



Cardiovascular Disease Scorecards – Russia

RUSSIA - FEBRUARY 2022

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

Country Demographics



Life expectancy at birth (in years):

66.7 77.6 68 66.7

††† 25%of population

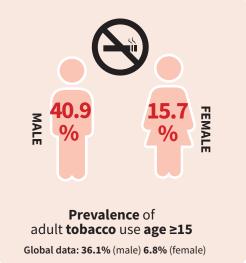
75% of population living in urban





Both: 56.2% male: 49.18%

female: 63.03%







Percentage of adult population with raised total **cholesterol** (≥5.0 mmol/L)

Global data: 38.9%

32.6 % FEMALE FEMALE

Percentage of adult population (age-standardized) with raised **blood pressure** (SBP ≥140 or DBP ≥90)

pressure (SBP ≥140 or DBP ≥90) **Global data: 24.1%** (male) **20.1%** (female)

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%









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

male: 58.2% female: 55.7%







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:	
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For more information, please email info@worldheart.org