

**Are Russians healthy
people?**

**How does Russia rank in
the world?**

Do you know these words?

- Advantages and disadvantages
- Public health care system
- Compulsory health insurance
- be available
- in advance
- make an appointment
- examine properly
- be overworked
- properly
- GPs
- Shortage of money
- Life expectancy

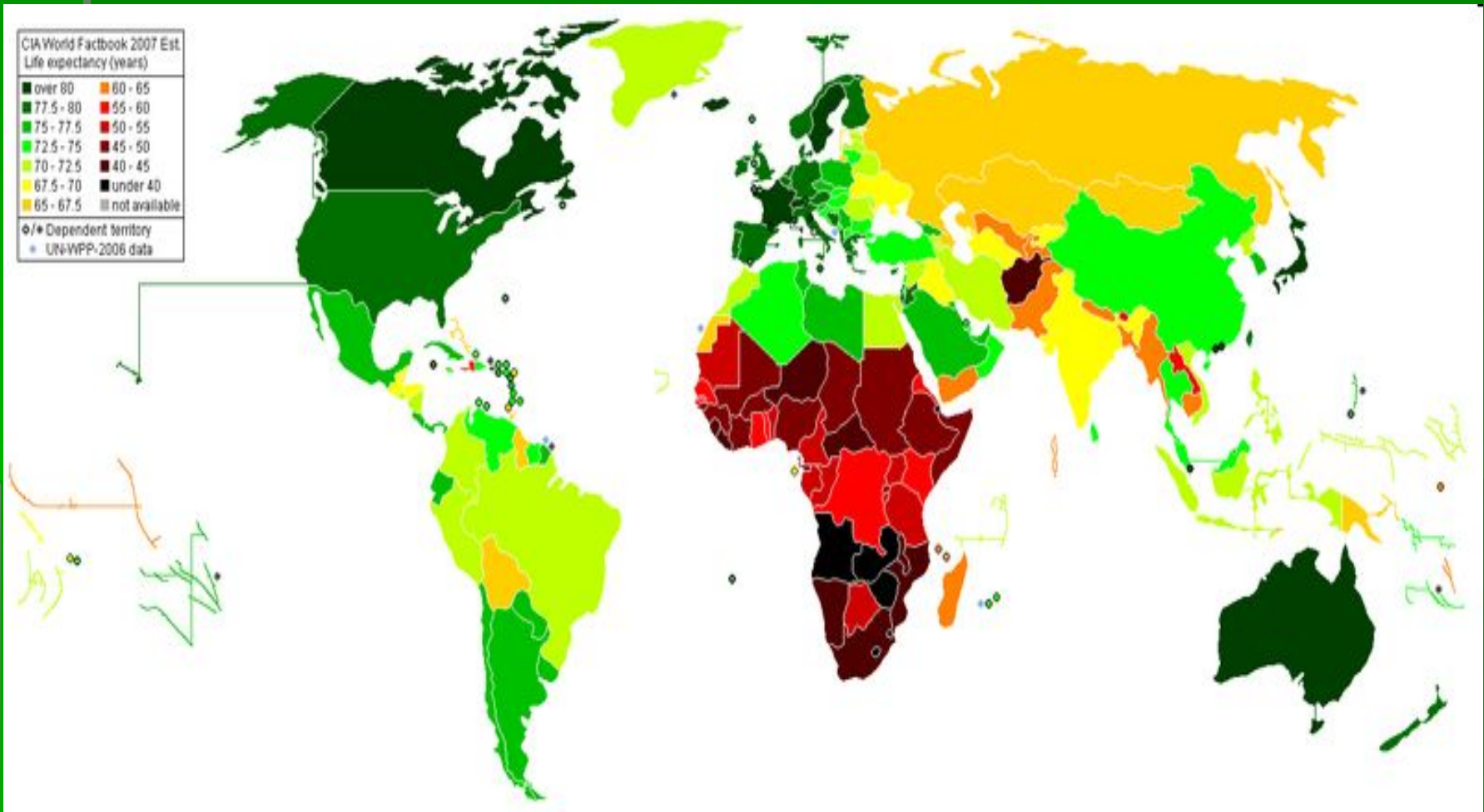
Do you know these words?

- Infant mortality
- Heart diseases
- Respiratory diseases
- Infectious diseases
- Cancer
- AIDS cases
- Immunization
- Healthy lifestyle
- To rank (highly, low)
- Public health programmes
- To get better (worse)
- Coverage
- Drinking, smoking, drug usage

Health index includes 14 indicators:

1. Life expectancy
2. Infant mortality
3. Immunization coverage
4. Number of AIDS cases
5. Death rates from cancer
6. Death rates from heart diseases
7. Death rates from respiratory and infectious diseases
8. Tobacco and alcohol use

Life expectancy in the world (Russia ranks 134th)



Life expectancy in different countries of the world

- Sweden- 81 men-78 women-83
- The USA- 78 men-75 women-81
- Great Britain- 79 men-76 women-81
- Russia-67 men-61.5 women-74

In Russia women live **11 years less** than in Japan, men live **16 years less** than in Sweden!

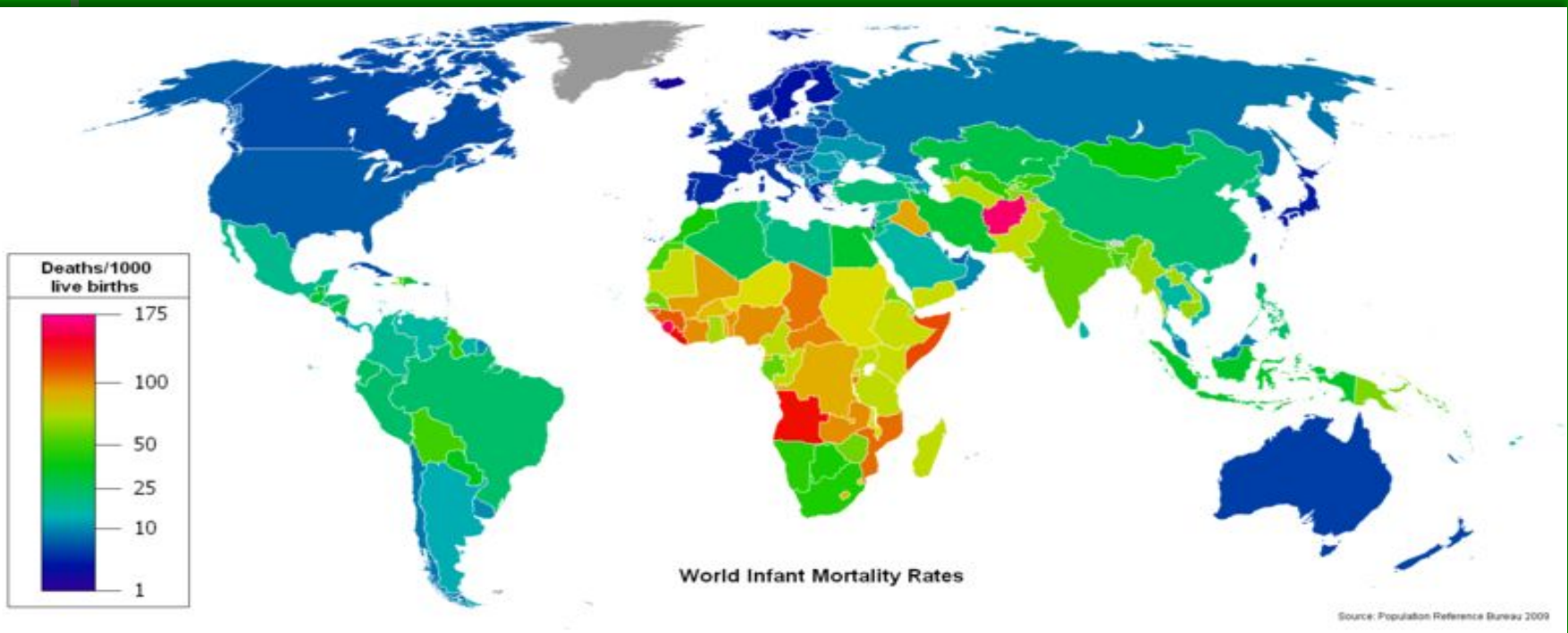
Life expectancy in Russia

(the expected number of years of life remaining at a given age.)

| Year | All the population | Men | Women |
|-------------|--------------------|--------------|-------------|
| 1896 | 30.54 | 29.4 | 31.7 |
| 1926 | 42.93 | 40.2 | 45.6 |
| 1958 | 67.91 | 63.0 | 71.5 |
| 1970 | 68.93 | 63.21 | 73.55 |
| 1980 | 67.61 | 61.53 | 73.09 |
| 1990 | 69.19 | 63.73 | 74.3 |
| 1995 | 64.52 | 58.12 | 71.59 |
| 2000 | 65.34 | 59.03 | 72.26 |
| 2006 | 66.6 | 60.37 | 73.23 |
| 2007 | 67,51 | 61.39 | 73 |

Infant mortality.

Infant mortality is defined as the number of infant deaths (one year of age or younger) per 1000 live births. The most common cause worldwide has traditionally been due to dehydration from diarrhea.



Infant mortality.

Russia ranks 81st in the world in Infant mortality , between Belize and Mexico.

About 16 children per each 1000 children die.

The reasons of this situation are negative influence of environment, drug and alcohol addiction of parents, poor diets, poor medical service, etc.

Infant mortality.

| Rank | Country | Infant mortality rate (deaths/1,000 live births) |
|------------|--------------|---|
| 1 | Iceland | 2.9 |
| 2 | Singapore | 3.0 |
| 80 | Belize | 16.4 |
| 81 | Russia | 16.6 |
| 82 | Mexico | 16.7 |
| ... 194 | Afghanistan | 157 |
| 195 | Sierra Leone | 160.3 |

Child mortality

In Russia every year 14 children per each 1000 die.

In the XIX century child mortality was 123 children, in the XV– 342 children per 1000 .

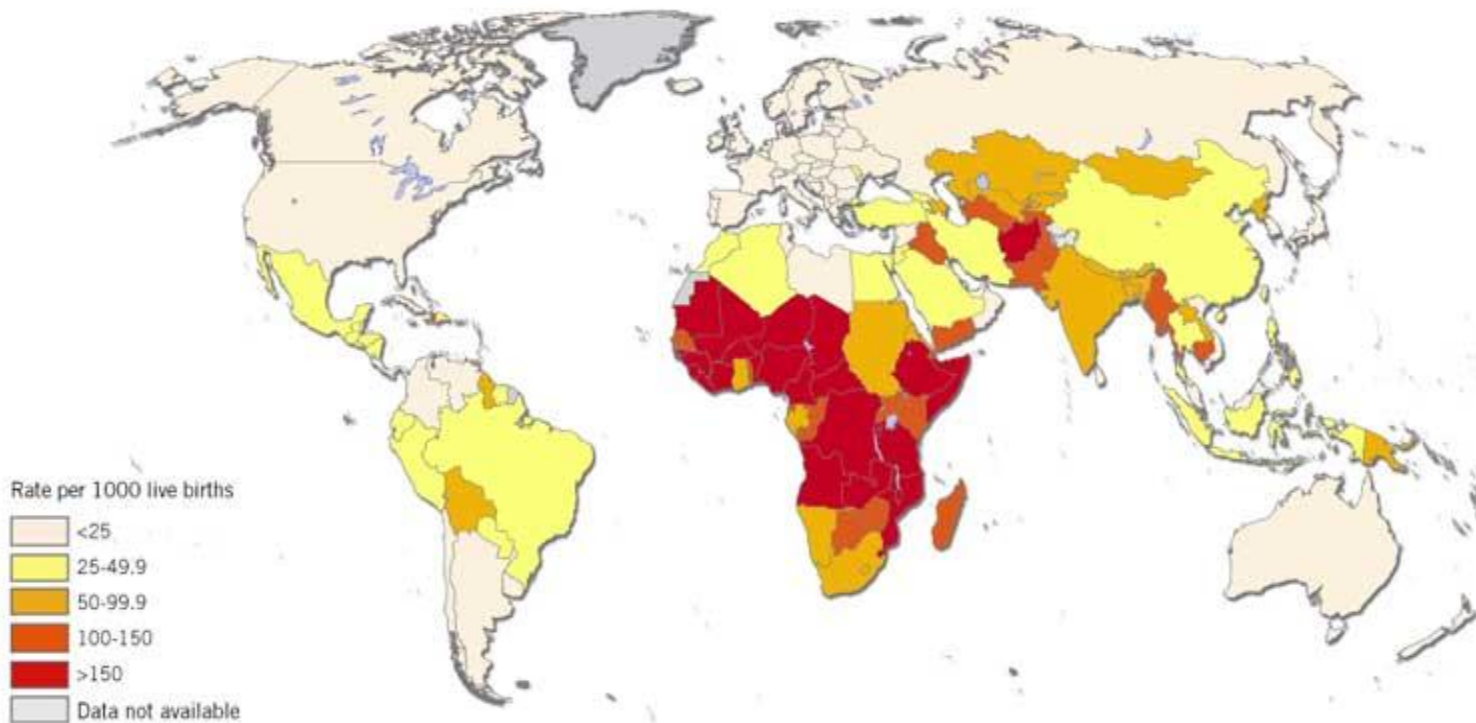
According to UNICEF, most child deaths (70% in developing countries) is the result of one the following five causes or a combination of:

- **Acute respiratory infections** -(острые респираторные заболевания)
- **Diarrhea**- диарея
- **Measles**- корь
- **Malaria**- малярия
- **Malnutrition**- плохое питание

Child mortality.

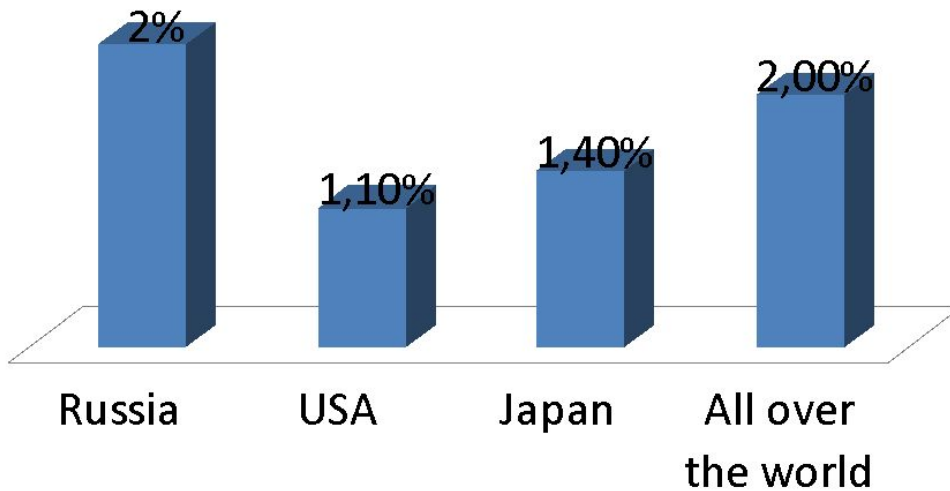
About 20 million children die every year, very often from preventable causes
(причины, которые можно было предотвратить)

Under-five mortality rate, 2003



Cancer.

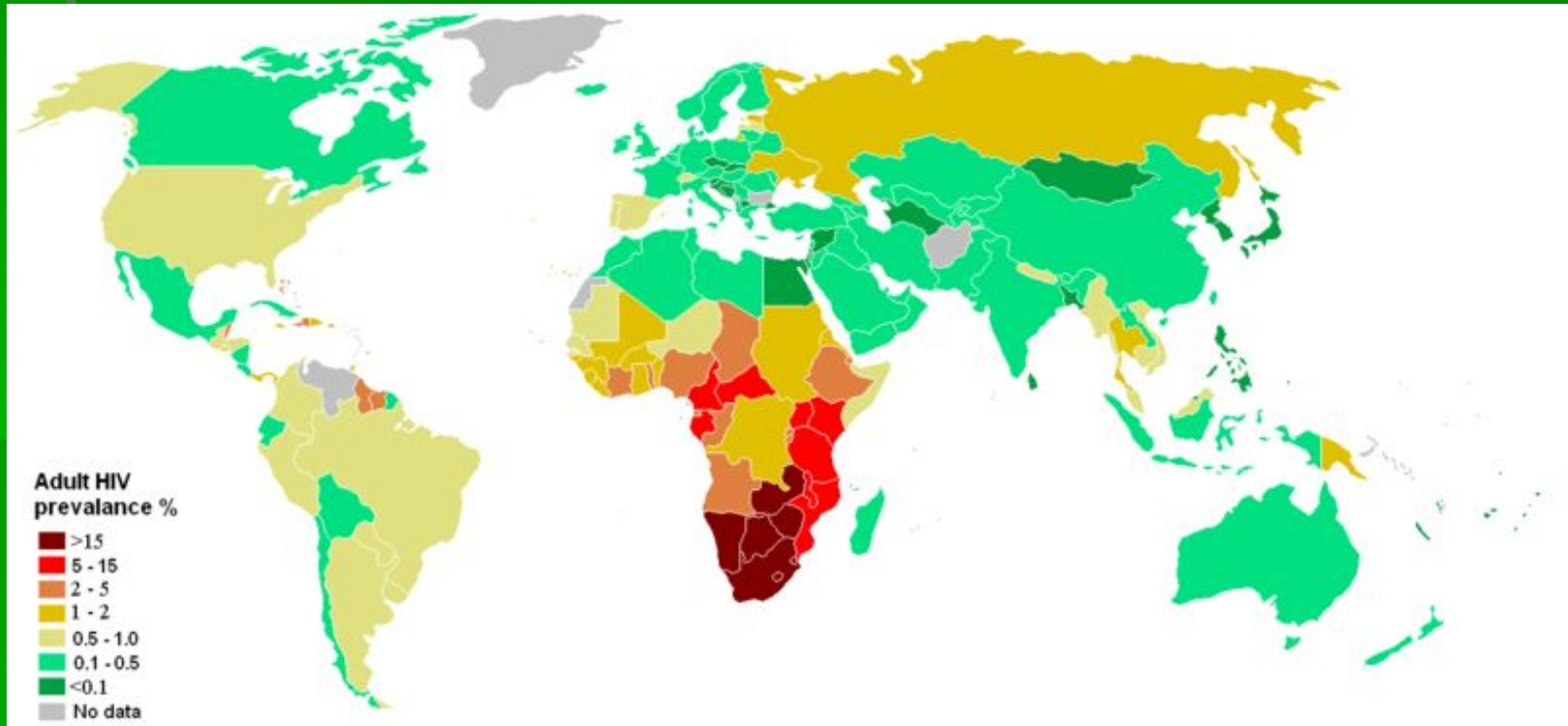
Quantity of the people who are ill cancer



The main reasons of cancer are surplus (избыток) of salt, malnutrition, shortage of vitamins etc.

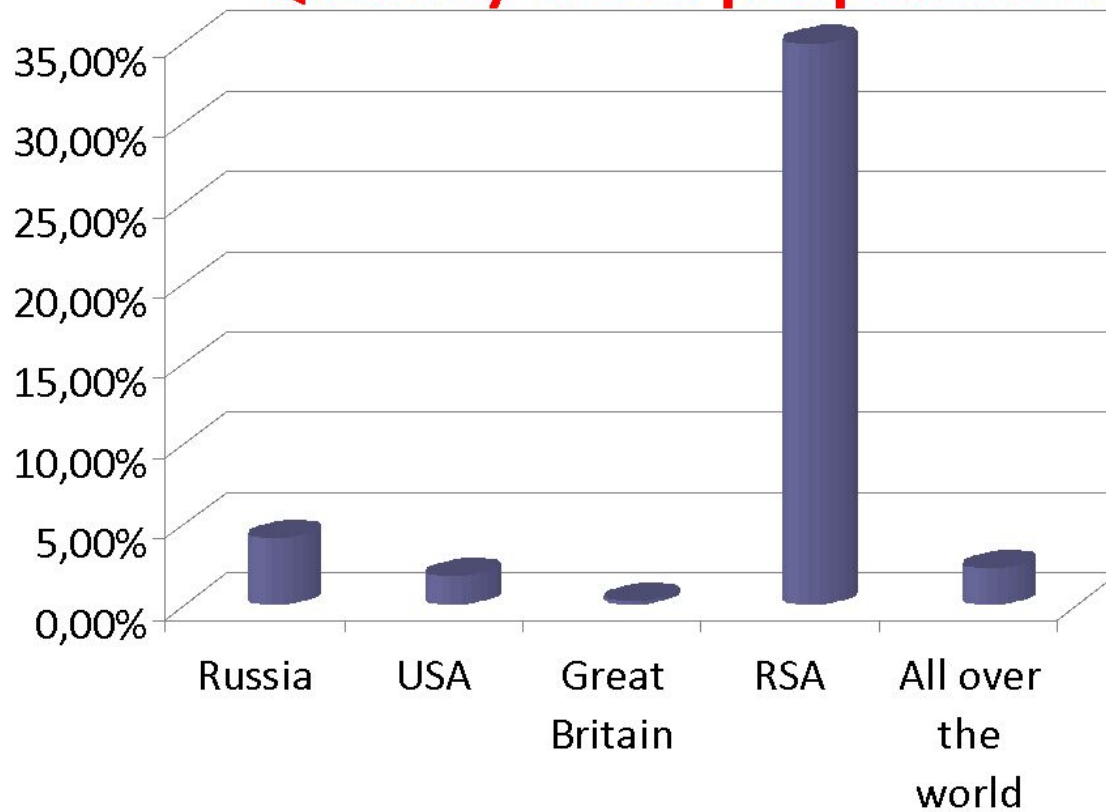
AIDS/HIV.

AIDS - acquired immune deficiency syndrome or acquired immunodeficiency syndrome is a disease of the human immune system caused by the human immunodeficiency virus (HIV).



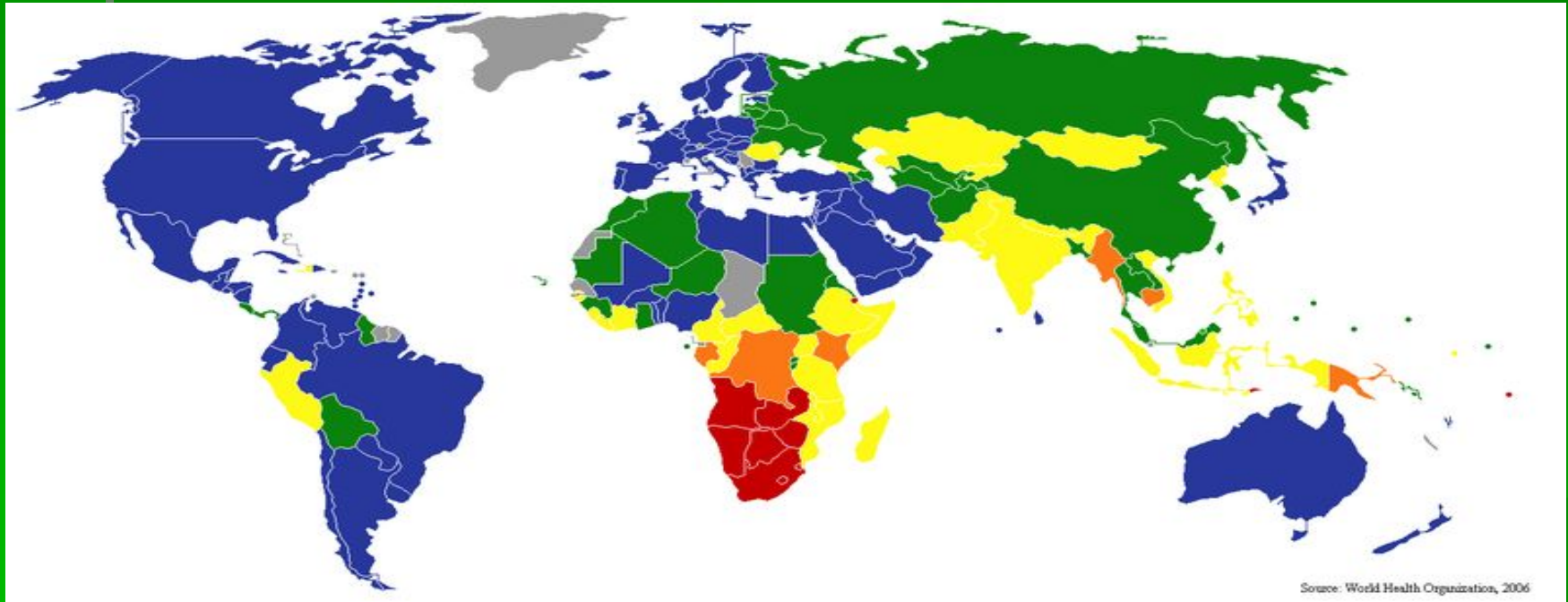
AIDS

Quantity of the people who are ill AIDS



Tuberculosis.

Tuberculosis is a common and often deadly infectious disease .



Cases per 100,000;

Red => 300, **orange = 200–300**, **yellow = 100–200**, **green = 50–100**, **blue =< 50**, **grey -no information**

Can you answer these questions?

- What is an average life expectancy in our country?
a) 83 years b) 67 years c) 43 years
- - How does Russia rank in the world according to life expectancy?
a) 134th b) 27th c) 97th
- -What are health indicators?
- -What are the healthiest countries in the world?
- - What is an average life expectancy in African countries?
a) 60 b) 70 c) 40
- -What is the longest average life expectancy in the world?
a) 70 years b) 75 years c) 81years
- - Has life expectancy in Russia grown since 1958?
a) yes b) no