes, improved reporting and surveillance of health events and new, more inclusive policies have all contributed to these changes. Nevertheless, this is no time for complacency; important challenges remain: more adequately addressing health inequities, the social determinants of health and common risk factors such as tobacco, poor nutrition and physical inactivity. Other problems – the continuing financial and economic crises in many countries in the Region, social unrest, natural disasters and disease outbreaks or re-emergence – necessitate the continuous monitoring of health trends.

To protect past achievements and foster further progress, WHO's European Member States approved Health 2020, a policy framework to support action for health and well-being in Europe, including a set of targets, in 2012. Within the Health 2020 framework, Member States confirmed that timely and high-quality health information is essential to monitor trends and evaluate policy. *Core health indicators in the WHO European Region 2013* contributes to these efforts by providing basic country and Region-wide information that is collected annually from WHO Member States. The WHO Regional Office for Europe is committed to continuing this work.

Following the example of previous editions, *Core health indicators in the WHO European Region 2013* presents comparable key health statistics on

demographic and socioeconomic factors, health status, risk factors and health systems. Its special theme is noncommunicable diseases (NCDs), to which additional subsets of indicators have been dedicated. NCDs remain the leading cause of premature death, disease and disability in the WHO European Region. The publication also includes figures and tables illustrating country trends in cardiovascular disease mortality, child overweight and obesity as one of its risk factors and Member States' work to limit the effects of risk factors.

Monitoring NCDs is an important task in reaching key Health 2020 targets, and thus for implementing and evaluating the new European health policy. This process is further supported by the global monitoring framework on NCDs adopted by the World Health Assembly in May 2013. The global framework is expected to drive progress in prevention and control of NCDs and provide the foundation for advocacy, raising awareness, reinforcing political commitment and promoting global action.

The indicators on NCDs and their risk factors that are included in this succinct indicator list show the diversity and magnitude of the challenges for public health in Europe, as well as some positive trends in mortality.

We at the WHO Regional Office for Europe are pleased to present this leaflet to you, and look forward to continued work with countries to support the generation of high-quality health information for monitoring progress in implementing Health 2020 and reaching its NCDs targets.

Zsuzsanna Jakab

WHO Regional Director for Europe

Demographic and socioeconomic context

	1	2	3	4	5	6	7	8	9	10
	Mid-year population (thousands)	Population aged ≥ 65 years (% of total)	Total fertility rate	Natural population growth per 1000	Urban population (%)	Crude death rate per 1000 population	Unemployment rate (%)	Real GDP, PPP\$ per capita	Annual growth rate of GDP (%)	Life expectancy at birth (years)
Country	2012	2011	2011	2011	2010	2011	2011	2011	2012	2011
Albania	3227	1.6	52					8866	0.8	
Andorra	68	1.2	88						3.6e	
Armenia	3107	10.3 d	1.5	4.7	64	8.6	6.2	5789	7.1	73.9 d
Austria	8418	17.7	1.4	0.2	68	9.1	4.2	42 173	0.8	81.3
Azerbaijan	9418		2.4 a		52		0.9 c	10 062	4.5	
Belarus	9537	13.9 c	1.5	-2.5 d	75	14.0 d	0.6	14 938	1.5	70.6 d
Belgium	10 770	17.1 d	1.8 d	2.2 d	97	9.6 d	7.1	38 723	-0.3	80.3 d
Bosnia and Herzegovina	3747	15.1	1.2	-0.8	49	9.1	27.6	9076	-0.7	76.7
Bulgaria	7401	18.7	1.5	-5.1	71	14.7	11.2	15 083	0.8	74.3
Croatia	4389	17.2	1.4	-2.2	58	11.6	13.4	19 487	-2.0	77.3
Cyprus	862	12.8	1.4	4.9	70	6.3	7.7	32 254	-2.4	81.7
Czech Republic	10 548	15.9	1.4	0.2	74	10.2	6.7	26 332	-1.3	78.1
Denmark	5589	17.1	1.8	1.8	87	9.4	7.6	40 933	-0.5	80.1
Estonia	1340	17.1	1.5	-0.4	69	11.4	12.5	21 997	3.2	76.6
Finland	5397	17.8	1.8	1.8	85	9.4	7.8	37 455	-0.2	80.8
France	63 418	16.7 d	2.0 c	4.1 d	85	8.6 d	9.3	35 247	0.0	81.8 d
Georgia	4306	13.8 c	1.7	2.2 c	53	10.7 c		5465	6.0	74.7 c
Germany	81 964	20.6	1.4	-2.1	74	10.4	5.9	39 456	0.7	80.6 c
Greece	11 419	19.5	1.5 d	-0.4	61	9.8	17.7	25 858	-6.4	80.9
Hungary	9947	16.8	1.2	-4.1	68	12.9	10.9	21 661	-1.7	75.2
Iceland	328	11.8 d	2.0	7.8 d	93	6.3 d	7.1	36 483	1.6	81.9 d
Ireland	4580	11.1 c	2.0	10.2 c	62	6.1 c	14.4	40 868	0.9	80.8 c
Israel	7673	10.1	3.0	16.2 c	92	5.2 c	5.6	28 809	4.7 b	82.2 c
Italy	60 820	20.3 c	1.4 e	-0.5 c	68	9.7 c	8.4	32 672	-2.4	82.5 c
Kazakhstan	16 407	6.7 c	2.6	13.6 c	59	8.9 c	5.4	13 099	5.0	68.6 c
Kyrgyzstan	5464	4.5 c	3.1	20.5 c	35	6.6 c	2.5	2402	-0.9	69.5 c
Latvia	2234	17.4 c	1.3	-4.5 c	68	13.4 c	16.2	18 951	5.6	73.7 c
Lithuania	3296	16.3 c	1.6	-2.1 c	67	12.8 c	15.4	21 480	3.7	73.6 c
Luxembourg	531	14.0 a	1.6 c	3.7	85	7.2	4.9	88 797	0.3	81.7
Malta	419	16.1	1.5	2.4	95	7.9	6.5	27 504	1.0	81.0
Monaco	38				100				10.0e	
Montenegro	633	12.9 d	1.7	2.3 d	61	9.3 d	19.7	13 432	0.5	75.6 d
Netherlands	16 695	15.9	1.8	3.0	83	8.1	4.4	42 779	-1.0	81.2 c
Norway	4951	15.3	1.9	3.8	79	8.3	3.2	60 392	3.1	81.5
Poland	38 315	13.6	1.3	0.3	61	9.8	12.5	21 085	1.9	77.0
Portugal	10 686	19.2 a	1.4 c	-0.6	61	9.8	12.7	25 564	-3.2	80.9
Republic of Moldova	3560	9.9 c	1.3	-0.0 a	47	11.1 a	3.6	3369	-0.8	71.1 a
Romania	21 397	14.9 c	1.3 c	-2.2 c	57	12.1 c	7.4	15 983	3.7	73.8 c
Russian Federation	142 668	12.8		-1.9 c	73	14.2 c	6.6	21 921	3.4	69.0 c
San Marino	29		1.5		94		4.8		1.9e	
Serbia	7259	16.8	1.4	-5.1	56	14.2	23.6	11 887	-1.7	74.6
Slovakia	5478	12.4 c	1.5	1.3 c	55	9.8 c	13.5	24 095	2.0	75.7 c
Slovenia	2040	16.6 c	1.6	1.5 c	50	9.1 c	8.2	26 943	-2.3	80.0 c
Spain	46 657	17.2	1.4	1.8	77	8.4	21.6	32 087	-1.4	82.5
Sweden	9478	18.3 c	1.9	2.2 c	85	9.7 c	7.6	41 484	0.7	81.8 c
Switzerland	7724	16.9 c	1.5	2.3 c	74	8.0 c	4.1	51 227	1.0	82.8 c
Tajikistan	7086				26				2324	8.0
MKD*	2066	11.7 c	1.5	2.5 c	59	9.3 c	31.4	11 561	-0.3	75.1 c
Turkey	74 547	7.3	2.0	11.5	70	5.1	9.8	17 110	2.2	74.5
Turkmenistan	5164				50				9420	11.1
Ukraine	44 992	15.3	1.5	-3.6	69	14.6	8.1 c	7208	0.2	71.1
United Kingdom	62 807	16.6 c		4.0 c	80	9.0 c	8.0	35 598	0.3	80.8 c
Uzbekistan	28 125		2.2		36				3287	8.2
WHO European Region	899 020	15.3	1.6	1.5	70	10.5	8.8	25 800	76.7	

* The former Yugoslav Republic of Macedonia

GDP = gross domestic product

PPP = purchasing power parity

Note: a=2012 b=2011 c=2010 d=2009 e=2008

Noncommunicable diseases and risk factors

	49	50	51	52	53	54	55	56	57	58
	RISK FACTORS				NATIONAL SYSTEMS RESPONSE					
	Tobacco		Alcohol		Overweight and obesity		Tobacco		Alcohol	
	Age-standardized prevalence (%) of current tobacco smoking** among adults ≥ 15 years	Prevalence (%) of current*** tobacco smoking among adolescents	Yearly consumption per adult ≥ 15 years (litres of pure alcohol equivalent)	Age-standardized prevalence (%) among adults ≥ 20 years	Price of most sold brand of cigarette in Intl. dollars (pack of 20)	Taxes**** as % of price	Excise tax as % of total retail price for 1 litre of pure alcohol			
	Males	Females	Males	Females	Overweight BMI≥25	Obesity BMI≥30				
Country	2011	2011	2011	2011	2009	2008	2008	2012	2012	2008
Albania	48	5	17.6 d	6.3 d	5.2 f	54.2	21.1	3.2	60.7	
Andorra						11.8 f				
Armenia	47	2	11.0 c	1.4 c	3.5	55.1	23.4	2.7	25.0	17.7
Austria	46	47	25.2 c	29.3 c	12.2	49.6	18.3	5.2	74.2	
Azerbaijan	34	<1	11.4	2.1	1.5 f	57.4	24.7	2.0	18.6	
Belarus	50	11	31.2 f	21.7 f	13.8 f			2.4	42.5	2.6
Belgium	31	23			10.8 e	51.5	19.1	5.8	76.1	26.4
Bosnia and Herzegovina	44	27	14.3 e	9.4 e	13.5 e	57.6	24.2	3.5	74.8	
Bulgaria	48	31	24.4 e	31.6 e	10	54.3	21.4	6.1	83.6	
Croatia	36	30	26.7	27.0	10.1	53.2	21.3	4.6	71.0	7.0
Cyprus	41	18	20.7	7.5	8.4	55.9	23.4	4.9	75.9	
Czech Republic	40	32	28.0	33.1	15	61.7	28.7	5.0	77.6	24.0
Denmark	30	27	14.1 c	13.0 c	10.7	48.4	16.2	4.6	79.3	22.5
Estonia	43	21	22.0 c	16.3 c	12.5 c	51	18.9	5.2	76.9	15.6
Finland	27	20	4.0	6.0	10	53	19.9	5.0	79.9	37.9
France	39	32	20.4 c	20.3 c	12.3	45.9	15.6	6.8	79.9	5.7
Georgia	55	3	15.2 e	2.8 e	6			1.4	58.1	
Germany	35	25	11.1	12.4	11.7	54.8	21.3	6.3	73.0	
Greece	46	34	17.5 c	13.2 c	8.2	49.1	17.5	5.1	82.2	
Hungary	35	27	30.8 a	23.7 a	11.5	57.7	24.8	5.2	83.7	10.9
Iceland	19	18	8.8 c	6.8 c	7.5 f	56.4	21.9	7.4	57.0	38.5
Ireland					11.8 c	13.7 c	11.9 c	60.9	24.5	10.6
Israel	35	17	12.0 f	7.0 f	6.9	60.1	25.5	6.2	83.5	
Italy	31	18	19.4 c	21.6 c	7	49.2	17.2	5.8	75.2	
Kazakhstan	40	9	9.7 d	6.0 d	7 f	56.7	24.4	1.0	30.0	
Kyrgyzstan	45	2	6.8 e	2.2 e	5.5 f	46.6	17.2	1.1	65.8	0.3
Latvia	46	20	29.2	33.8	13.2 e	53.6	22.0	4.4	79.1	30.6
Lithuania	43	25	34.4 c	21.4 c	12.6	56.9	24.7	4.9	75.3	
Luxembourg	22	25	8.0 c	10.0 c	15.3	56.7	23.4	4.5	70.6	
Malta	31	20	23.0	20.0	7.7	61.6	26.6	7.0	76.9	1.0
Monaco						5.7 e	4.4 e	8.3		2.2
Montenegro										80.5
Netherlands	29	23	15.0 c	16.8 c	9.2	47.8	16.2	6.6	72.2	29.5
Norway	28	26	8.8 c	8.2 c	6.7	55	19.8	8.3	72.8	44.9
Poland	38	27	15.7 c	12.1 c	10.1	55.7	23.2	5.9	79.6	18.2
Portugal	30	15	11.4 c	10.1 c	11.4 f	55.3	21.6	6.1	76.0	6.2
Republic of Moldova	43	5	18.5 e	5.6 e	20.6 e	49.2	20.4	1.8	43.7	
Romania	38	18	25.2 c	15.4 c	12.7	48.6	17.7	6.1	73.3	1.4
Russian Federation	59	25	19.2 c	15.3 c	11.5 e	57.8	24.9	1.9	40.5	
San Marino					10.9 c	11.6 c				
Serbia	38	27	9.3 e	8.9 e	7.3	55.9	23.0	3.0	75.9	8.1
Slovakia	39	19	23.2	23.0	11.4			4.8	83.9	
Slovenia	28	21	13.3	20.3	11.9			4.6	80.1	12.5
Spain	33	27	14.8 c	22.6 c	11.4	58.2	24.1	5.6	79.3	
Sweden	25	24	12.6 c	15.3 c	7.4	50	16.6	5.6	73.8	25.4
Switzerland	31	22	18.7 c	15.0 c	10.2	44.3	14.9	4.8	62.2	10.2
Tajikistan					1.1 f	0.6 f	0.3 e	33.8	9.9	1.5
MKD*										30.8
Turkey	42	13	10.2 d	5.3 d	1.3	63.6	29.3	4.9	80.3	17.5
Turkmenistan						2.3 f	43.6	14.3	5.0	30.0
Ukraine	49	14	30.8 c	12.9 c	9.8 f	51.8	20.1	1.8	67.0	
United Kingdom	22	22	10.0 c	15.0 c	10.7	61.5	24.9	9.8	80.1	19.5
Uzbekistan	22	3	2.4 e	1.2 e	1.8 f	48.1	17.3	1.8	29.3	

* The former Yugoslav Republic of Macedonia ** Smoking of any form of tobacco, including cigarettes, cigars and pipes and excluding smokeless tobacco, at the time of the survey including daily and non-daily smoking. *** At least once in the past week. Data for Finland

apply to daily cigarette use. **** Excise taxes, import duties if applicable, value-added tax and other taxes not elsewhere specified.

Note: a=2012 b=2011 c=2010 d=2009 e=2008 f=2007 or earlier

BMI = body mass index

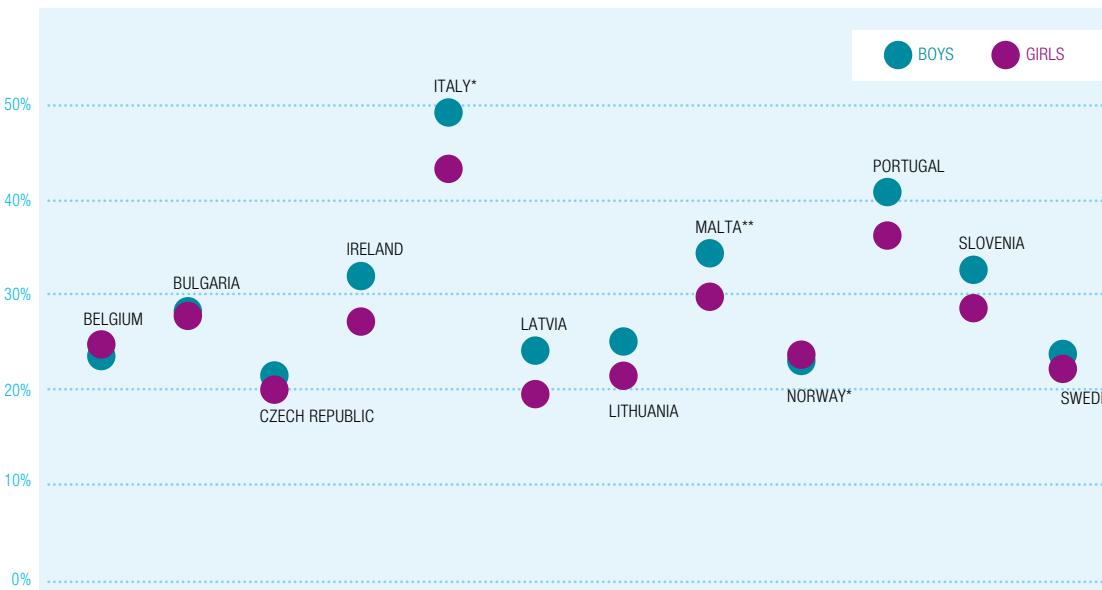
Trends in mortality from circulatory diseases

SDR, CIRCULATORY DISEASES, ALL AGES, PER 100,000, 1980–2015



Overweight and obesity among children

PREVALENCE OF OVERWEIGHT (INCLUDING OBESITY) AMONG 7-YEAR-OLDS, 2008



PREVALENCE OF OBESITY AMONG 7-YEAR-OLDS, 2008



* 8-year-olds ** 6-year-olds

Source: Wijnhoven TM et al. WHO European Childhood Obesity Surveillance Initiative 2008: weight, height and body mass index in 6–9-year-old children. *Pediatric Obesity*, 2013, 8(2):79–97.

Policies and action networks

	59	60	61	62	63	64	65	66
	TOBACCO POLICY			NUTRITION (Member States action networks)				
Country	Ratified WHO Framework Convention on Tobacco Control (FCTC)**	Signed Protocol to Eliminate Illicit Trade in Tobacco Products***	Childhood obesity surveillance	Reducing marketing pressure on children	Reducing salt intake in the population	School nutrition	Hospital nutrition	Obesity and health inequalities
Albania	•		•	•				
Andorra								
Armenia	•							
Austria	•							
Azerbaijan	•							
Belarus	•							
Belgium	•	•	•	•	•	•		
Bosnia and Herzegovina	•						•	•
Bulgaria	•		•	•	•	•	•	•
Croatia	•		•	•	•	•	•	
Cyprus	•		•	•	•	•	•	
Czech Republic	•		•			•	•	
Denmark	•			•	•	•	•	•
Estonia	•			•	•	•	•	
Finland	•			•	•	•	•	•
France	•	•		•	•	•	•	
Georgia	•			•	•	•	•	
Germany	•							
Greece	•	•	•	•	•	•	•	
Hungary	•		•	•	•	•	•	
Iceland	•							
Ireland	•		•	•	•	•	•	•
Israel	•			•	•	•	•	
Italy	•		•	•	•	•	•	•
Kazakhstan	•							
Kyrgyzstan	•							
Latvia	•		•	•	•	•	•	
Lithuania	•		•	•	•	•	•	
Luxembourg	•							
Malta	•		•	•	•	•	•	
Monaco								
Montenegro	•	•		•	•	•	•	
Netherlands	•			•	•	•	•	•
Norway	•		•	•	•	•	•	
Poland	•			•	•	•	•	
Portugal	•		•	•	•	•	•	
Republic of Moldova	•		•	•	•	•	•	
Romania	•		•	•	•	•	•	
Russian Federation	•			•	•	•	•	
San Marino	•							
Serbia	•			•	•	•	•	•
Slovakia	•							
Slovenia	•		•	•	•	•	•	•
Spain	•		•	•	•	•	•	
Sweden	•		•	•	•	•	•	
Switzerland			•	•	•	•	•	
Tajikistan	•							
MKD*	•		•	•	•	•	•	
Turkey	•	•	•	•	•	•	•	
Turkmenistan	•							
Ukraine	•							
United Kingdom	•			•	•	•	•	•
Uzbekistan	•			•	•	•	•	

• = Policies and action networks to which Member States are signed up * The former Yugoslav Republic of Macedonia

** Adopted by the World Health Assembly on 21 May 2003 and entering into force on 27 February 2005. *** Adopted on 12 November 2012 at the fifth session of the Conference of the Parties in Seoul, Republic of Korea, and currently open for signature by the Parties to the WHO FCTC.

Technical notes and sources

The data for the core health indicators were compiled, validated and processed in a standard way by WHO, the Organisation for Economic Co-operation and Development (OECD), EUROSTAT, other United Nations agencies and international networks, in order to improve the international comparability of the statistics. Nevertheless, many factors may influence the accuracy and comparability of national statistics, such as variation in definitions, incomplete registration, and other national specificities in data recording and processing. The international comparison of indicators should therefore always be interpreted with caution.

Four mortality-based indicators (life expectancy and rates for infant, child (under 5 years) and maternal mortality) are presented, based on official mortality data from countries.

Cause-specific mortality rates (indicators 15–21) are age-standardized death rates, calculated using the European standard population structure (see the European Mortality Database (<http://data.euro.who.int/hfamdb/help/mTechnical.htm>)). Age-standardization improves international comparability by removing the effects in mortality rates of intercountry differences in population age structures.

The proportion of ill-defined causes of death is used as an indication of the quality of the certification and coding of causes of death.

The bottom row in the data tables, the WHO European Region, gives the population-weighted average for all countries in the Region for which data are available. The exception is indicator 1, mid-year population, where the value is the sum of the countries' populations.

Indicators related to the Millennium Development Goals (MDGs) are indicated as such.

Data were retrieved from the WHO European Health for All Database (HFA-DB), unless specified in the tables. The range of data presented was limited to the years 2008–2012 for the sake of actuality and comparability.

Additional indicators and more detailed data can be found in the databases on the websites of the WHO Regional Office for Europe (<http://www.euro.who.int/en/what-we-do/data-and-evidence/databases>) and WHO headquarters (www.who.int).

Indicator	Data Source
1, 2, 3, 4	The national data reported by countries directly to WHO or, when unavailable, World population prospects: the 2010 revision, from the United Nations Department of Economic and Social Affairs, Population Division
3	Reports of the World Bank, the United Nations Development Programme and country statistical yearbooks
5	World urbanization prospects: the 2009 revision from the United Nations Department of Economic and Social Affairs, Population Division
7	Yearbook of labour statistics from the International Labour Organization, Department of Statistics
9	The World Development Indicators database of the World Bank
29	The WHO Global Health Observatory
28, 30	WHO estimates based on nationally reported data and data or estimates from the International Monetary Fund, the World Bank, the United Nations and OECD
32, 33	OECD Health Data
46, 47	Progress on sanitation and drinking-water, 2013 update from the WHO/UNICEF Joint Monitoring Programme for Water Supply and Sanitation
49–52, 56, 57	WHO report on the global tobacco epidemic, 2013: enforcing bans on tobacco advertising, promotion and sponsorship (Appendix IX, X, XI)
51, 52	Depending on the country, various studies with differing adolescent age groups: Global Youth Tobacco Survey (13–15 years), Health Behaviour in School-aged Children survey (15 years), national surveys and The European School Survey Project on Alcohol and Other Drugs (between 12 and 18 years)
54, 55, 58	The WHO Global Health Observatory
61–66	The WHO Regional Office for Europe website (http://www.euro.who.int), though information not necessarily available for certain participants

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