

# North Africa & Middle East



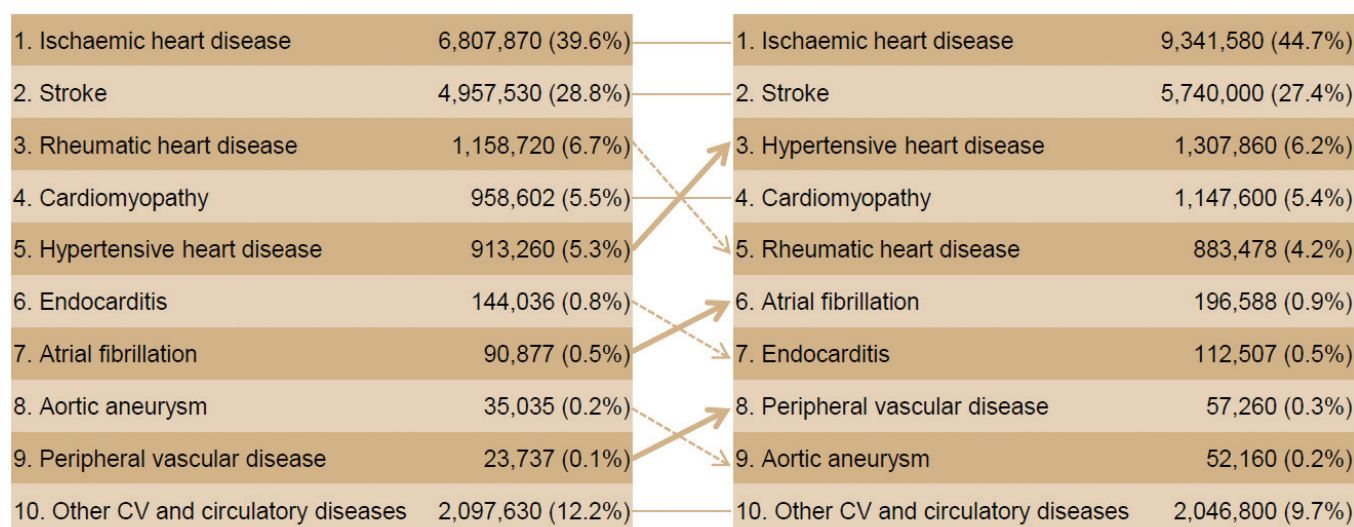
The North Africa and Middle East region has a young population with an average life expectancy at birth of about 74 years on average (Table 1). The proportion of the population living in cities varies substantially among countries in the region.

**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**



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