

RUSSIA – FEBRUARY 2022

Status of Cardiovascular Disease (CVD) and Non-communicable diseases (NCD)

Country Demographics

National health expenditure as % of GDP (%)
3.16

Life expectancy at birth (in years):

MALE 66.7 **FEMALE 77.6**

25% of population living in rural areas

75% of population living in urban areas

Total mortality due to CVD (% of deaths):

Both: 56.2%
male: 49.18%
female: 63.03%

Prevalence of adult tobacco use age ≥15
 Global data: 36.1% (male) 6.8% (female)

MALE 40.9% **FEMALE 15.7%**

Percentage of adult population with raised total cholesterol (≥5.0 mmol/L)
 Global data: 38.9%

Both: 1.4%

Percentage of adult population (age-standardized) with raised blood pressure (SBP ≥140 or DBP ≥90)
 Global data: 24.1% (male) 20.1% (female)

MALE 32.6% **FEMALE 22.3%**



Percentage of adults who are overweight (body mass index (BMI) of 25 kg/m2 or higher):

male: 58.2%
female: 55.7%

Percentage of adolescents (ages 11-17) who are insufficiently active (less than 60 minutes of moderate- to vigorous intensity physical activity daily):

Both: 84.5%
male: 80.9%
female: 88.3%

Percentage of adults (age-standardized estimate) who are insufficiently active (less than 150 minutes of moderate intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week):











Both: 17.1%
male: 16.6%
female: 17.6%



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KEY: Not in place  In process/ partially implemented  In place 

Cardiovascular Disease Governance

- A national strategy or plan that addresses CVDs and their risk factors specifically: 
- A national strategy or plan that addresses NCDs and their risk factors:..... 
- A national tobacco control plan: 
- A national surveillance system that includes CVDs and their risk factors: 
- Legislation banning all forms of tobacco advertising, promotion and sponsorship: 
- Legislation banning the marketing of unhealthy foods to minors: 
- Policy interventions that promote a diet that reduces cardiovascular disease risk: 
- Policy interventions that facilitate physical activity:..... 
- Legislation banning the marketing of unhealthy foods to minors: 
- Legislation mandating clear and visible warnings on foods that are high in calories /sugar / saturated fats: 

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Stakeholder action

- NGO advocacy for CVD policies and programmes: 
- Active involvement of patients' organizations in advocacy for CVD prevention and management: 
- Involvement of civil society in the development and implementation of a national CVD prevention and control plan: 
- Involvement of civil society in the national multisectoral coordination mechanism for NCDs/CVDs: 
- Hypertension screening by businesses at workplaces: 

For more information, please email info@worldheart.org