



Overview of health and wellbeing

ESTONIA



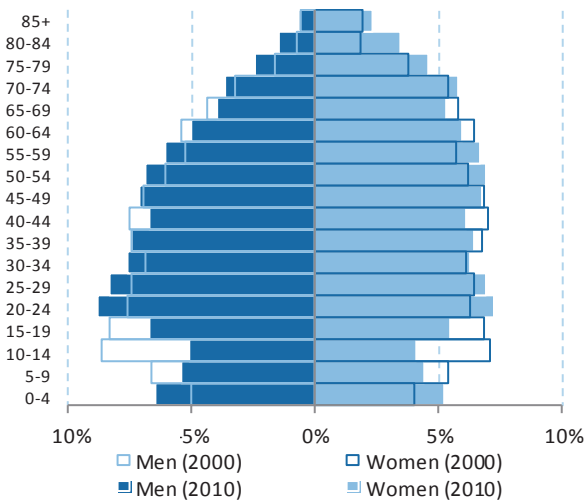
This document summarizes selected data on health and wellbeing in Estonia, in comparison with European Union (EU-27) average. The aim is to present comparable and standardized health indicators. This information gives input to the regional planning of services for improving the health and wellbeing of inhabitants.

It is compiled by specialists of National Institute for Health Development, in collaboration with Ministry of Social Affairs and Statistics Estonia.

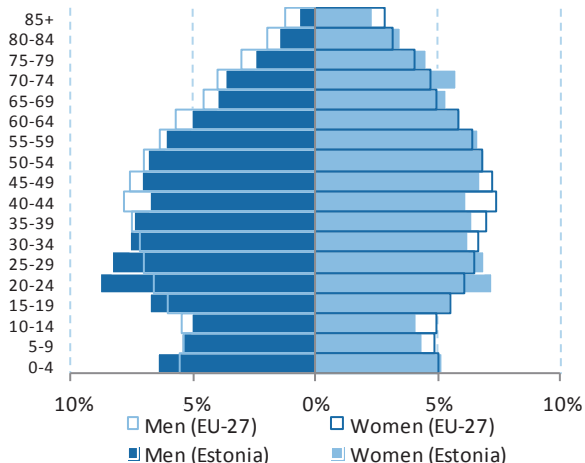
Additional information about the data used in the overview can be found online at: www.terviseinfo.ee/maakonnatervis

Population: 1 340 194 (01.01.2011)
Percentage of population of Europe: 0,27%
Area: 45 227 km²
Population density: 30 inhabitants per km²
Capital: Tallinn (416 144 inhabitants)
Local governments: 15 counties, 226 municipalities
Main export articles: machines and technology (29%), timber and paper (13%), metals (10%), food products (8%), textile (5%), chemical products.

POPULATION OF ESTONIA IN 2000 & 2010



POPULATION OF ESTONIA & EUROPE 2010



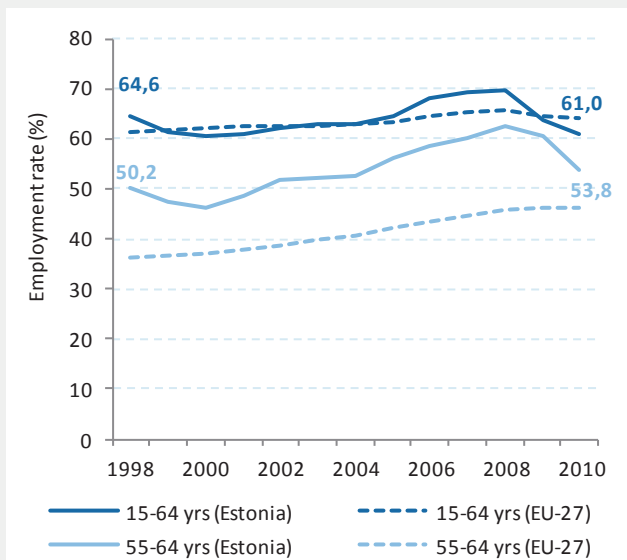
POSITIVE DEVELOPMENTS

- Early mortality (deaths before the age of 65) has decreased but it is still higher than European average
- Increase in life expectancy and disability-free life expectancy
- The proportion of daily smokers (especially men) has decreased
- Mortality due to diseases of circulatory system and external causes has decreased
- Employment rate for women (15-64yrs) and the elderly (55-64yrs) is slightly higher than European average
- The lowest rate of air pollution in Europe

CHALLENGES

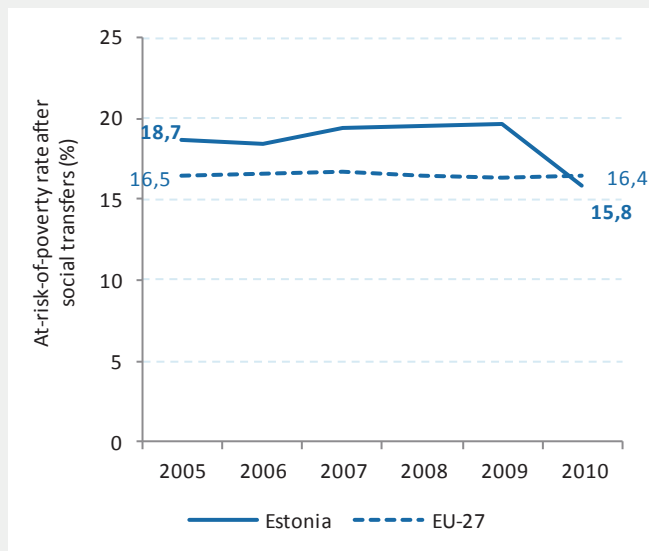
- Life expectancy is lower than European average and healthy life years are lower in both men and women
- Proportion of people with limitations of everyday activities due to health problems is higher than European average
- Morbidity due to cancer, diseases of the circulatory system and external causes (especially in case of men) is higher than European average
- More than every third inhabitant has a long-term illness or health problem
- Proportion of overweight and obese adults has grown (especially among men)
- Proportion of adults who consume alcohol regularly has grown (especially among women)
- Europe's highest incidence of HIV infection

Employment rate, %



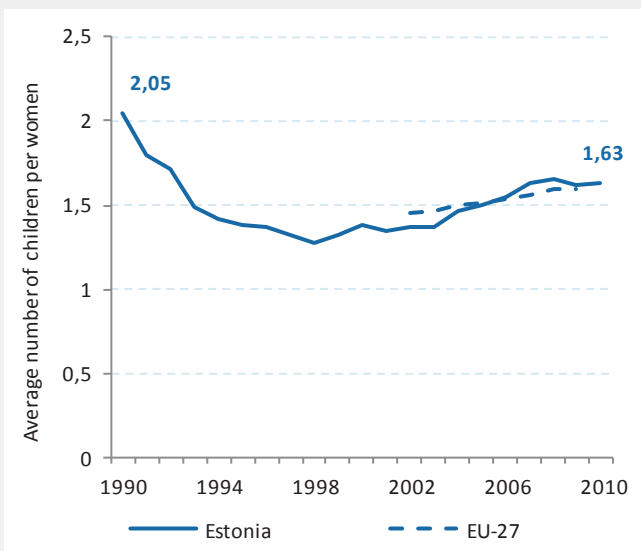
Source: Eurostat

At-risk-of-poverty rate, %



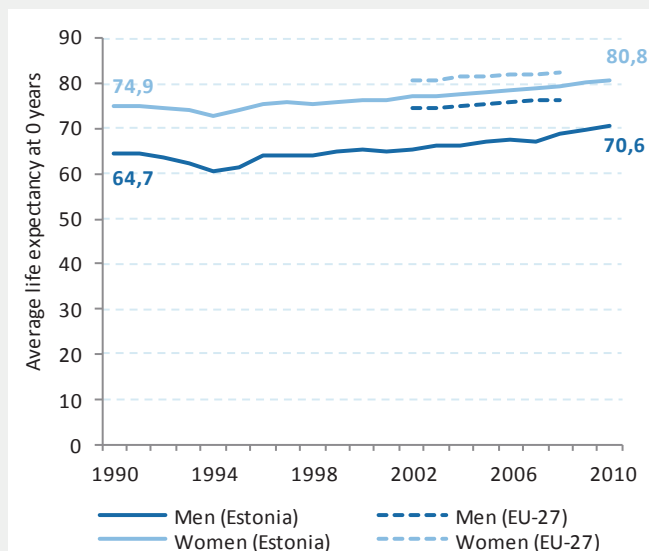
Source: Eurostat

Total fertility rate



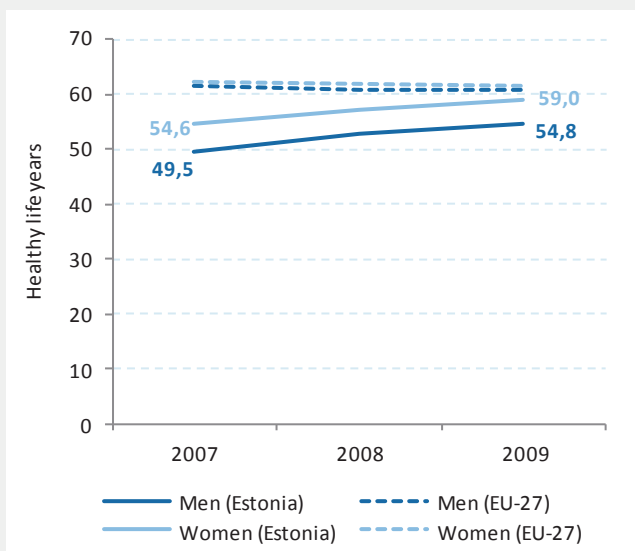
Source: Eurostat

Life expectancy at birth (0 years)



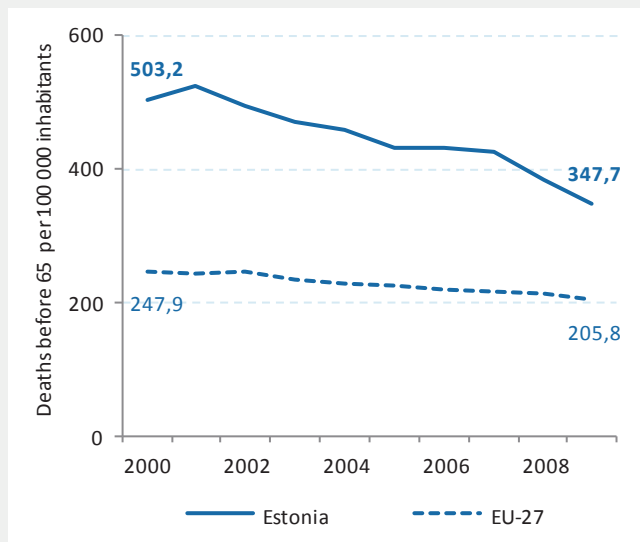
Source: Eurostat

Healthy life years (0 years)



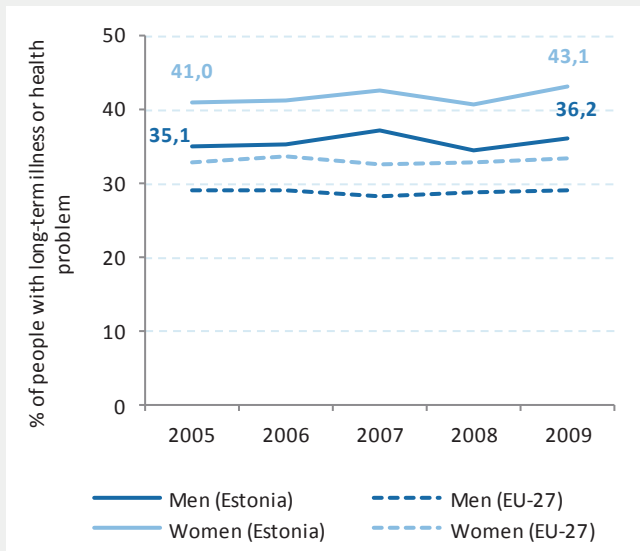
Source: Eurostat

Deaths before the age of 65



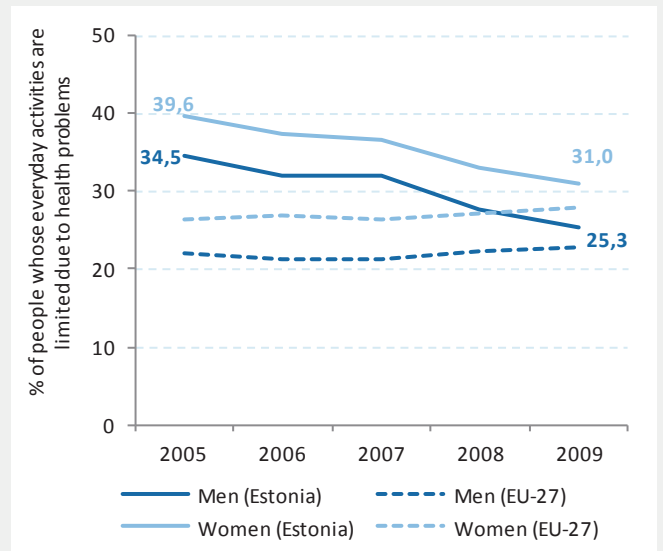
Source: Eurostat

Long-term illness or health problem, %



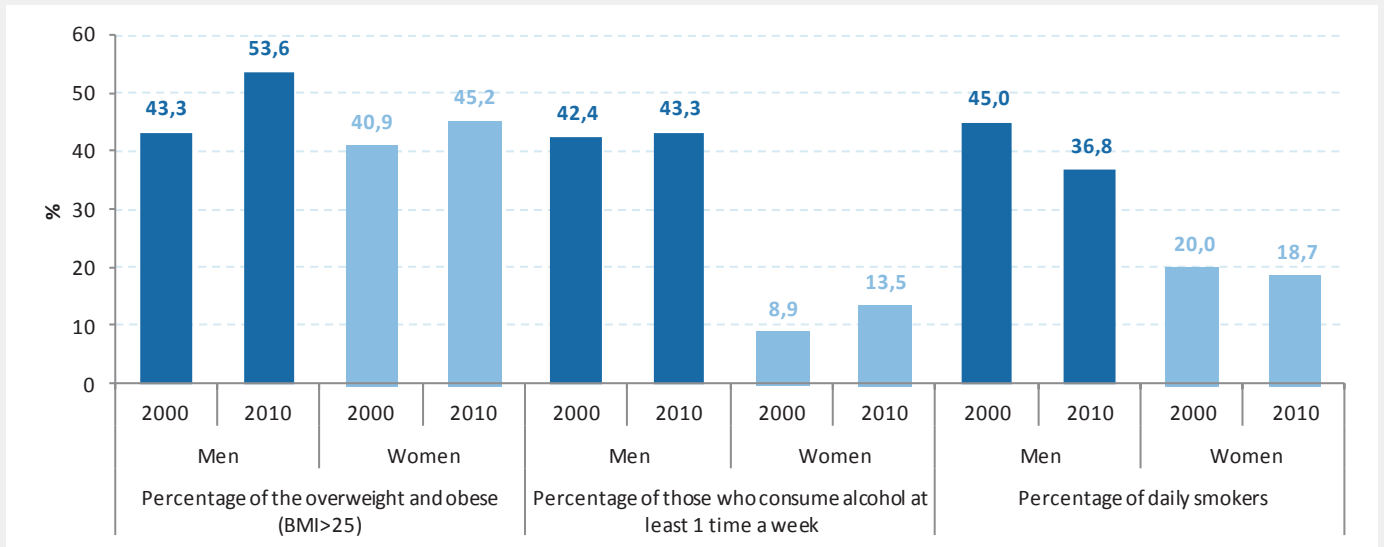
Source: Eurostat

Limitations due to health problems, %



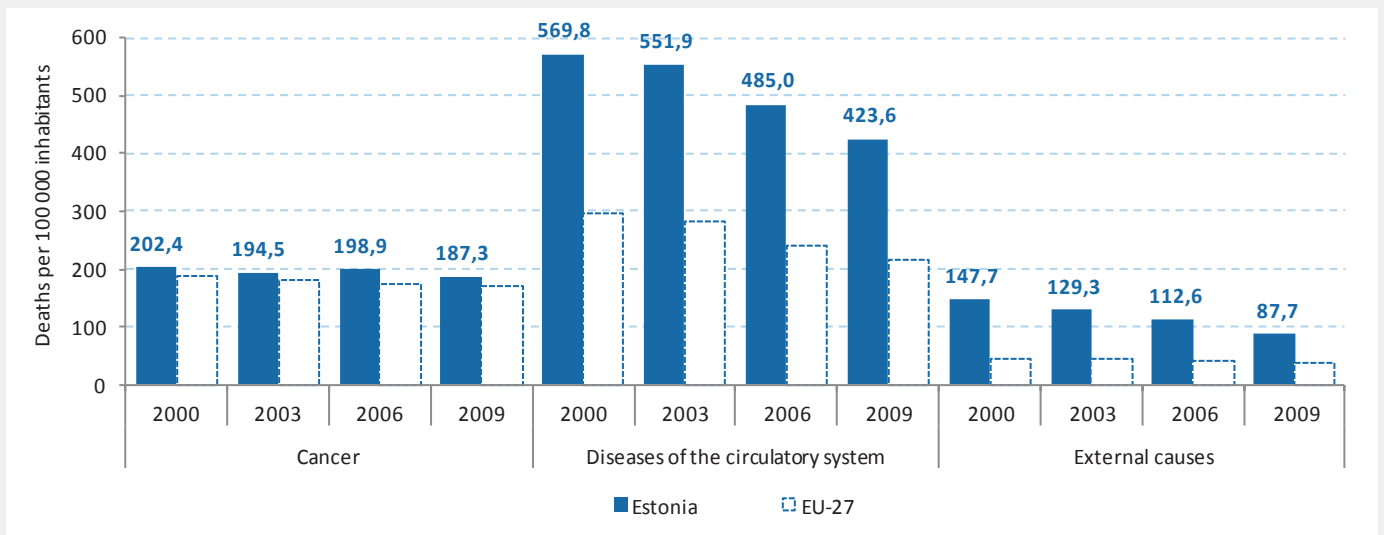
Source: Eurostat

Main indicators of health behaviour in 2000 and 2010, %



Source: Health Behavior among Estonian Adult Population Study, National Institute for Health Development

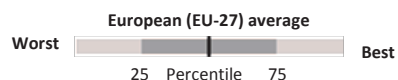
Mortality due to malignant neoplasms, diseases of the circulatory system, and external causes



Source: Eurostat

The graph compares health indicators in the country to the European average. Position of the country, compared to the European average is indicated by coloured spot, gray area depicts the distribution of the rest of the countries.

- Better than European average
- No difference from European average
- Worse than European average



	Indicator	Estonia		EU-27		Position to EU-27 average	EU-27	
		Rate or %	Average	worst	country		country	best
Population and Social Life	1 Total fertility rate	1,6	1,6	1,3	LV		IE	2,1
	2 Natural increase	0,8	0,9	0,6	CZ		IE	1,3
	3 Life expectancy (0 yrs) (men)	68,7	76,4	66,3	LT		SE	79,2
	4 Life expectancy (0 yrs) (women)	79,5	82,4	77,0	BG		FR	84,8
	5 Healthy life years (0 yrs) (men)	52,7	60,9	51,5	LV		SE	69,2
	6 Healthy life years (0 yrs) (women)	57,2	62,0	52,3	SK		MT	71,9
	7 Proportion of the employed (men) (%)	61,5	70,1	56,8	LT		NL	80,0
	8 Proportion of the employed (women) (%)	60,6	58,2	39,3	MT		DK	71,1
	9 Average age of leaving the labour market	62,6	61,4	58,8	SK		SE	64,3
	10 Old-age dependency ratio (> 65 yrs) (%)	25,2	25,9	31,4	DE		IE	16,8
	11 Young-age dependency ratio (0-14 yrs) (%)	22,3	23,3	19,7	BG		IE	31,7
	12 Demographic labour pressure index	0,8	0,9	0,6	CZ		IE	1,3
	13 At-risk-of-poverty rate (%)	21,7	23,4	41,6	LT		CZ	14,4
	14 Air pollution	13,0	26,0	53,0	BG		EE/FI	13,0
Health Behaviour and Status	15 Long-term illness or health problem (men) (%)	36,2	29,0	39,2	RO		FI	16,1
	16 Long-term illness or health problem (women) (%)	43,1	33,3	45,8	RO		FI	22,6
	17 Health-related limitations (men) (%)	25,9	23,4	31,7	DE		MT	11,6
	18 Health-related limitations (women) (%)	31,8	28,4	37,9	SK		MT	14,1
	19 Confirmed HIV diagnoses	30,7	5,7	30,7	EE		RO	0,7
	20 Overweight and obese adults (%) *	50,9	52,4	59,6	MT		FR	43,5
	21 Smokers (all) (%) *	25,9	23,9	31,8	EL		SI	18,7
	22 .. smokers (men) (%) *	39,5	31,4	46,0	LV		BE	21,1
	23 .. smokers (women) (%) *	15,1	17,2	26,1	EL		RO	9,1
Mortality	24 Standardized death rate (whole population)	893,8	628,2	1033,8	LT		IT	502,9
	25 .. deaths before the age of 65 yrs	382,6	213,7	489,4	LT		IT	144,1
	26 Deaths (cancer) (all)	190,3	174,5	241,7	HU		CY	121,8
	27 .. deaths (cancer) (men)	290,0	231,1	337,1	HU		CY	150,8
	28 .. deaths (cancer) (women)	135,8	133,4	176,5	HU		CY	98,5
	29 Deaths (diseases of the circulatory system) (all)	451,4	230,2	611,3	BG		FR	124,0
	30 .. deaths (diseases of the circulatory system) (men)	634,4	283,2	751,4	BG		FR	163,0
	31 .. deaths (diseases of the circulatory system) (women)	337,0	186,6	499,6	BG		FR	94,6
	32 Deaths (external causes) (all)	92,8	38,7	134,0	LT		NL	25,9
	33 .. deaths (external causes) (men)	164,1	58,5	230,8	LT		NL	34,5
	34 .. deaths (external causes) (women)	34,4	20,4	53,1	LT		EL	11,7
	35 deaths (motor vehicle accidents) (men)	18,2	13,1	26,5	RO		NL	6,4
	36 deaths (motor vehicle accidents) (women)	5,6	3,6	8,1	LT		NL	2,0
	37 deaths (accidental poisoning) (men)	25,6	3,4	35,3	LT		PT	0,3
	38 deaths (accidental poisoning) (women)	4,9	1,0	8,2	LT		AT	0,0
	39 deaths (suicide) (men)	29,1	16,4	55,9	LT		EL	4,8
	40 deaths (suicide) (women)	6,2	4,4	9,1	LT		EL	1,0

Notes (number in bold refers to the indicator in the table above)

1 total fertility rate, e.g. average number of children per one woman 2009. **2** rate of natural increase per 1000 inhabitants 2010. **3** average life expectancy (0 yrs) (men) 2008. **4** average life expectancy (0 yrs) (women) 2008. **5** healthy life years at the age of 0 (men) 2008. **6** healthy life years at the age of 0 (women) 2008. **7** proportion of the employed (15-64yrs) (men) 2010. **8** proportion of the employed (15-64yrs) (women) 2010. **9** average age of leaving the labour market 2009. **10** Old-age dependency ratio, i.e. the ratio of persons aged 65+ to working-age population (15-64yrs) 2010. **11** young age dependency ratio, i.e. the ratio of persons aged 0-14yrs to working-age population (15-64yrs) 2010. **12** demographic labour pressure index, i.e. ratio of the persons (aged 5-14) who will enter the labour market to the persons (aged 55-64) who will exit the labour market during the next ten years because of ageing 2010. **13** at-risk-of-poverty rate after social transfers 2010. **14** yearly average measured concentration of fine particles (PM-10) in µg/m³ in the cities (the number of inhabitants has been taken into account) 2009. **15** existence of long-term illness or health problem (men) 2009. **16** existence of long-term illness or health problem (women) 2009. **17** % of men whose everyday activities have been limited due to health during at least 6 months 2009. **18** % of women whose everyday activities have been limited due to health during at least 6 months 2009. **19** confirmed cases of HIV diagnosis per 100 000 inhabitants 2009. **20** percentage* of overweight and obese adults (aged 16+) 2006-2009. **21** percentage of adult daily smokers* (aged 16+) 2006-2009. **22** percentage of male adult daily smokers* (aged 16+) 2006-2009. **23** percentage* of female daily smokers (aged 16+) 2006-2009. **24-40** standardized death rate by causes of death per 100 000 inhabitants 2008.

* - only the countries that participated in the First Wave of European Health Study. Average is the average of percentages of participating countries.

Abbreviations of the names of the countries are presented according to official guidelines of European Union (<http://publications.europa.eu>).

Source: Eurostat. Additional information: <http://www.terviseinfo.ee/maakonnatervis>

Prototype for the graph: West Midlands Public Health Observatory (United Kingdom)