



Substantial progress has been made in postponing death between 1970 and 2010

Across the region, each country increased its average age of death. Great variation exists, however, with Iran demonstrating the greatest gain (about 40 years), and Iraq showing the smallest improvement (about 13 years).

Declines in mortality rates largely varied by age, with greatest improvements for young children

Death rates for children between 1 and 4 years old declined by over 90% between 1970 and 2010, while mortality rates saw the least improvement for people over 80 years old (22% and 19% decreases for women and men, respectively).

Premature death and disability caused by most communicable diseases and newborn conditions have greatly declined

Between 1990 and 2010, the region has succeeded in decreasing premature death and disability, also known as healthy years lost, from lower respiratory infections, preterm birth complications, and diarrheal diseases; however, these conditions are still among the top five causes of disease burden for Djibouti and Yemen.

HIV/AIDS is rapidly rising for some countries in the region

While HIV/AIDS is not included in the top 30 causes of healthy years lost in the region, several countries experienced dramatic increases in HIV/AIDS burden between 1990 and 2010. In Djibouti, HIV/AIDS is now the leading cause of premature death and disability, up from 54th.

Non-communicable diseases are now the leading causes of premature death and disability in the Middle East and North Africa

Between 1990 and 2010, healthy years lost from causes like ischemic heart disease, depression, and diabetes increased at least 40% in the region. Jordan experienced a 135% increase in depression.

Road injuries have taken a growing toll on health in the region

Healthy years lost from road injuries increased 46% between 1990 and 2010, with substantial country variation (ranging from a rise of 1% in Lebanon to 81% in Yemen).

Key terms

Years of life lost (YLLs): years of life lost due to premature mortality.

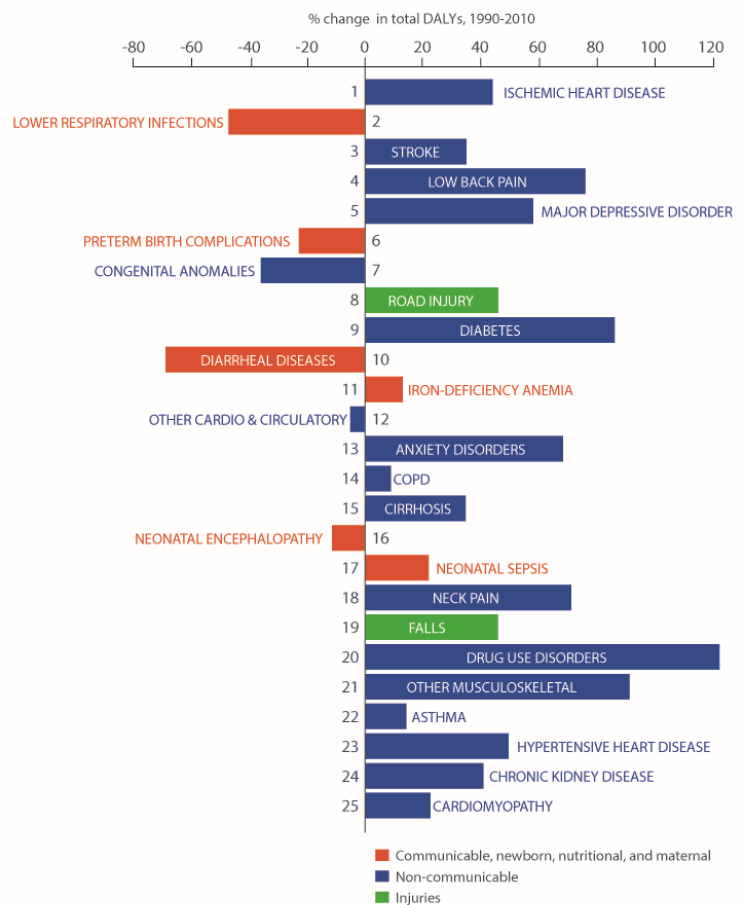
Years lived with disability (YLDs): years of life lived with any short-term or long-term health loss.

Disability-adjusted life years (DALYs): the sum of years lost due to premature death (YLLs) and years lived with disability (YLDs). DALYs are also defined as years of healthy life lost.

Risk factors: potentially modifiable causes of disease and injury.

To learn more about the Global Burden of Disease (GBD), visit www.ihmeuw.org/gbd

Shifts in leading causes of DALYs in the Middle East and North Africa, 1990-2010



Note: The leading 25 causes of DALYs are ranked from top to bottom in order of the number of DALYs they contributed in 2010. Bars to the right of the vertical line show the percent by which DALYs have increased since 1990. Bars on the left show the percent by which DALYs have decreased.

Disease burden driven by risk factors for communicable diseases has substantially declined

Much progress has been made for potentially avoidable risk factors like childhood underweight and suboptimal breastfeeding such that their burdens declined between 65% and 70% from 1990 to 2010. Nonetheless, these risk factors remain among the leading contributors of disease burden in Djibouti and Yemen.

Potentially preventable behavioral risk factors are rapidly contributing to greater disease burden over time

Risk factors associated with lifestyles, such as high blood pressure and high body mass index, contributed to far more healthy years lost in 2010 than in 1990. During this time, Egypt saw a 125% rise in disease burden from high body mass index.

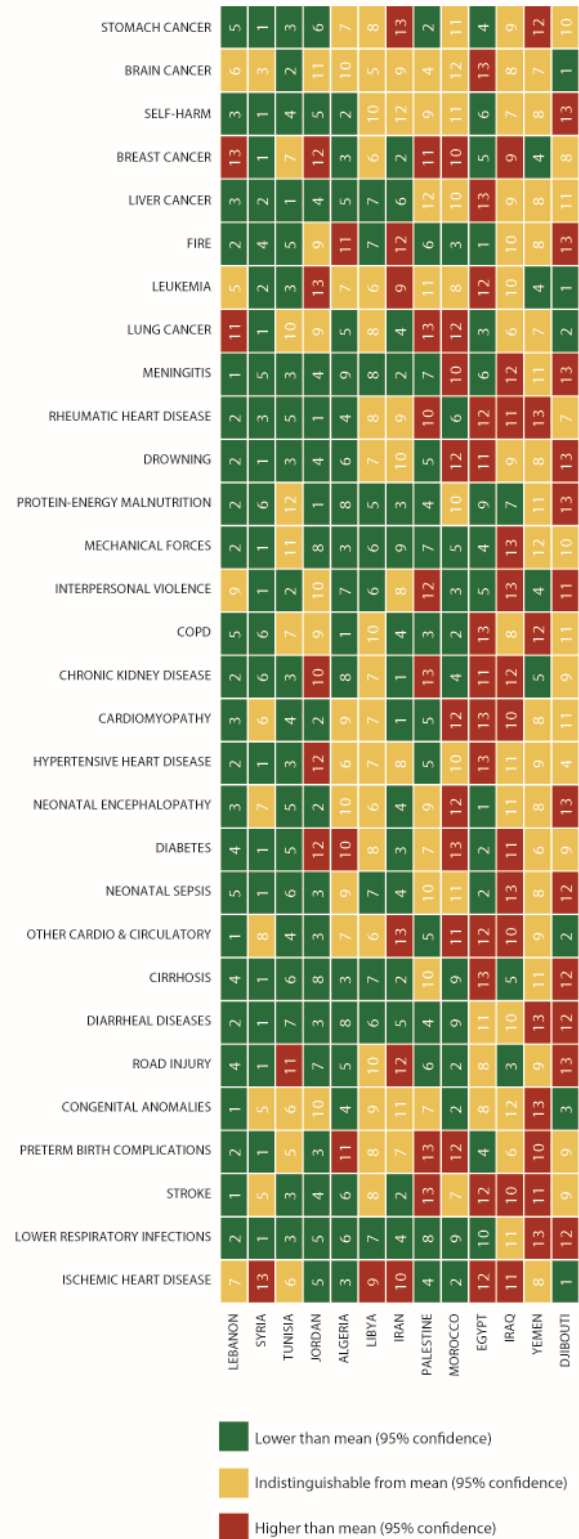
GBD results allow countries to explore areas of success and identify areas of improvement relative to other countries within the region

Benchmarking exercises (like the one to the right) can show rates of premature mortality ranked relative to the region’s average and highlight the best (green) and worst (red) performers across the conditions that cause the most premature mortality in the region.

Across all countries and diseases, Lebanon, Syria, and Tunisia generally performed the best. Egypt, Djibouti, and Iraq performed significantly worse than other countries for most conditions.

For communicable diseases, countries such as Djibouti consistently performed worse than the rest of the region. Palestine and Algeria saw significantly more years of life lost from preterm birth complications. More variation took place for non-communicable diseases. Countries like Jordan and Morocco had significantly higher rates of premature mortality from diabetes, while several countries, such as Syria, experienced significantly greater rates of premature mortality from ischemic heart disease than the rest of the region.

Causes of leading years of life lost, the Middle East and North Africa countries relative to regional average, 2010



Note: The columns are ordered by the absolute number of YLLs for that particular year. The numbers indicate the rank across countries for each cause in terms of age-standardized YLL rates, with 1 as the best performance and 13 as the worst. Palestine is the GBD equivalent of the West Bank and Gaza in the World Bank classification system.