



***STATE OF PREVENTION AND CONTROL OF  
NOCOMMUNICABLE DISEASES AND INJURY IN  
REPUBLIC of TAJIKISTAN***



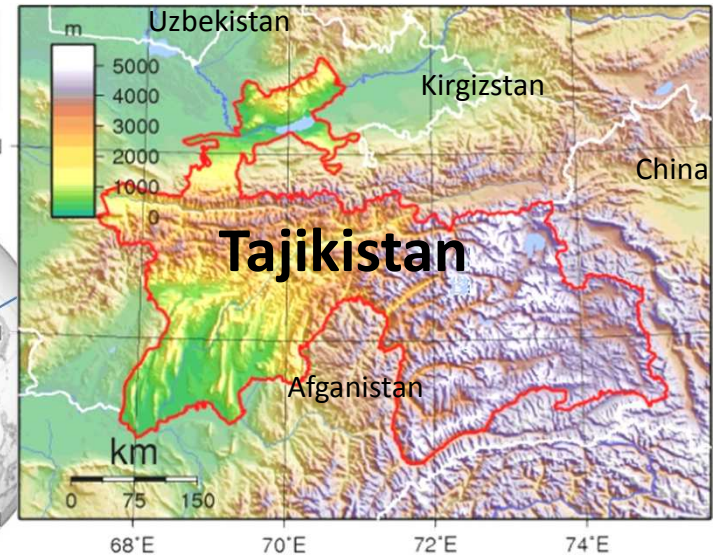
**Presented by:  
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NCD Tajik WG**

9<sup>th</sup> WHO – IUMSP International Seminar on  
the Public Health Aspects of  
Noncommunicable Diseases, 4-8 May, 2015

# About Republic of Tajikistan



UTC+5



## Territory

- Area 143 100 km<sup>2</sup>
- 0.3% water surface
- 93% - mountains, **5.36%** - arable land

## Population

- Enumeration (2014) - **8 161 100** people
- women -49.7%
- men – 50.3%
- 97% are Muslims
- Population density - 57.2 persons per km<sup>2</sup>
- 80% of Rural population

## Economy

- Purchasing Power Parity (PPP) – 17.555 billions USD
- Gross Domestic Product (GDP) – **8.572** billions USD
- Per capita income (PPP) - 2 247 USD
- Per capita income (GDP) – **1 041** USD

## Rates

- **Human Development Index**
  - ▲ 0.622 (average) 125 - world place
- PPP level - 127 в мире
- **Poverty rate** (2013) - 46.7%
- **Area rating** - 93 in the world
- **In terms of population** – 96 in the world
- **Rating of country incapability**
  - 55 place

# Factors affecting the quality and access to medical services

## Health expenditures in the Republic of Tajikistan

### THE in % GDP

- **1.9 % - Total public expenditures (THE)** *exclude capital costs, investment projects*
- 4.1% - Private health expenditures (payments from household pocket) (HPP)
- 0.6% - External funding (EF)

### By financing source in THE (%)

- 28.8% - Public budget expenditures
- 61.5% - Private expenditures of the population (HPP)
- 9.7% - Domestic health funds

### Per capita health expenditures

- **Total public health expenditures**  
2013 – 20 USD  
2014 – 26.1 USD
- **Total Private health expenditures**  
2013 – 49 USD

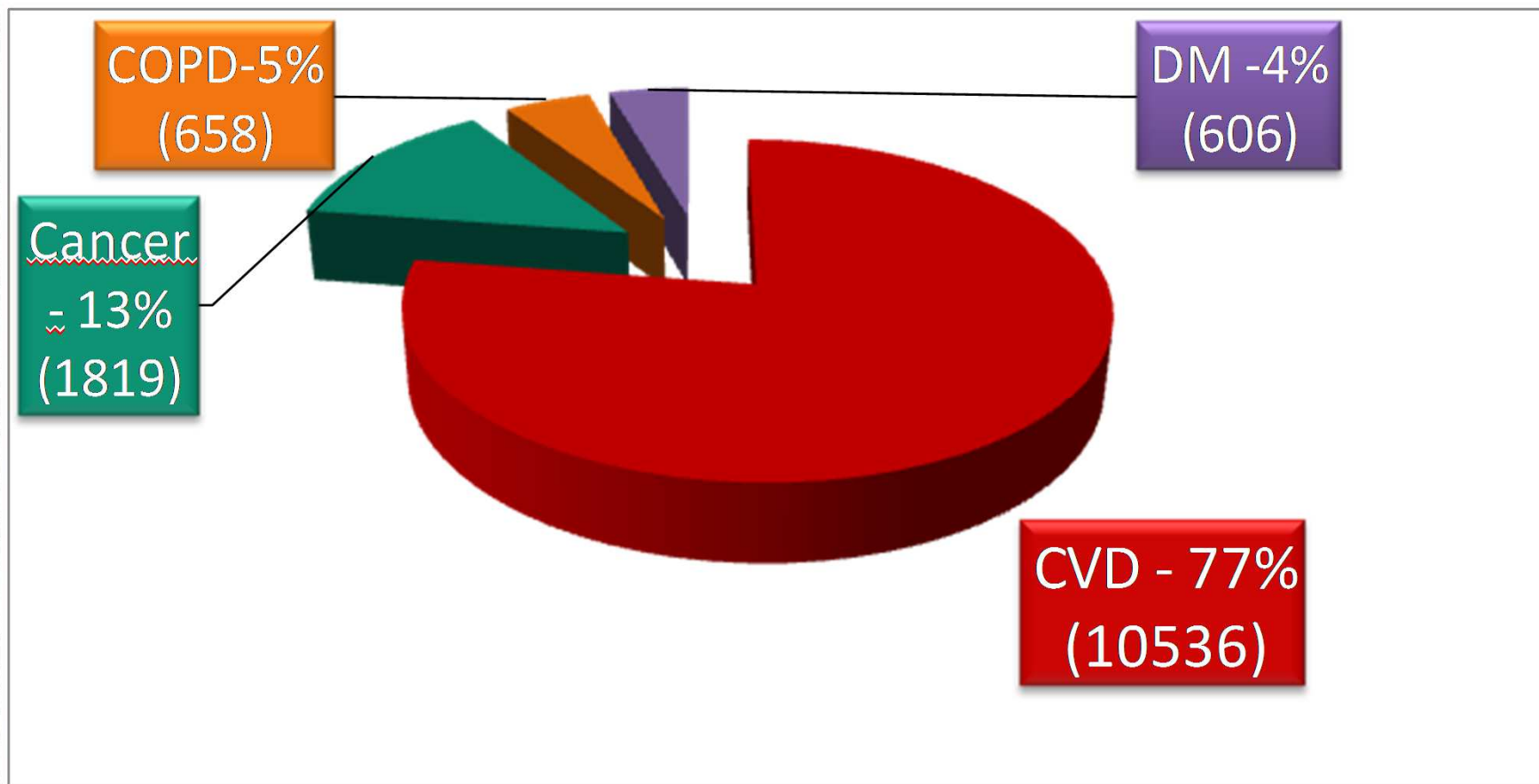
### THE by budget lines (%)

- **83.1% - Payroll of health workers**
- 2.8% - Drugs (out-patient and in-patient)
- 10.1% - Other lines
- 4.0% - Capital expenses

### THE by the health sector functions

- \* *exclude capital costs, investment projects*
- 80.5% - Treatment and rehabilitation care
- **8.1% - Laboratory and diagnostic services**
- 9.7% - Sanitary and prevention services
- 1.7% - Health management

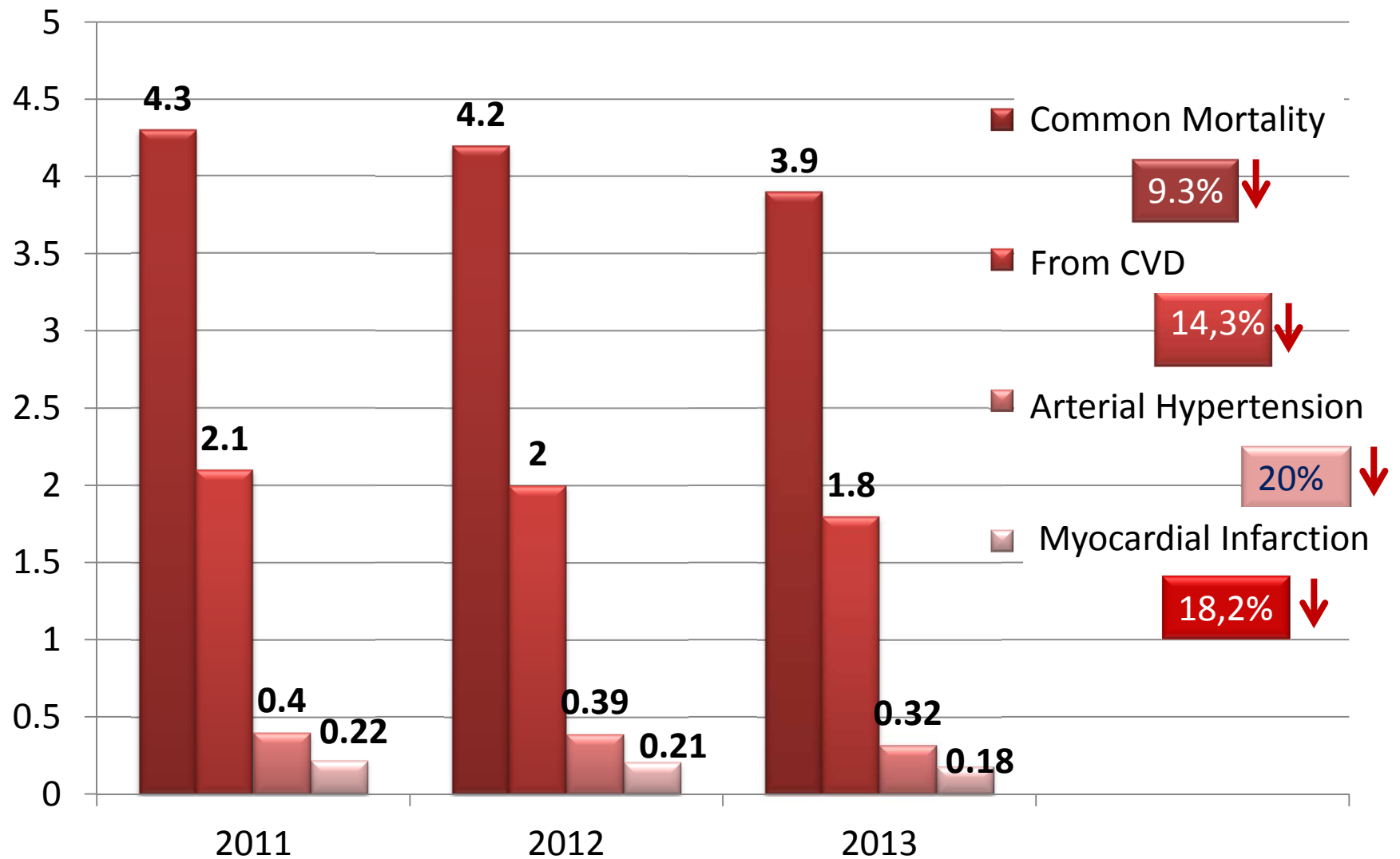
# Structure of Mortality in Tajikistan, 2013



Referance: AGENCY ON STATISTICS UNDER PRESIDENT OF THE REPUBLIC OF TAJIKISTAN  
<http://www.stat.tj>

# CVD Mortality rate

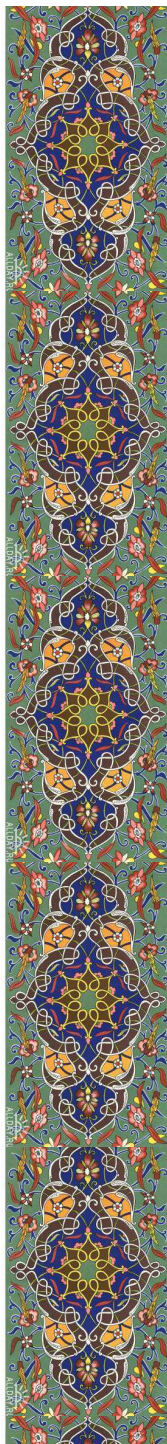
(per 100 000 of population)



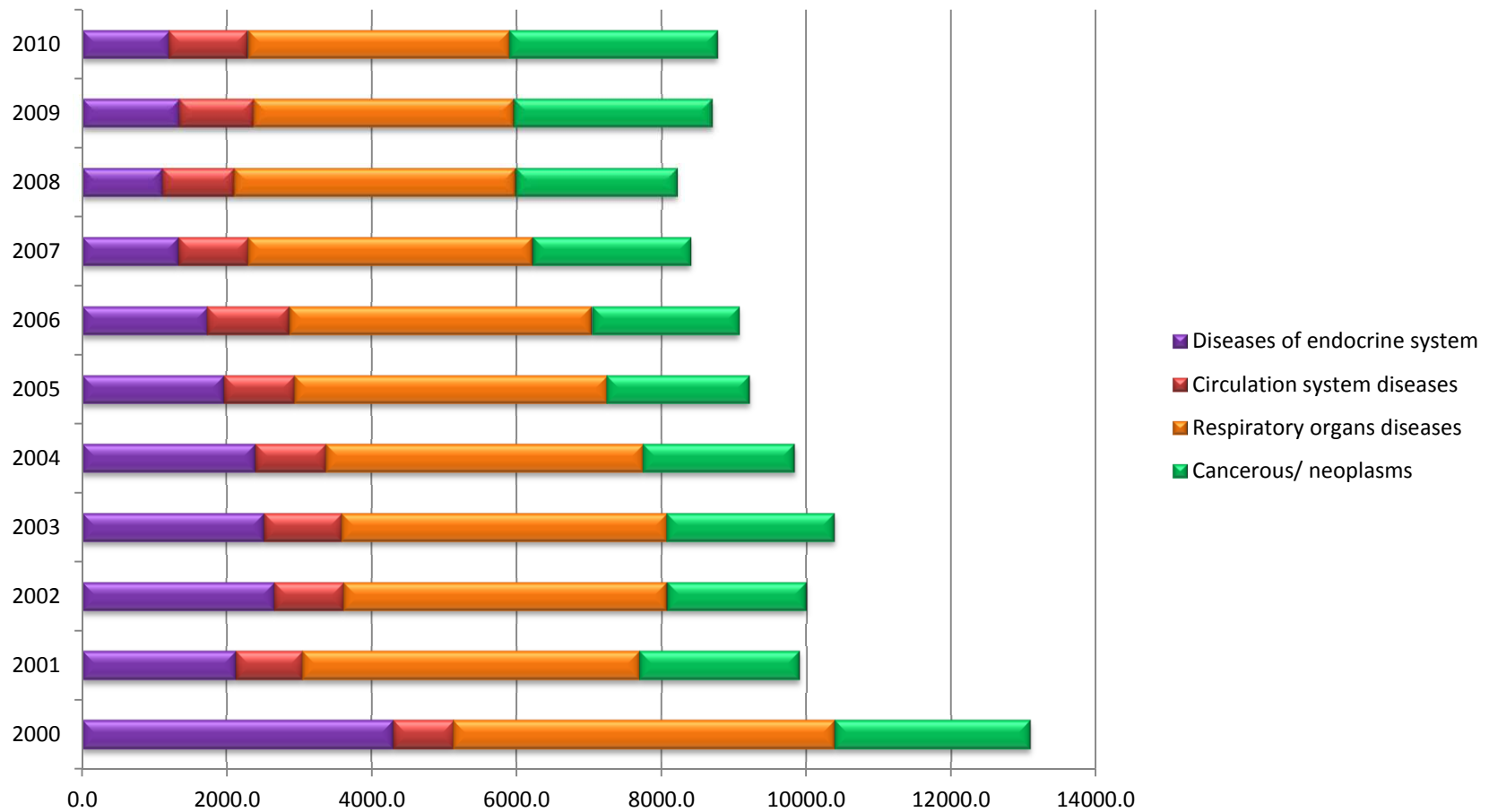
# CVD Hospital Mortality rate

(per100 died patients)

	2002	2007	2011	2012	2013	2014	$\Delta\%2014/2002$ (% decrease)	
<b>Common</b>	0,7	0,6	0,6	0,6	0,6	0,6	14,3%	↓
<b>CVD</b>	1,5	1,0	0,9	0,9	0,9	1,0	33,3%	↓
<b>IHD</b>	1,5	1,6	1,4	1,4	1,3	1,3	13,3%	↓
<b>MI</b>	13,4	9,3	8,5	9,8	7,5	7,2	46,2%	↓
<b>AH</b>	0,7	0,3	0,4	0,3	0,2	0,3	57,1%	↓
<b>Cerebrovascular Diseases</b>	9,8	5,6	7,0	5,2	6,0	7,2	26,5%	↓



# Primary NCD Morbidity of population, 2000 – 2010 (per 100 000)



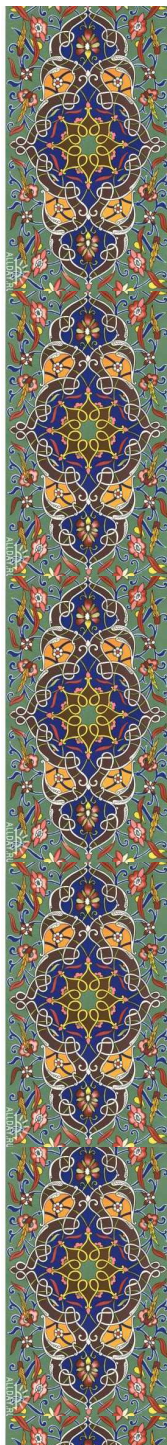
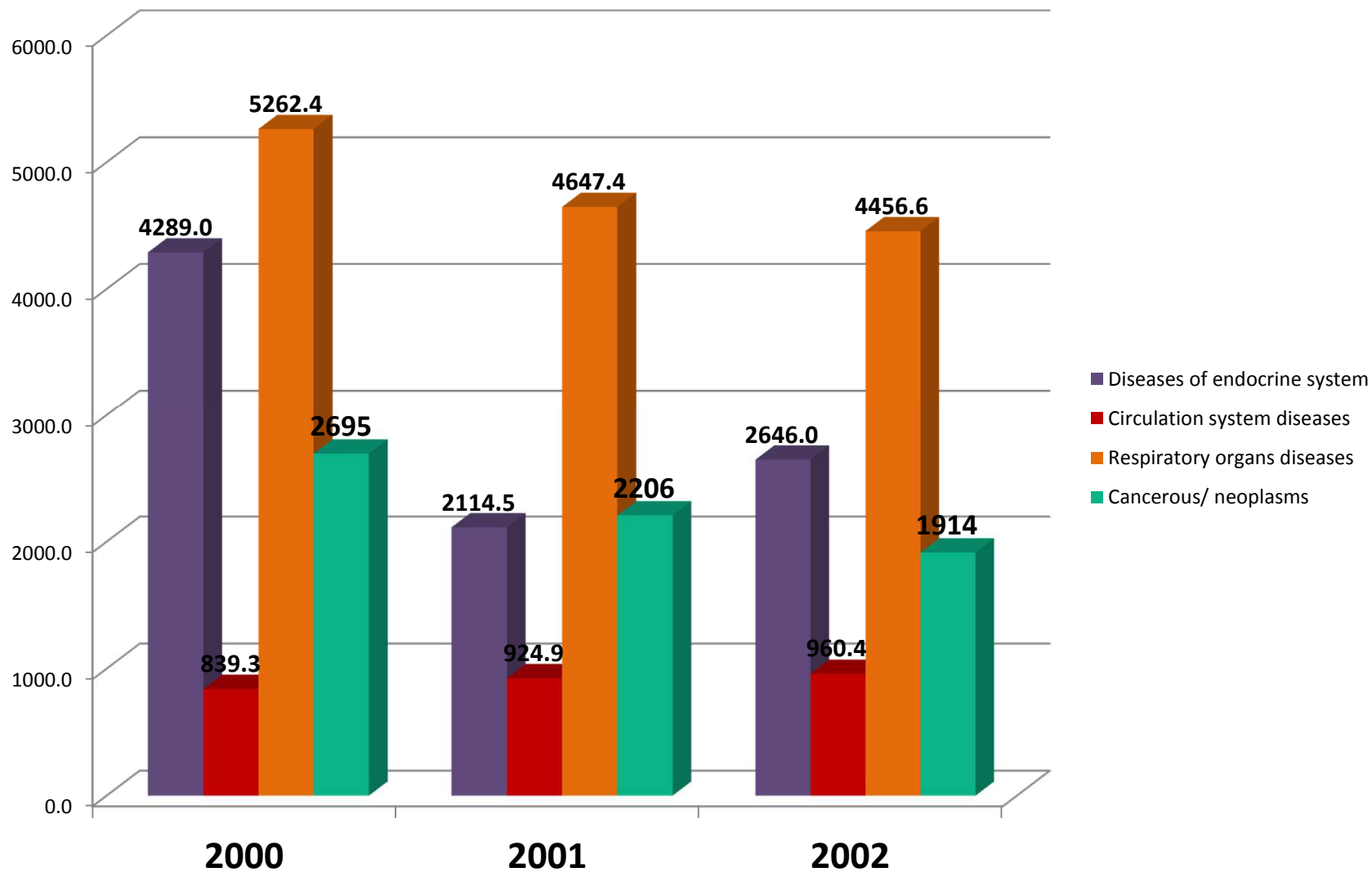
## Primary CVD Morbidity

	2009	2010	2011	2012	2013	Median	$\Delta\%$ from median 2009-2013
<b>AH</b>	346,5	396,9	412,3	448,6	447,4	410,3	(+) 18,4
<b>IHD</b>	158,5	185,5	179,5	200,5	198,6	184,5	(+) 16,4





# Number of primary disabled people





## Number of primary disabled people from IHD (2008-2014)

Years	Common	I group	II - group	III - group
2008	758	3	402	353
2009	<b>858</b>	6	376	476
2010	818	14	370	434
2011	777	8	310	459
2012	529	7	240	282
2013	498	2	238	258
2014	<b>404</b>	6	177	221

# Risk factors screening (situation on pilot regions RT)

Risk factors	2001 (%)	2011 (%)	Δ
Arterial Hypertension	21.9	25.0	↑3.1
Excess body weight	31.9	25.4	↓6.5
Obesity	<b>5.7</b>	<b>11.2</b>	<b>↑5.5</b>
Tobacco ( including Smokeless tobacco )	<b>71,95±1,56</b>	<b>57,5± 2,14</b>	<b>↓14,45± 1,20</b>
Hypodynamia	27.1	29.7	↑2.6
Alcohol	23.9	5.4	↓18.5
Stress	<b>65.8</b>	<b>40.2</b>	<b>↓25.5</b>
Hypercholesterolemia	32.8	31.8	↓0.95
LDL	31.0	31.7	↓0.7
HDL	19.25	22.9	↑3.65
Hypertriglyceridemia	54.0	31.2	↓22.8



## *Steps to develop NCD program*

Basic national documents:

- National programs:
  - Ischemic heart disease prevention, diagnosis and treatment National program
  - Diabetes prevention, diagnosis and treatment National program
  - *Cancer* prevention, diagnosis and treatment National program
- *Government regulations RT of Annual Day Run Day and weekly physical activity and sport (on Saturdays)*
- Health Population National Strategy of the Republic of Tajikistan for 2010-2020.
- NCD control and prevention National Strategy for 2013-2023
- Nutrition and Physical Activity Strategy for Republic of Tajikistan 2014-2020
- NCD action plan
- Adopted PEN protocols

Events

- 3 NCD Intersectoral meetings
- PEN seminars in Dushabe, Penjikent, Isfara, Rusht, Rushan, Muminobod, Shahrinaw - about 400 doctors/175 trainers