



National Institute for Health Development of Estonia,
Department of Health Statistics

The Centre of Health Economics of Latvia

Health Information Centre,
Institute of Hygiene, Lithuania

Health in the Baltic Countries

2009

18th edition

2011

CONTENTS

Preface.....	5
Resident population.....	5
General data.....	6
Population by age.....	7
Trends of demographics indicators.....	8
Resident population by age and gender.....	9
Natality, mortality and natural increase per 1000 population.....	10
Life expectancy at birth in EU member states.....	11
Life expectancy at 45 years of age in EU member states.....	12
Death cause per 100,000 population.....	13
Main cause of death.....	14
Age-standardised death rates.....	15
Selected causes of death per 100,000 population.....	18
Infant mortality per 1000 live births.....	19
Structure of infant mortality in percentage.....	20
Infant mortality by cause per 10,000 live births.....	21
Perinatal, neonatal and maternal mortality.....	21
Births rate by age of mother.....	22
Abortions.....	23
Selected results of health behaviour survey.....	24
Health facilities.....	25
Practising physicians by speciality.....	26
Hospital beds by speciality.....	27
Selected notifiable diseases per 100,000 population.....	28
Incidence of malignant neoplasms by main sites.....	29
Hospital beds use by speciality.....	30
Average length of stay (days) in the Baltic and Nordic countries.....	31
Discharges by groups of diseases.....	32
Surgical operation in the hospitals.....	33
Sales of medical products by ATC groups.....	34
Health care expenditures.....	35
Total health care expenditures as % of GDP in EU member states.....	36
Obstetrics definitions.....	37
Sources.....	38
Further information.....	39

Health in the Baltic countries

Symbols used in the tables:

Zero or no applicable	-
Data not available	...

Preface

“Health in the Baltic Countries 2009” is the eighteenth edition of the series and is aimed at providing a basis for the comparison of health statistics of the three Baltic States – namely Estonia, Latvia and Lithuania.

The publication is targeted at health professionals, policy and opinion formers, those involved in research, students of health and any of the general public interested in the health of their fellow citizens.

The most important sources of data for this publication were the annual statistical reports of the various medical institutions as well as health databases and registries. Some data was taken from official publications and the web pages of the national statistics offices of the Baltic States. *The Health for All database* of the World Health Organisation and NOMESCO publication entitled *Health Statistics in the Nordic Countries 2008* were used as sources of information for tables containing data from other European countries.

Resident population on 01.01.2010

	Estonia	Latvia	Lithuania
Population (thousand)	1340.1	2248.4	3329.0
Per 1 km ²	30.9	34.8	51.0
Urban (thousand)	930.8	1521.2	2229.5
%	69.5	67.7	67.0
Rural (thousand)	409.4	727.2	1099.5
%	30.5	32.3	33.0
Males (thousand)	617.3	1037.5	1547.7
%	46.1	46.1	46.5
Females (thousand)	722.8	1210.9	1781.3
%	53.9	53.9	53.5
Below working age (%)	16.1	13.8	16.2
Working age (%)	64.7	66.0	65.0
Above working age (%)	19.2	20.2	18.8
Working age			
Males	16-63	15 - 61	16-62.5
Females	16-61	15 - 61	16-60

Health in the Baltic countries

General data

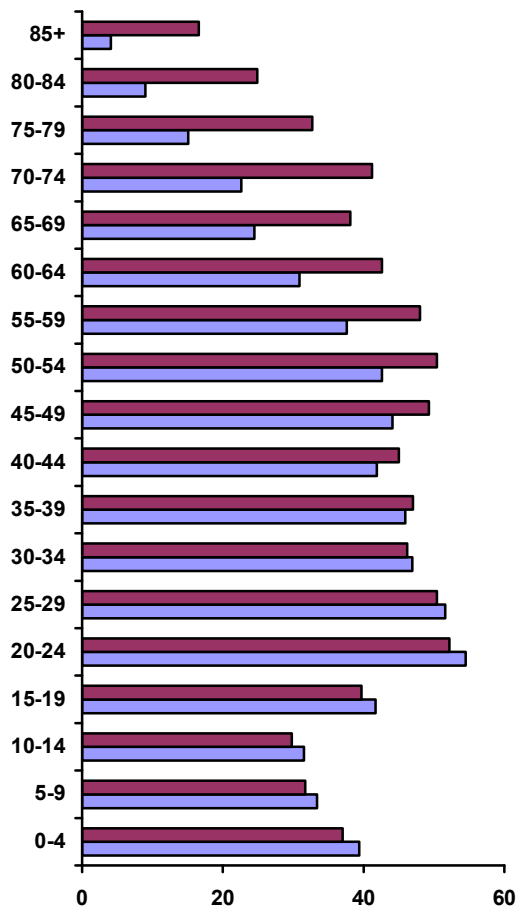
	Estonia	Latvia	Lithuania
Official name of the state	Republic of Estonia (Eesti Vabariik)	Republic of Latvia (Latvijas Republika)	Republic of Lithuania (Lietuvos Respublika)
Independence Day	24 February (1918)	18 November (1918)	16 February (1918)
Governing body of the state	Parliament (Riigikogu), 101 members, elected for a period of 4 years	Parliament (Saeima), 100 members, elected for a period of 4 years	Parliament (Seimas), 141 members, elected for a period of 4 years
Governmental structure	Republic, the President is elected for the period of 5 years	Republic, the President is elected for the period of 4 years	Republic, the President is elected for the period of 5 years
Area (thousand km ²)	45.2	64.6	65.3
Major islands	Saaremaa, 2671 km ² Hiiumaa, 989 km ² Muhu, 198 km ²	-	-
Major rivers	Võhandu, 162 km (through lake Tamula) Pärnu, 144 km Põltsamaa, 135 km	Daugava, 1005 km Gauja, 452 km Venta, 346 km	Nemunas, 937.4 km Neris, 509.5 km Venta, 346 km
Major lakes	Peipsi, 3555 km ² (in Estonia 1529 km ²) Võrtsjärv, 271 km ² Narva veehoidla (artificial lake) 191 km ² (in Estonia 38 km ²)	Lubāns, 80.7 km ² Rāzna, 57.6 km ² Engure, 40.5 km ²	Drūkšiai, 44.8 km ² Dysnai, 24.4 km ² Dusia, 23.3 km ²
The highest point	Suur Munamägi, 318 m	Gaiziņkalns, 311.6 m	Juozapinė, 293.6 m
Average daily temperature in January 2009	- 3.4° C	- 2.3° C	- 2.8 °C
Average daily temperature in July 2009	+ 17.4° C	+ 17.4° C	+ 18.2 °C
Average daily temperature 2009	+ 6.0° C	+ 6.5° C	+ 7.1 °C
Administrative units at the beginning of 2010	15 counties, 33 cities, 14 cities without municipal status, 193 rural municipalities	77 cities and towns, 109 counties	10 counties, 60 municipalities, 103 cities and towns,
Capital, resident population (thousand) at the beginning of 2010	Tallinn 399.3	Riga 706.4	Vilnius 560.2
State language	Estonian	Latvian	Lithuanian
Currency	Estonian kroon=100 sents* 1 EEK = 0.064 EUR	Latvian lats=100 santims 1 LVL = 1.423 EUR	Lithuanian lits=100 centas 1 LTL = 0.28962 EUR

* On 1 January 2011, Estonia replaced the kroon with the euro.

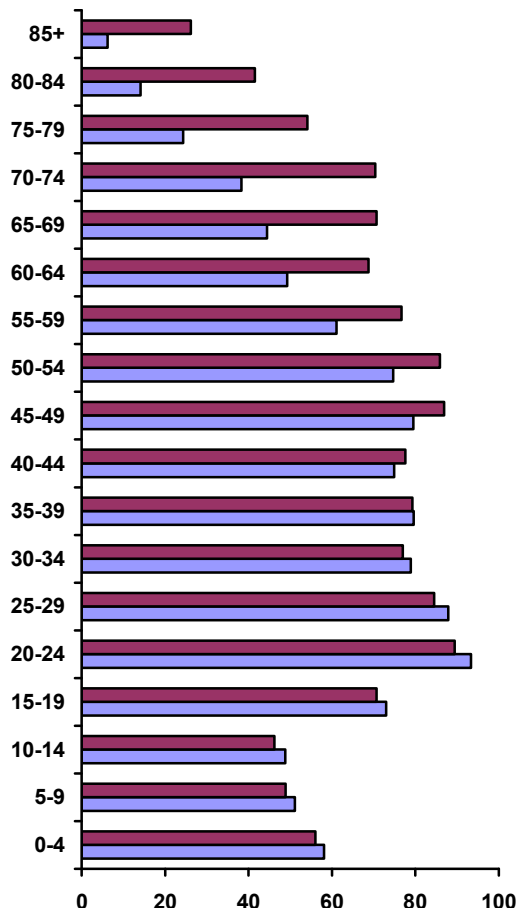
Health in the Baltic countries

Population by age at the beginning of 2010
(thousand)

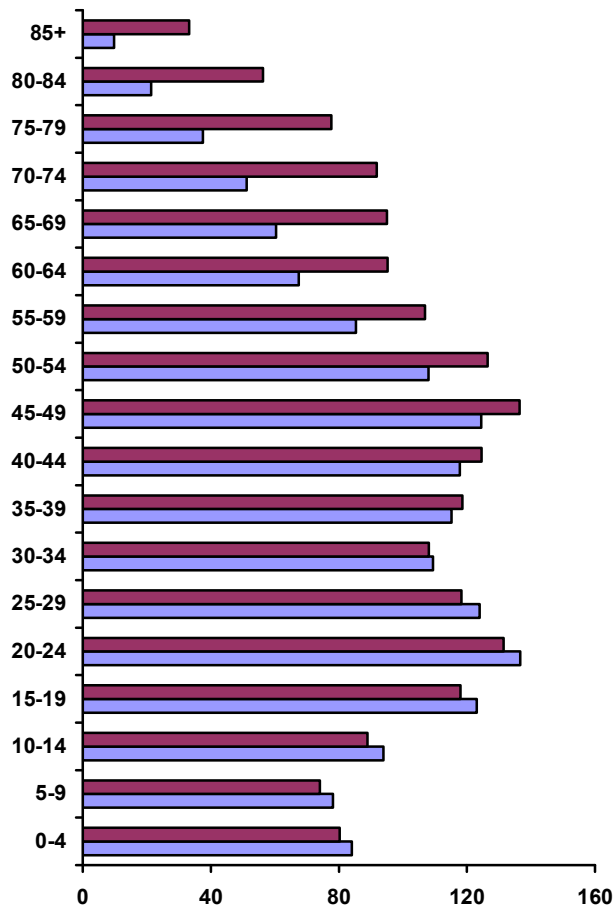
Estonia



Latvia



Lithuania



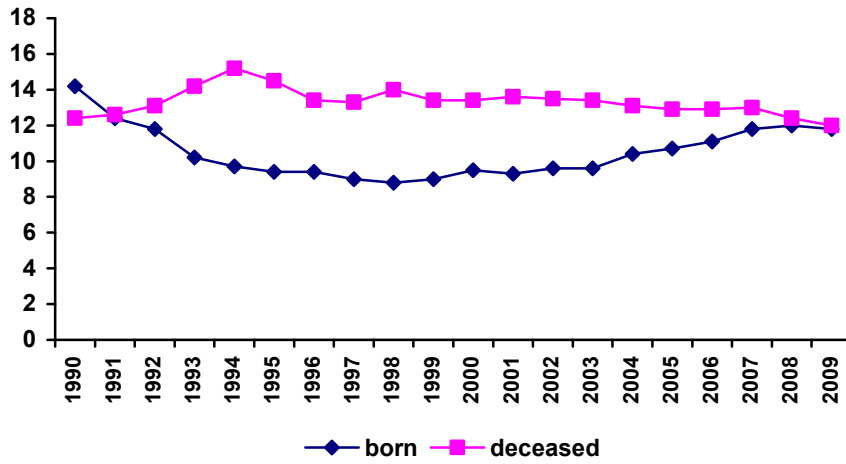
Male Female

Health in the Baltic countries

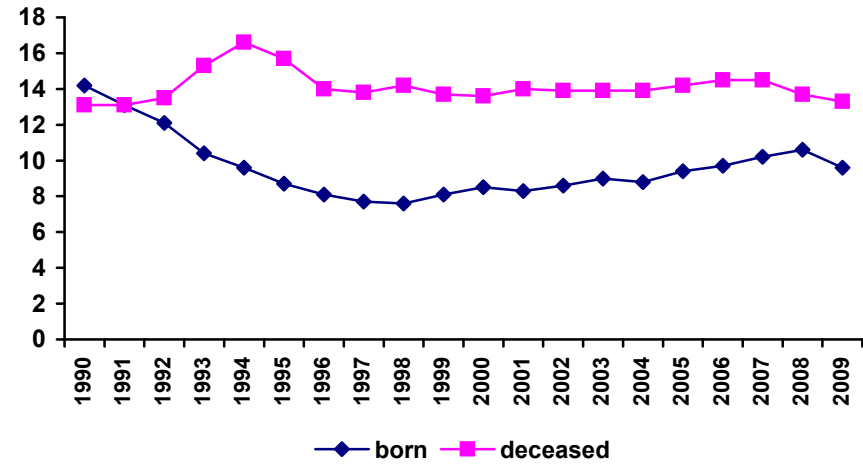
Trends in demographics indicators

Per 1000 population

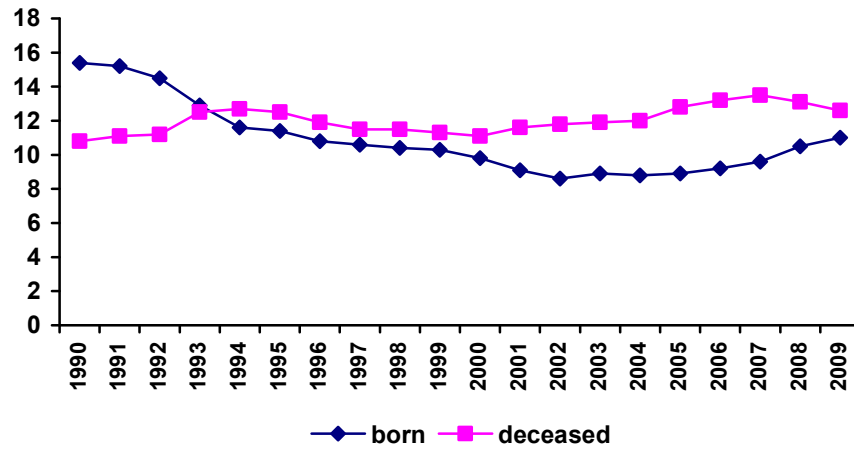
Estonia



Latvia



Lithuania



Health in the Baltic countries

Resident population by age and gender at 01.01.2010

	Estonia						Latvia						Lithuania					
	Total		Males		Females		Total		Males		Females		Total		Males		Females	
	Number	%	Number	%	Number	%	Number	%	Number	%	Number	%	Number	%	Number	%	Number	%
Total	1340127	100.0	617323	100.0	722804	100.0	2248374	100.0	1037451	100.0	1210923	100.0	3329039	100.0	1547751	100.0	1781288	100.0
0-4	76401	5.7	39393	6.4	37008	5.1	114165	5.1	58121	5.6	56044	4.6	164213	4.9	83975	5.4	80238	4.5
5-9	65107	4.9	33424	5.4	31683	4.4	100034	4.4	51137	4.9	48897	4.0	152253	4.6	78179	5.1	74074	4.2
10-14	61266	4.6	31481	5.1	29785	4.1	94955	4.2	48798	4.7	46157	3.8	182833	5.5	93889	6.1	88944	5.0
15-19	81447	6.1	41748	6.8	39699	5.5	143743	6.4	73026	7.0	70717	5.8	241075	7.2	123074	8.0	118001	6.6
20-24	106663	8.0	54479	8.8	52184	7.2	182716	8.1	93319	9.0	89397	7.4	268121	8.1	136620	8.8	131501	7.4
25-29	102028	7.6	51585	8.4	50443	7.0	172402	7.7	87857	8.5	84545	7.0	242212	7.3	123951	8.0	118261	6.6
30-34	93094	6.9	46883	7.6	46211	6.4	155848	6.9	78888	7.6	76960	6.4	217406	6.5	109356	7.1	108050	6.1
35-39	92886	6.9	45927	7.4	46959	6.5	158870	7.1	79587	7.7	79283	6.5	233825	7.0	115227	7.4	118598	6.7
40-44	86852	6.5	41901	6.8	44951	6.2	152482	6.8	74857	7.2	77625	6.4	242430	7.3	117796	7.6	124634	7.0
45-49	93373	7.0	44085	7.1	49288	6.8	166461	7.4	79545	7.7	86916	7.2	260884	7.8	124534	8.0	136350	7.7
50-54	92972	6.9	42575	6.9	50397	7.0	160650	7.1	74701	7.2	85949	7.1	234485	7.0	107957	7.0	126528	7.1
55-59	85633	6.4	37621	6.1	48012	6.6	137756	6.1	61063	5.9	76693	6.3	192189	5.8	85257	5.5	106932	6.0
60-64	73518	5.5	30875	5.0	42643	5.9	118083	5.3	49324	4.8	68759	5.7	162712	4.9	67519	4.4	95193	5.3
65-69	62555	4.7	24491	4.0	38064	5.3	115088	5.1	44358	4.3	70730	5.8	155401	4.7	60407	3.9	94994	5.3
70-74	63731	4.8	22567	3.7	41164	5.7	108736	4.8	38322	3.7	70414	5.8	143045	4.3	51247	3.3	91798	5.2
75-79	47810	3.6	15141	2.5	32669	4.5	78402	3.5	24260	2.3	54142	4.5	115222	3.5	37533	2.4	77689	4.4
80-84	33890	2.5	8961	1.5	24929	3.4	55610	2.5	14080	1.4	41530	3.4	77729	2.3	21425	1.4	56304	3.2
85+	20767	1.5	4126	0.7	16641	2.3	32373	1.4	6208	0.6	26165	2.2	43004	1.3	9805	0.6	33199	1.9
Unknown	134	0.01	60	0.01	74	0.01	-	-	-	-	-	-	-	-	-	-	-	-

Health in the Baltic countries

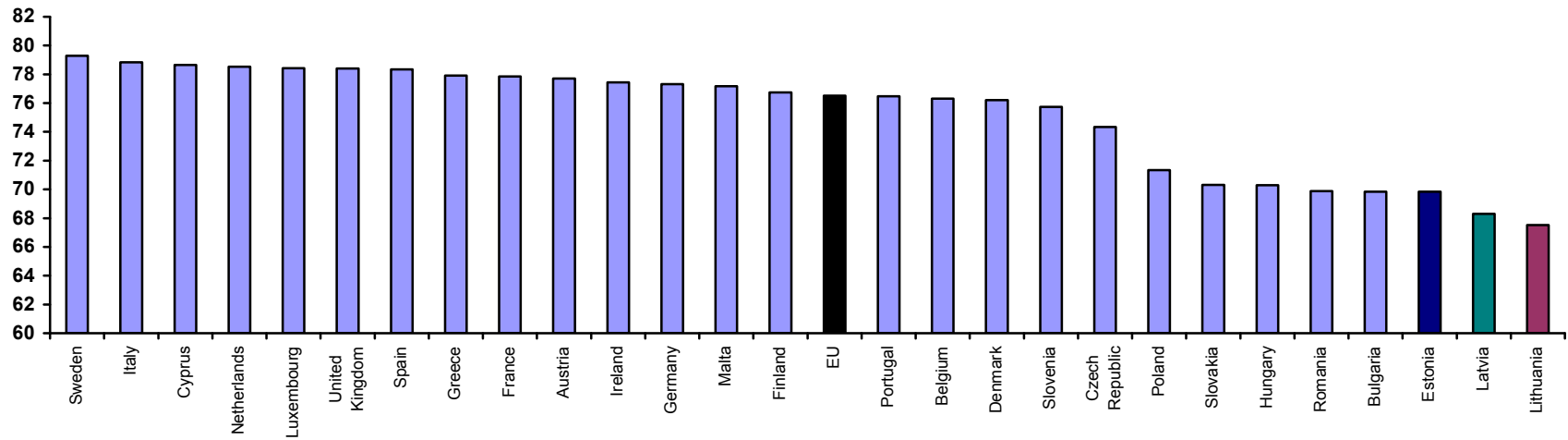
Natality, mortality and natural increase per 1000 population

Years	Estonia			Latvia			Lithuania		
	Natality	Mortality	Natural increase	Natality	Mortality	Natural increase	Natality	Mortality	Natural increase
1960	16.6	10.5	6.1	16.7	10.0	6.7	22.5	7.8	14.7
1965	14.8	10.6	4.2	13.8	10.1	3.7	18.1	7.9	10.2
1970	16.0	11.2	4.8	14.6	11.3	3.3	17.7	8.9	8.8
1975	15.0	11.6	3.4	14.2	12.2	2.0	15.7	9.5	6.2
1980	14.9	12.4	2.5	14.1	12.8	1.3	15.2	10.5	4.7
1985	15.5	12.6	2.9	15.4	13.2	2.2	16.5	11.1	5.4
1990	14.2	12.4	1.8	14.2	13.1	1.1	15.4	10.8	4.6
1991	12.4	12.6	-0.2	13.1	13.1	0.0	15.2	11.1	4.1
1992	11.8	13.1	-1.3	12.1	13.5	-1.4	14.5	11.2	3.3
1993	10.2	14.2	-4.0	10.4	15.3	-4.9	12.9	12.5	0.4
1994	9.7	15.2	-5.5	9.6	16.6	-7.0	11.6	12.7	-1.1
1995	9.4	14.5	-5.1	8.7	15.7	-7.0	11.4	12.5	-1.1
1996	9.4	13.4	-4.0	8.1	14.0	-5.9	10.8	11.9	-1.1
1997	9.0	13.3	-4.3	7.7	13.8	-6.1	10.6	11.5	-0.9
1998	8.8	14.0	-5.2	7.6	14.2	-6.6	10.4	11.5	-1.1
1999	9.0	13.4	-4.4	8.1	13.7	-5.6	10.3	11.3	-1.0
2000	9.5	13.4	-3.9	8.5	13.6	-5.1	9.8	11.1	-1.3
2001	9.3	13.6	-4.3	8.3	14.0	-5.7	9.1	11.6	-2.5
2002	9.6	13.5	-3.9	8.6	13.9	-5.3	8.6	11.8	-3.2
2003	9.6	13.4	-3.8	9.0	13.9	-4.9	8.9	11.9	-3.0
2004	10.4	13.1	-2.7	8.8	13.9	-5.1	8.8	12.0	-3.2
2005	10.7	12.9	-2.2	9.4	14.2	-4.8	8.9	12.8	-3.9
2006	11.1	12.9	-1.8	9.7	14.5	-4.7	9.2	13.2	-4.0
2007	11.8	13.0	-1.2	10.2	14.5	-4.3	9.6	13.5	-3.9
2008	12.0	12.4	-0.4	10.6	13.7	-3.1	10.5	13.1	-2.6
2009	11.8	12.0	-0.2	9.6	13.3	-3.7	11.0	12.6	-1.6

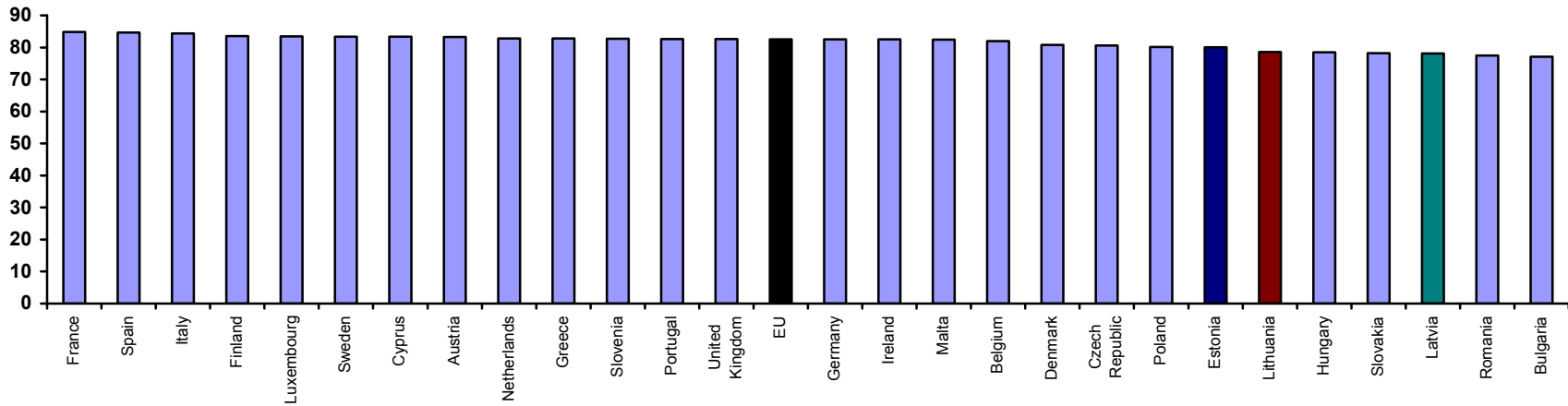
Health in the Baltic countries

Life expectancy at birth in EU member states *

males



females

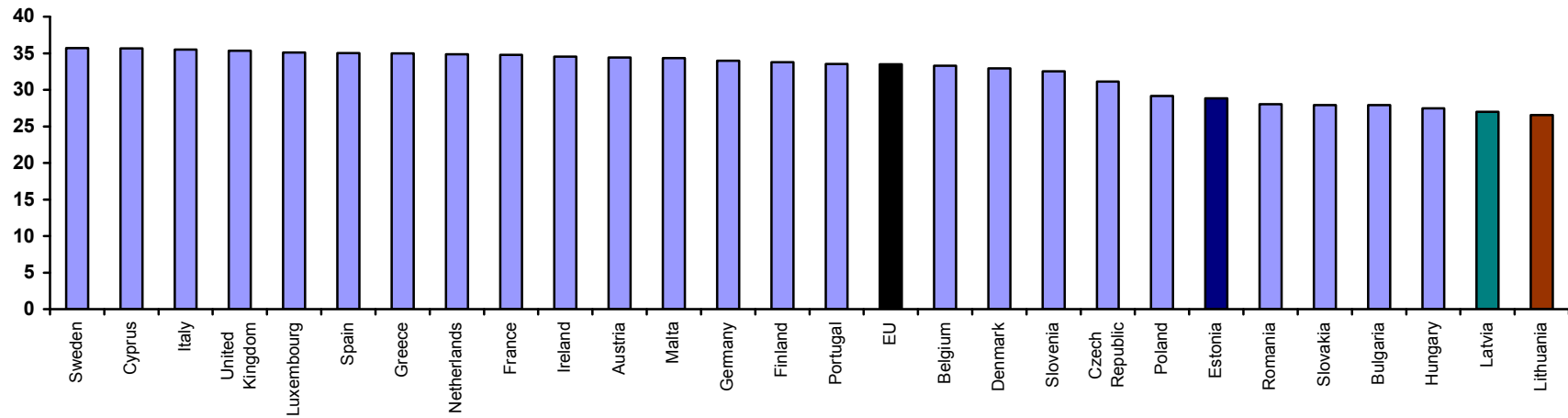


* Data for Estonia, Latvia and Lithuania – 2009; other countries 2005-2009

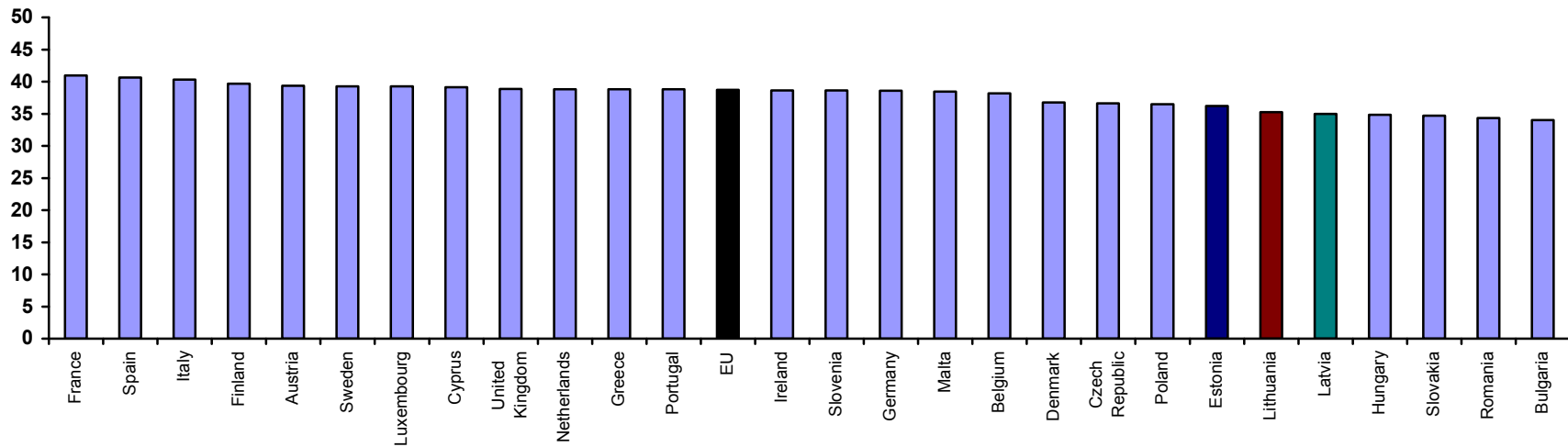
Health in the Baltic countries

Life expectancy at 45 years of age in EU member states *

males



females



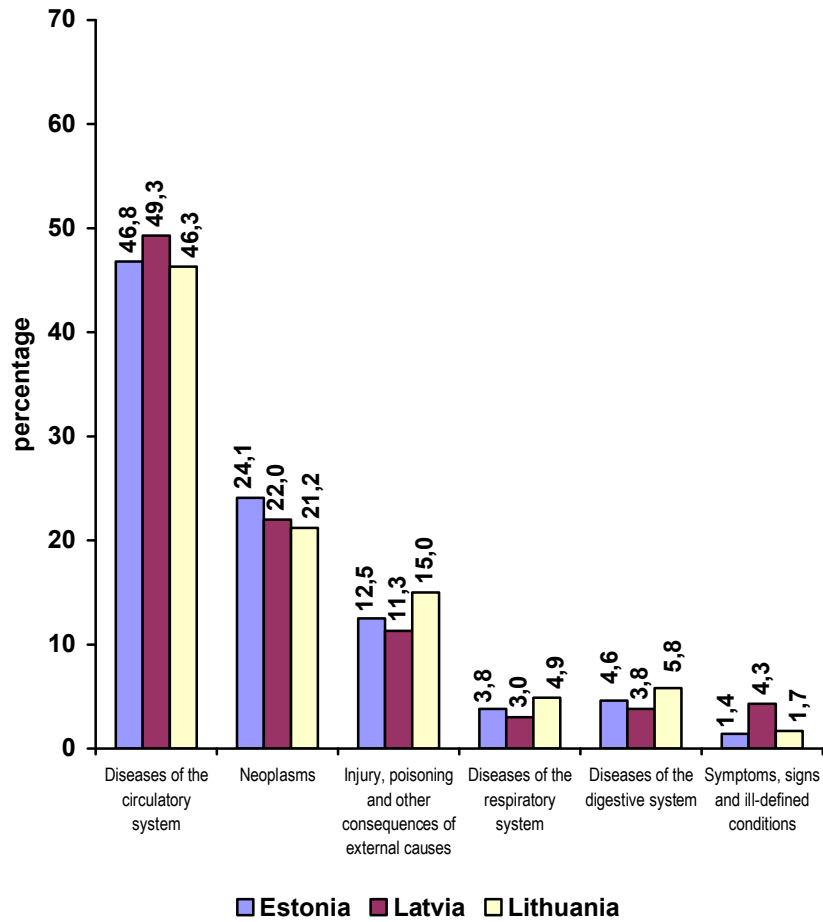
* Data for Estonia, Latvia and Lithuania – 2009; other countries 2005-2009

Deaths by cause per 100,000 population in 2009

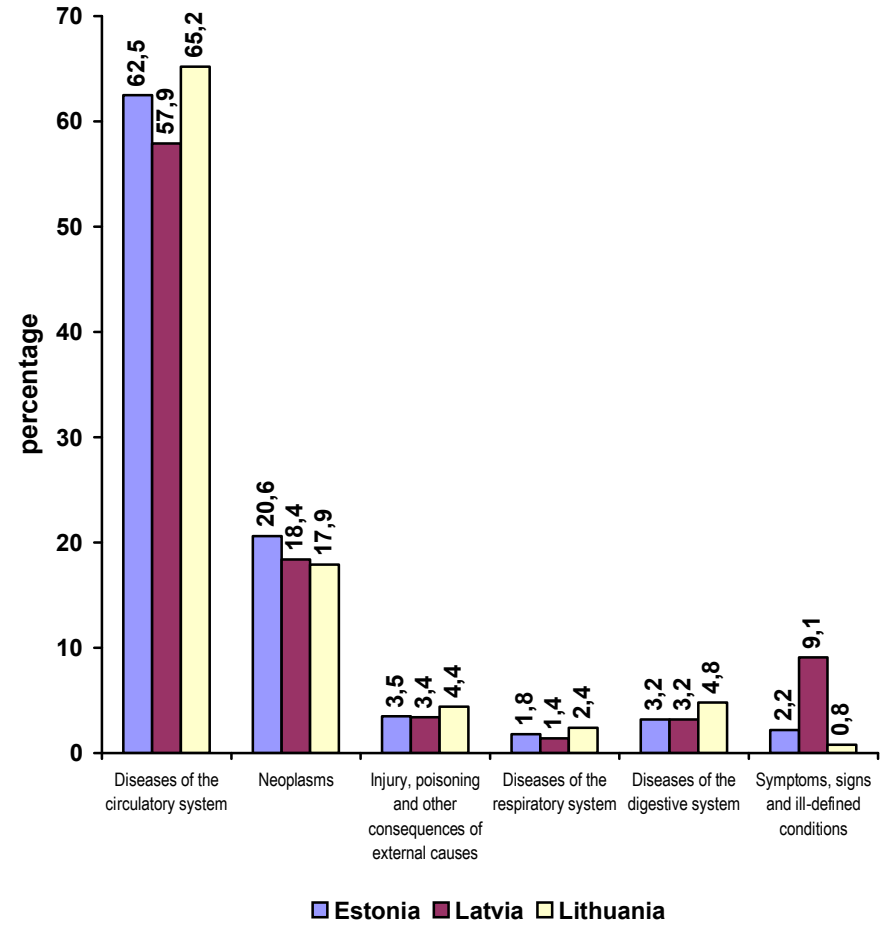
Causes of death	Estonia			Latvia			Lithuania		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
Certain infectious and parasitic diseases	11.0	15.4	7.2	12.7	18.7	7.6	13.5	20.0	7.9
Neoplasms	268.0	312.3	230.2	267.3	307.7	232.8	246.9	298.4	202.0
Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanisms	0.7	0.5	0.8	1.6	2.1	1.2	0.8	0.6	1.0
Endocrine, nutritional and metabolic diseases	17.1	16.2	17.8	24.7	18.1	30.4	10.1	8.6	11.4
Mental and behavioural disorders	10.7	14.1	7.8	10.6	11.2	10.0	2.2	3.2	1.3
Diseases of the nervous system and sensory organs	19.9	24.6	15.9	11.4	13.5	9.6	16.3	18.0	14.8
Diseases of the circulatory system	656.0	606.0	698.7	713.0	690.2	732.6	697.5	651.2	737.8
Diseases of the respiratory system	33.3	48.6	20.2	28.8	41.4	18.0	46.7	69.3	27.1
Diseases of the digestive system	47.1	59.8	36.2	46.3	52.8	40.8	66.6	81.2	53.8
Diseases of the skin and subcutaneous tissue	0.5	0.3	0.6	1.3	1.2	1.4	1.1	1.6	0.6
Diseases of the musculoskeletal system and connective tissue	3.1	1.3	4.6	2.2	1.8	2.6	2.6	2.1	3.0
Diseases of the genitourinary system	10.4	11.2	9.7	13.6	14.3	12.9	8.4	9.1	7.8
Pregnancy, childbirth and puerperium	-	-	-	-	-	0.6	-	-	-
Certain conditions originating in perinatal period	2.2	2.6	1.9	3.5	3.8	3.1	2.3	3.3	1.5
Congenital malformations, deformations and chromosomal abnormalities	2.6	2.3	2.9	4.4	5.1	3.8	2.8	3.3	2.4
Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified	22.1	18.6	25.0	90.1	60.3	115.6	16.0	23.7	9.4
Injury, poisoning and certain other consequences of external causes	95.4	161.5	38.9	95.7	157.8	42.5	124.8	211.3	49.6
TOTAL	1199.8	1295.3	1118.3	1327.5	1400.1	1265.3	1258.6	1405.1	1131.3

Main causes of death in 2009

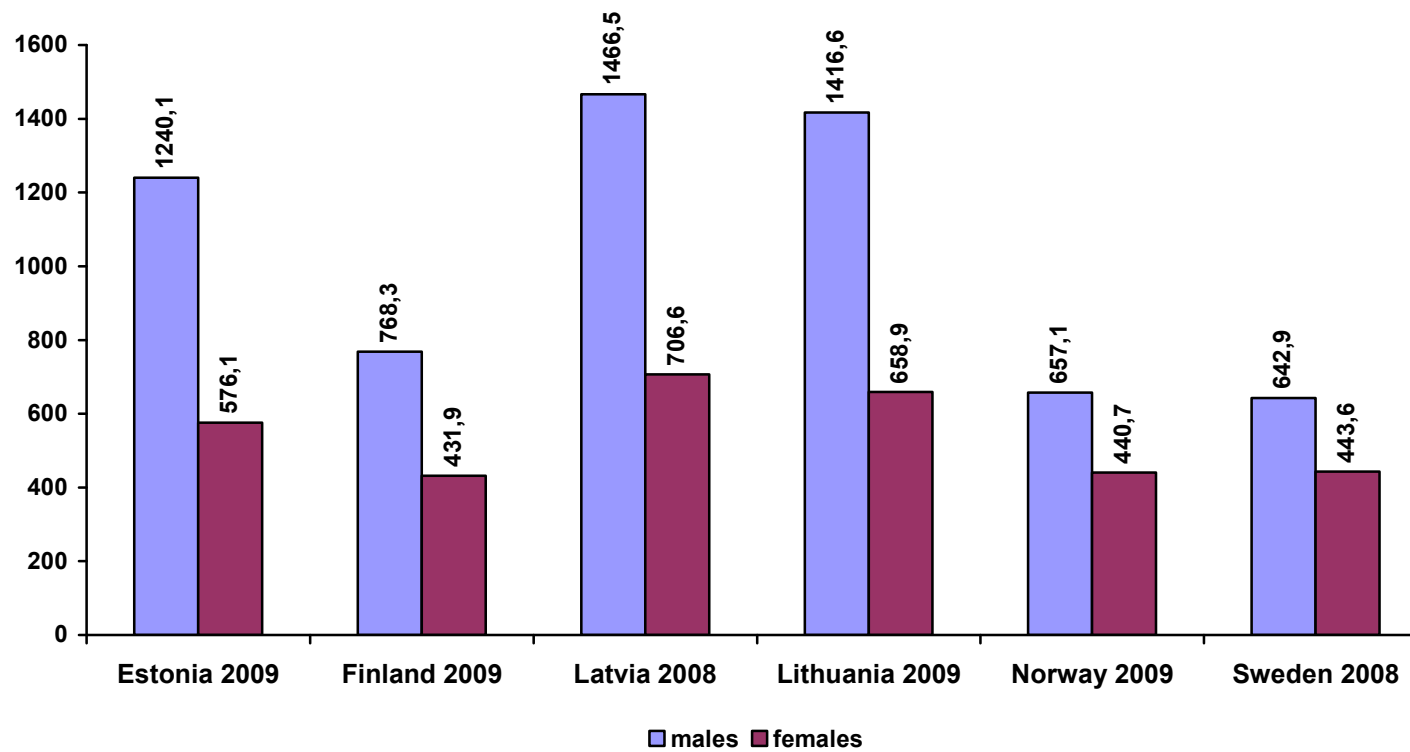
Males



Females

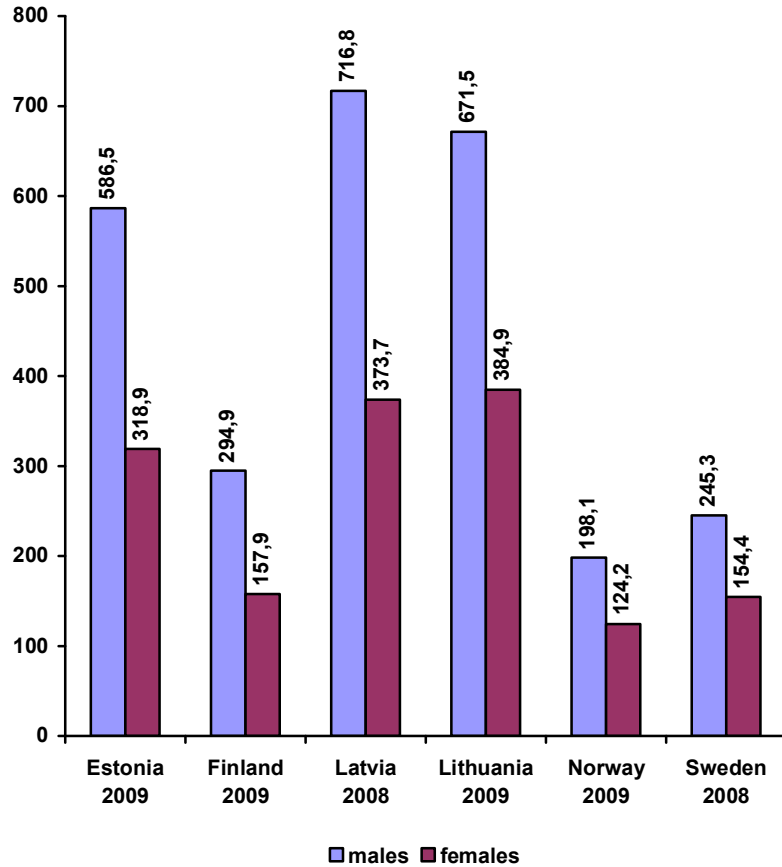


Age-standardised death rates
(per 100,000 European standard population)

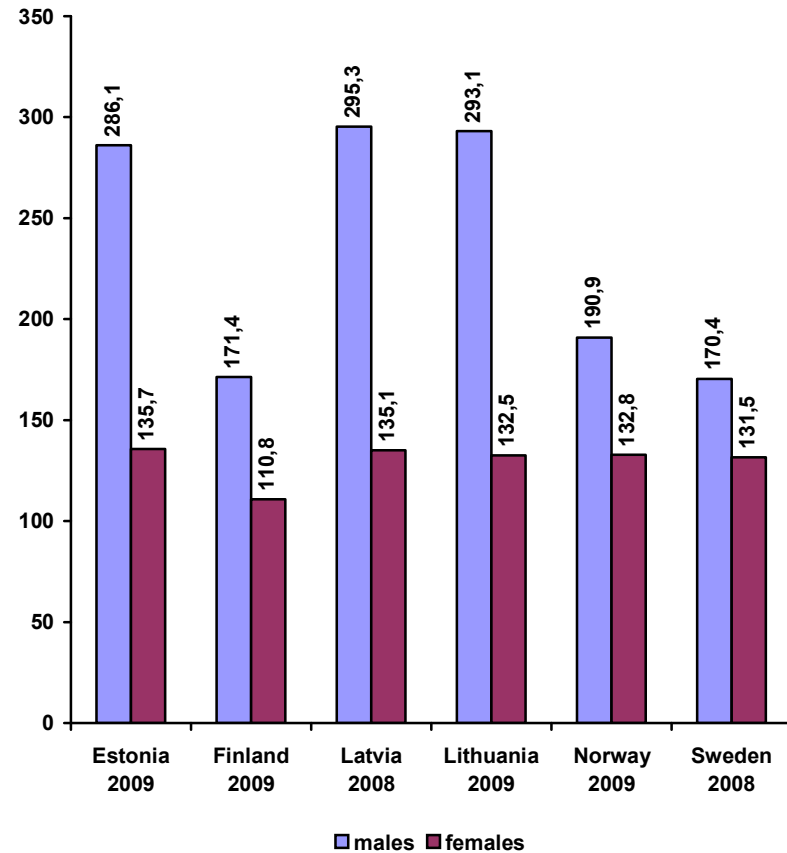


Age-standardised death rates
(per 100,000 European standard population)

diseases of circulatory system



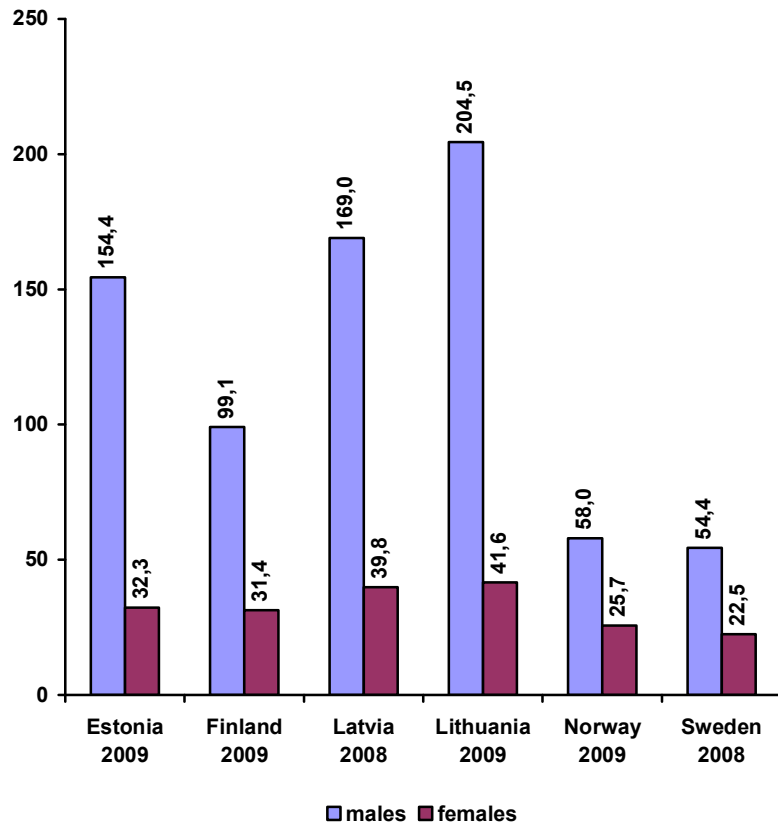
malignant neoplasms



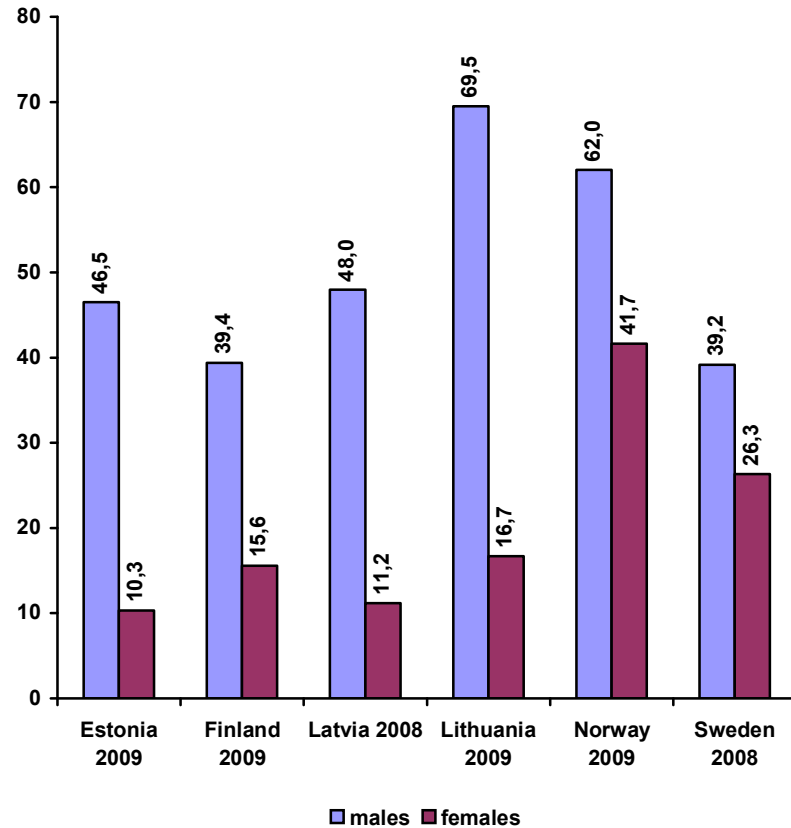
Health in the Baltic countries

Age-standardised death rates (per 100,000 European standard population)

injuries, poisoning and other consequences of external causes



diseases of respiratory system



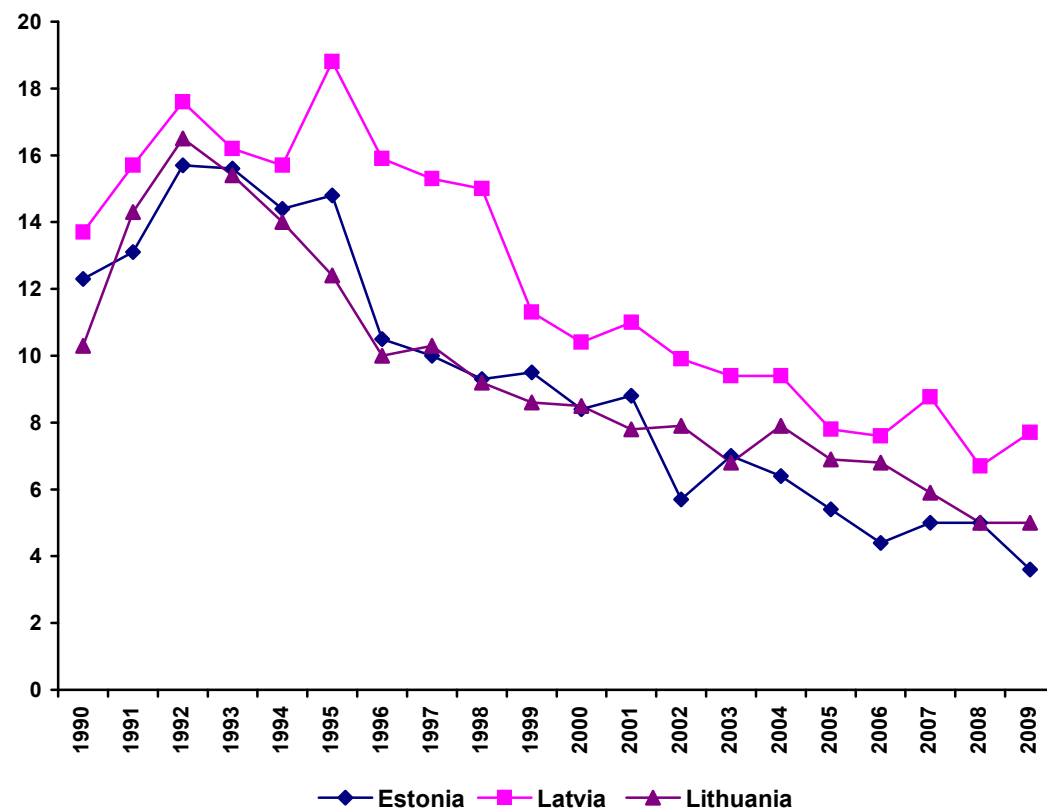
Health in the Baltic countries

Selected causes of deaths per 100,000 population in 2009

Causes of death	ICD-10 codes	Estonia			Latvia			Lithuania		
		Total	Males	Females	Total	Males	Females	Total	Males	Females
Tuberculosis	A15-A19	3.2	4.5	2.1	4.0	6.7	1.6	8.0	13.8	2.9
AIDS	B20-B24	3.9	6.8	1.4	3.0	5.0	1.2	0.4	0.6	0.2
Stomach cancer	C16	22.6	24.8	20.7	23.5	27.4	20.1	20.6	26.2	15.7
Colon cancer	C18	19.2	20.9	17.8	16.4	14.9	17.7	15.4	15.8	15.1
Rectum cancer	C19-C21	11.9	12.1	11.6	14.5	16.5	12.8	14.4	17.5	11.8
Trachea, bronchus and lung cancer	C33-C34	48.2	82.6	18.8	45.2	80.8	14.7	41.4	74.0	13
Breast cancer	C50	17.6	0.0	32.6	19.7	0.5	36.0	17.9	0.3	33.3
Cervix uteri cancer	C53	4.4	-	8.2	4.4	-	8.1	5.9	-	11.1
Prostate cancer	C61	18.1	39.4	-	15.5	33.6	-	14.9	31.9	-
Diabetes	E10-E14	15.5	14.9	16.0	22.5	16.1	28.1	9.1	7.7	10.4
Ischaemic heart disease	I20-I25	323.2	304.7	339.0	381.1	387.1	375.9	431.7	413	448
of which myocardial infarction	I21-I22	44.6	52.3	38.0	66.9	78.1	57.4	36.4	42.9	30.7
Cerebrovascular diseases	I60-I69	103.3	86.5	117.7	205.6	165.4	240.0	172.9	135.3	205.5
Atherosclerosis	I70	11.0	10.5	11.5	15.7	14.5	16.6	17.4	17.3	17.6
Pneumonia	J12-J18	12.4	17.0	8.4	12.5	17.2	8.5	19.2	25.7	13.5
Chronic bronchitis, asthma	J41-J46	15.3	23.3	8.4	11.7	17.8	6.4	24.0	38.9	11.1
Alcoholic liver disease	K70	12.6	19.3	6.9	6.9	10.4	4.0	14.2	20.1	9.1
Fibrosis and cirrhosis of liver	K74	6.4	8.4	4.7	12.2	14.6	10.2	15.2	22.1	9.3
Transport accidents	V01-V99	8.9	14.3	4.3	11.5	18.0	5.9	13.7	22.9	5.7
Falls	W00-W19	9.8	13.1	7.1	7.2	10.9	4.0	10.6	16.7	5.3
Accidental drowning and submersion	W65-W74	4.6	8.1	1.5	6.0	10.8	2.0	8.9	16.0	2.8
Exposure to excessive natural cold	X31	5.1	9.2	1.7	6.3	9.8	3.2	10.2	16.7	4.5
Accidental poisoning by alcohol	X45	8.4	13.8	3.9	7.7	13.4	2.9	10.3	17.1	4.4
Intentional self-harm	X60-X84	20.1	35.6	6.8	22.9	40.0	8.2	34.1	61.3	10.4
Assault	X85-Y09	6.0	9.1	3.5	6.3	10.6	2.7	6.0	9.3	3.0

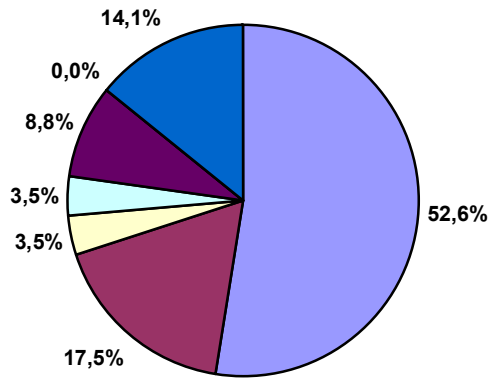
Infant mortality per 1000 live births

Years	Estonia	Latvia	Lithuania
1960	31.6	27.0	46.5
1965	20.3	18.6	35.4
1970	17.7	17.9	19.4
1975	18.2	20.3	19.6
1980	17.1	15.4	14.4
1985	14.1	13.0	14.2
1990	12.3	13.7	10.3
1991	13.1	15.7	14.3
1992	15.7	17.6	16.5
1993	15.6	16.2	15.4
1994	14.4	15.7	14.0
1995	14.8	18.8	12.4
1996	10.5	15.9	10.0
1997	10.0	15.3	10.3
1998	9.3	15.0	9.2
1999	9.5	11.3	8.6
2000	8.4	10.4	8.5
2001	8.8	11.0	7.8
2002	5.7	9.9	7.9
2003	7.0	9.4	6.8
2004	6.4	9.4	7.9
2005	5.4	7.8	6.9
2006	4.4	7.6	6.8
2007	5.0	8.8	5.9
2008	5.0	6.7	5.0
2009	3.6	7.7	5.0



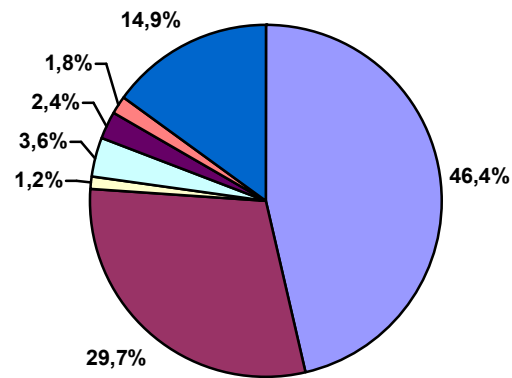
Structure of infant mortality in percentage in 2009

Estonia



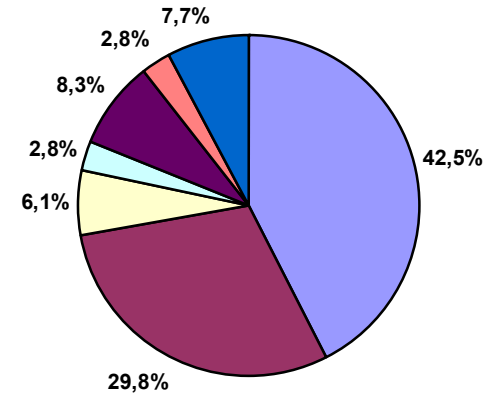
- Certain conditions originating in the perinatal period
- Congenital malformations
- Diseases of the respiratory system
- Infectious and parasitic diseases
- Injury, poisoning and other consequences of external causes
- Diseases of the nervous system and sense organs
- Other causes

Latvia



- Certain conditions originating in the perinatal period
- Congenital malformations
- Diseases of the respiratory system
- Infectious and parasitic diseases
- Injury, poisoning and other consequences of external causes
- Diseases of the nervous system and sense organs
- Other causes

Lithuania



- Certain conditions originating in the perinatal period
- Congenital malformations
- Diseases of the respiratory system
- Infectious and parasitic diseases
- Injury, poisoning and other consequences of external causes
- Diseases of the nervous system and sense organs
- Other causes

Health in the Baltic countries

Infant mortality by cause per 10,000 live births in 2009

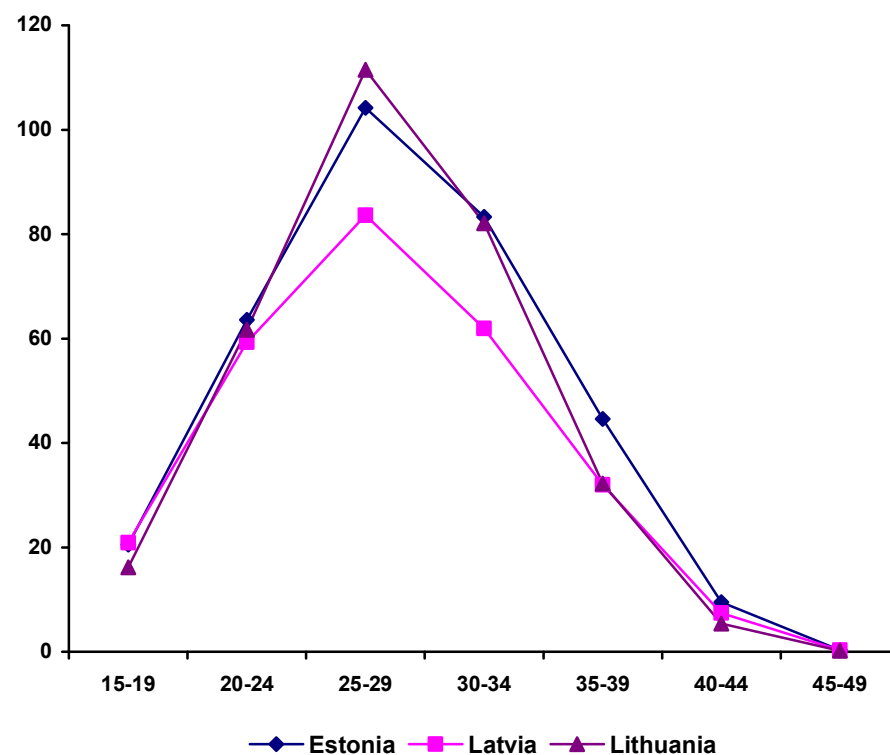
	Estonia		Latvia		Lithuania	
	Rate	%	Rate	%	Rate	%
Certain conditions originating in the perinatal period	19.0	52.6	36.0	46.4	21.1	42.5
Congenital malformations	6.3	17.5	23.1	29.7	14.8	29.8
Diseases of the respiratory system	1.3	3.5	0.9	1.2	3.0	6.1
Infectious and parasitic diseases	1.3	3.5	2.8	3.6	1.4	2.8
Injury, poisoning and other consequences of the external causes	3.2	8.8	1.9	2.4	4.1	8.3
Diseases of the nervous system and sensory organs	-	-	1.4	1.8	1.4	2.8
Diseases of the digestive system	-	-	0.5	0.6	-	-
Other causes	5.1	14.0	11.1	14.3	3.8	7.7
TOTAL	36.2	100.0	77.5	100.0	49.6	100.0

Perinatal, neonatal and maternal mortality in 2009

	Estonia	Latvia	Lithuania
Perinatal mortality per 1000 births	6.3	9.6	6.0
Stillbirth rate per 1000 births	4.9	6.0	4.1
Neonatal mortality per 1000 live births	2.2	5.0	2.9
Early neonatal mortality per 1000 live births	1.4	3.6	2.0
Maternal mortality per 100,000 live births	-	46.1	-
Standard perinatal mortality	4.5	7.0	4.5
Standard stillbirth rate	3.7	4.3	3.6

Birth rates by age of mother in 2009
per 1000 females

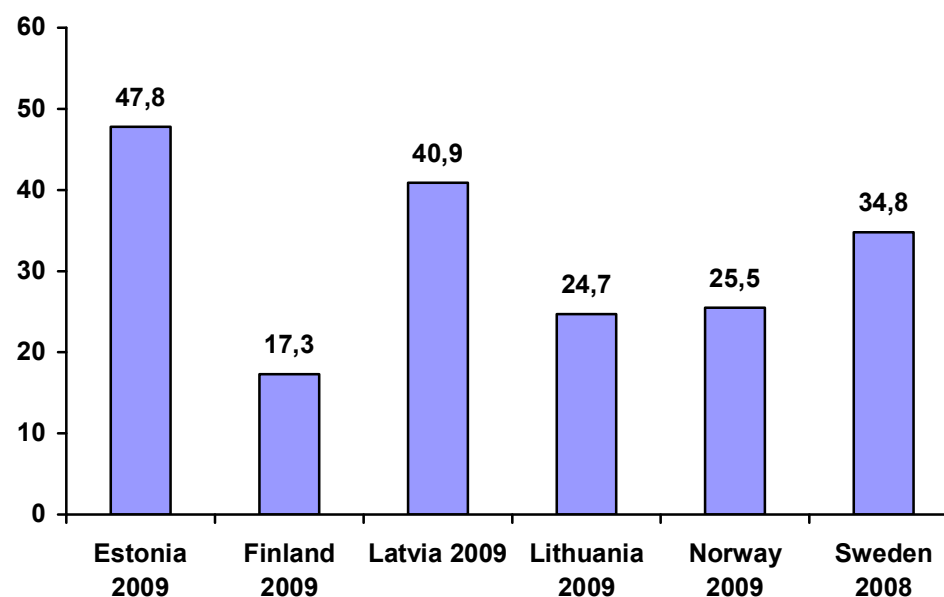
	Estonia	Latvia	Lithuania
Women aged 15-49	47.5	38.2	42.5
By specific age groups:			
15-19	20.5	20.9	16.2
20-24	63.6	59.3	61.7
25-29	104.2	83.6	111.5
30-34	83.3	61.9	82.1
35-39	44.6	32.0	32.2
40-44	9.5	7.4	5.4
45-49	0.3	0.3	0.2
Total fertility rate	1.63	1.32	1.55



Abortions in 2009

	Estonia	Latvia	Lithuania
Total abortions			
Total number	9693	12435	12790
Per 1000 women aged 15-49	29.2	21.8	14.8
Per 100 live births	61.5	57.3	39.4
Induced abortions			
Total number	7542	8881	8024
Per 1000 women aged 15-49	22.7	15.6	9.3
Per 100 live births	47.8	40.9	24.7
Percentage			
Spontaneous abortions	7.1	12.1	24.2
Legal abortions	75.2	70.1	61.7
Medical abortions	2.6	1.3	1.0
Other abortions	15.1	16.5	13.1

Induced abortions per 100 live births



Selected results of health behaviour survey in 2008, percentage

	Estonia, age group 16-64			Latvia, age group 15-64			Lithuania, age group 20-64		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Proportion of persons, who assessed their own health status to be good and reasonably good	50.7	47.9	52.7	49.9	51.8	48.7	50.0	51.5	48.9
Prevalence of overweight (BMI 25.0-29.9)	31.6	38.8	26.3	30.0	34.9	26.5	34.0	44.5	26.4
Prevalence of obesity (BMI \geq 30)	18.0	17.5	18.3	18.5	16.2	20.2	18.5	16.9	19.7
Proportion of daily smokers	26.2	38.6	17.1	27.9	45.0	15.6	24.2	38.5	13.9
Proportion of non-smokers	43.0	27.1	54.8	50.5	66.0	28.8	55.0	36.0	68.6
Proportion of persons eating fresh vegetables at least 3 days a week	46.4	37.5	52.8	62.5	55.5	67.3	65.9	63.0	67.9
Proportion of persons, who have leisure time physical exercise at least 30 min. on 4 and more days a week	14.8	14.8	14.8	15.8	22.0	11.2	20.9	19.7	21.7

Sources:

EE: National Institute of Health Development, Health Behavior among Estonian Adult Population 2008

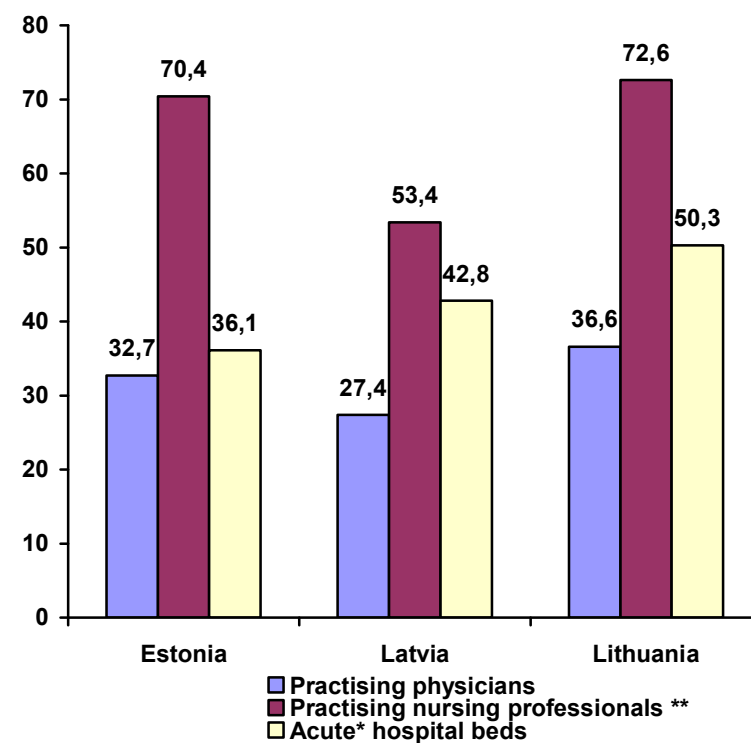
LV: The Centre of Health Economics; Health Behavior among Latvian Adult Population 2008

LT: Kaunas Medical University, Health Behavior among Lithuania Adult Population 2008

Health facilities in 2009

	Estonia	Latvia	Lithuania
Hospitals	59	69	163
excl. nursing hospitals	36	63	114
acute* hospitals	33	36	85
Hospital beds thousand	7.3	14.4	27.2
per 10000 population	54.4	64.0	81.6
Hospital beds (excl. nursing) thousand	5.8	14.3	22.7
per 10000 population	43.4	63.6	68.2
Acute* hospital beds thousand	4.8	9.6	16.8
per 10000 population	36.1	42.8	50.3
Practising physicians thousand	4.4	6.2	12.2
per 10000 population	32.7	27.4	36.6
Practising dentists thousand	1.2	1.4	2.3
per 10000 population	8.9	6.4	7.1
Practising nursing professionals** thousand	9.4	12.0	24.2
per 10000 population	70.4	53.4	72.6
Hospital admissions thousand	243.2	424.2	765.0
per 100 population	18.1	18.8	22.9
Hospital admissions (excl. nursing) thousand	228.0	421.6	735.2
per 100 population	17.0	18.7	22.0
Acute* hospital admissions thousand	213.5	367.2	678.2
per 100 population	15.9	16.3	20.3
Number of hospital day cases thousands	48.9	71.1	57.8
per 100 population	3.6	3.2	1.7
Physicians' outpatient visits millions	8.3	12.6	22.9
per 1 inhabitant	6.2	5.6	6.9

Physicians, nursing professionals** and hospital beds per 10,000 population in 2009



* Acute hospitals/beds/admissions – nursing, palliative care, geriatrics, rehabilitation, tuberculosis and psychiatric hospitals/beds/admissions are excluded; for Estonia - short-term (with ALOS up to 18 days) rehabilitation care beds are included.

** Including midwives

Practising physicians by speciality at the end of 2009

	Estonia *		Latvia		Lithuania	
	Number	Per 10,000 population	Number	Per 10,000 population	Number	Per 10,000 population
TOTAL	4378	32.7	6193	27.4	12191	36.6
of them:						
Family doctors / general practitioners	834	6.2	1284	5.7	1820	5.5
Internal medicine	519	3.9	701	3.1	2156	6.5
Surgery	406	3.0	620	2.7	1179	3.5
Paediatrics	192	1.4	319	1.4	1067	3.2
Gynaecology (including obstetrics)	268	2.0	420	1.9	674	2.0
Oncology	32	0.2	66	0.3	97	0.3
Otolaryngology	101	0.8	147	0.7	283	0.9
Ophthalmology	122	0.9	214	0.9	346	1.0
Anaesthesiology	264	2.0	346	1.5	665	2.0
Neurology	128	1.0	226	1.0	468	1.4
Psychiatry	187	1.4	242	1.1	529	1.6
Addiction specialists	-	-	60	0.3	23	0.1
Tuberculosis	-	-	107	0.5	16	0.1
Infectology	29	0.2	50	0.2	61	0.2
Epidemiology	-	-	41	0.2	-	-
Dermatology & venerology	69	0.5	109	0.5	171	0.5
Radiology	192	1.4	233	1.0	471	1.4
Pathology	36	0.3	33	0.1	65	0.2
Forensic medicine	-	-	47	0.2	60	0.2
Laboratory	136	1.0	185	0.8	84	0.3
Hygiene	-	-	2	0.01	-	-
Others	863	6.4	741	3.3	1956	5.9

* In Estonia there are not separate specialists of tuberculosis, addictions and forensic medicine; the term of physicians does not include specialities of hygiene and epidemiology

Hospital beds by speciality at the end of 2009

	Estonia			Latvia*			Lithuania		
	Number of beds	Per 10000 population	%	Number of beds	Per 10000 population	%	Number of beds	Per 10000 population	%
TOTAL	7289	54.4	100.0	14434	64.0	100.0	27155	81.6	100.0
of which:									
Internal medicine	1326	9.9	18.2	2613	11.6	18.1	4864	14.6	17.9
Rehabilitation	300	2.2	4.1	726	3.2	5.0	1320	4.0	4.9
Surgery (including orthopaedics)	1248	9.3	17.1	2856	12.7	19.8	4667	14.0	17.2
Oncology (including radiology)	127	0.9	1.7	722	3.2	5.0	701	2.1	2.6
Otolaryngology	62	0.5	0.9	139	0.6	1.0	302	0.9	1.1
Ophthalmology	24	0.2	0.3	127	0.6	0.9	296	0.9	1.1
Obstetrics	301	2.2	4.1	567	2.5	3.9	831	2.5	3.1
Gynaecology	196	1.5	2.7	459	2.0	3.2	716	2.2	2.6
Neurology	169	1.3	2.3	823	3.6	5.7	1623	4.9	6.0
Dermatology & venerology	54	0.4	0.7	67	0.3	0.5	116	0.3	0.4
Infectious	184	1.4	2.5	561	2.5	3.9	494	1.5	1.8
Tuberculosis	236	1.8	3.2	755	3.3	5.2	1231	3.7	4.5
Paediatrics	293	2.2	4.0	706	3.1	4.9	1447	4.3	5.3
Psychiatry	739	5.5	10.1	2678	11.9	18.6	3136	9.4	11.5
Narcology	-	-	-	350	1.6	2.4	273	0.8	1.0
General & nursing	1470	11.0	20.2	285	1.3	2.0	4436	13.3	16.3

* excluding short-term social care beds

Selected notifiable diseases per 100,000 population in 2009

	ICD-10	Estonia	Latvia	Lithuania
Salmonella infections	A02	19.5	36.2	62.0
Bacillary dysentery	A03	3.9	1.6	1.1
Enteritis Rotaviralis	A08.0	118.1	140.7	83.3
Other intestinal infections	A04, A05, A08.1-5, A09	155.4*	382.9	393.6
Diphtheria	A36	-	0.3	-
Whooping cough	A37	46.9	0.4	7.0
Meningococcal infection	A39	0.4	0.4	2.0
Measles	B05	-	-	-
Tick-borne viral encephalitis	A84	13.4	14.5	18.1
Viral hepatitis, total	B15-B19	22.7	173.3	5.4
A	B15	1.4	101.6	0.5
B	B16.2, B16,9	2.2	5.5	1.7
C	B17.1	5.0	4.0	1.4
Acute upper respiratory infections	J00-J06	17973.8	...	18968.9
Influenza	J10-J11	803.6	...	2058.7
Syphilis	A50-A53	4.4	7.7	9.9
Gonorrhoea	A54	9.5	19.2	11.7
AIDS	B20-B24	2.8	4.3	1.1
HIV carrier	Z21	30.7	12.2	5.4
Incidence of tuberculosis (excl. relapses)	A15-A19	24.9	36.8	50.2
Incidence of malignant neoplasms	C00-C97	506.2**	444.4	497.2

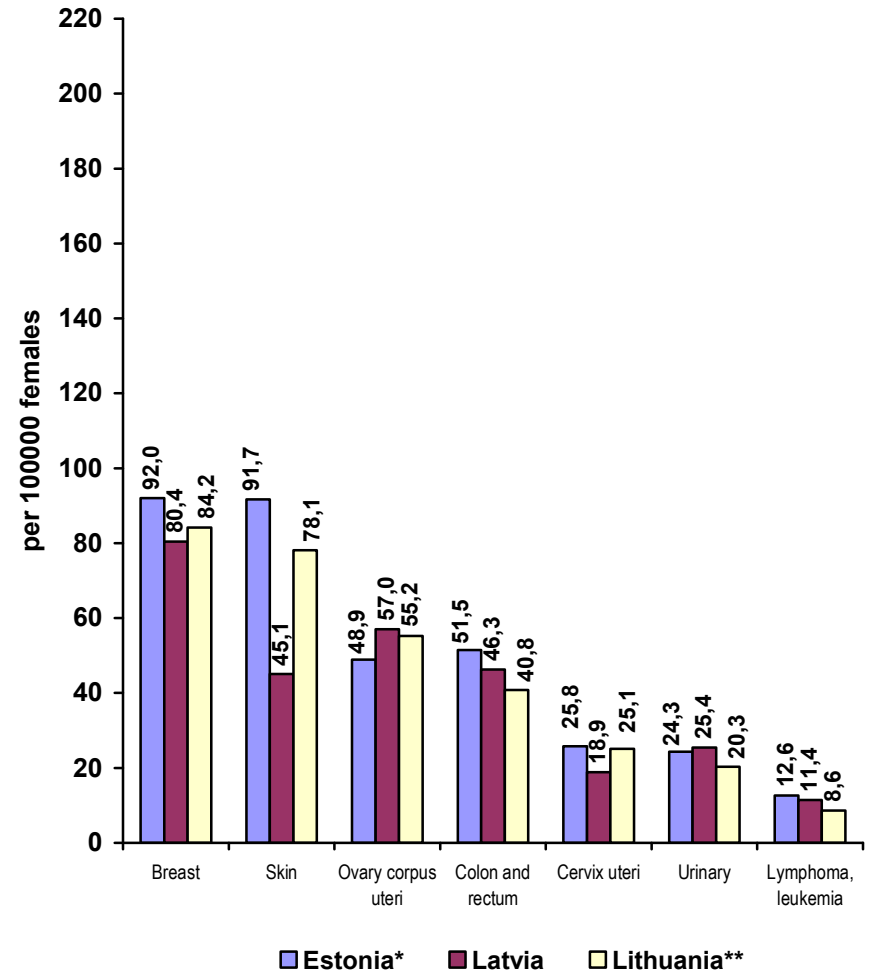
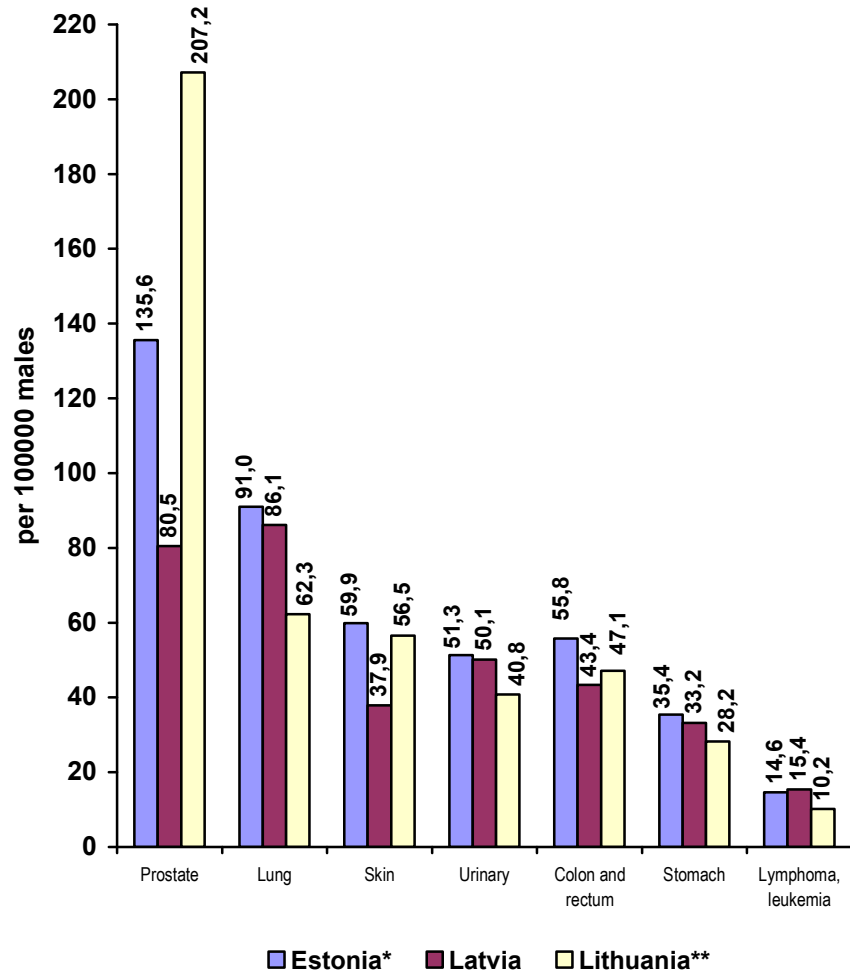
* A04.0-6, 8-9; A05.0; A08.1-5

** data for 2007

Incidence of malignant neoplasms by main sites in 2009

Males

Females



* data for 2007, ** preliminary data

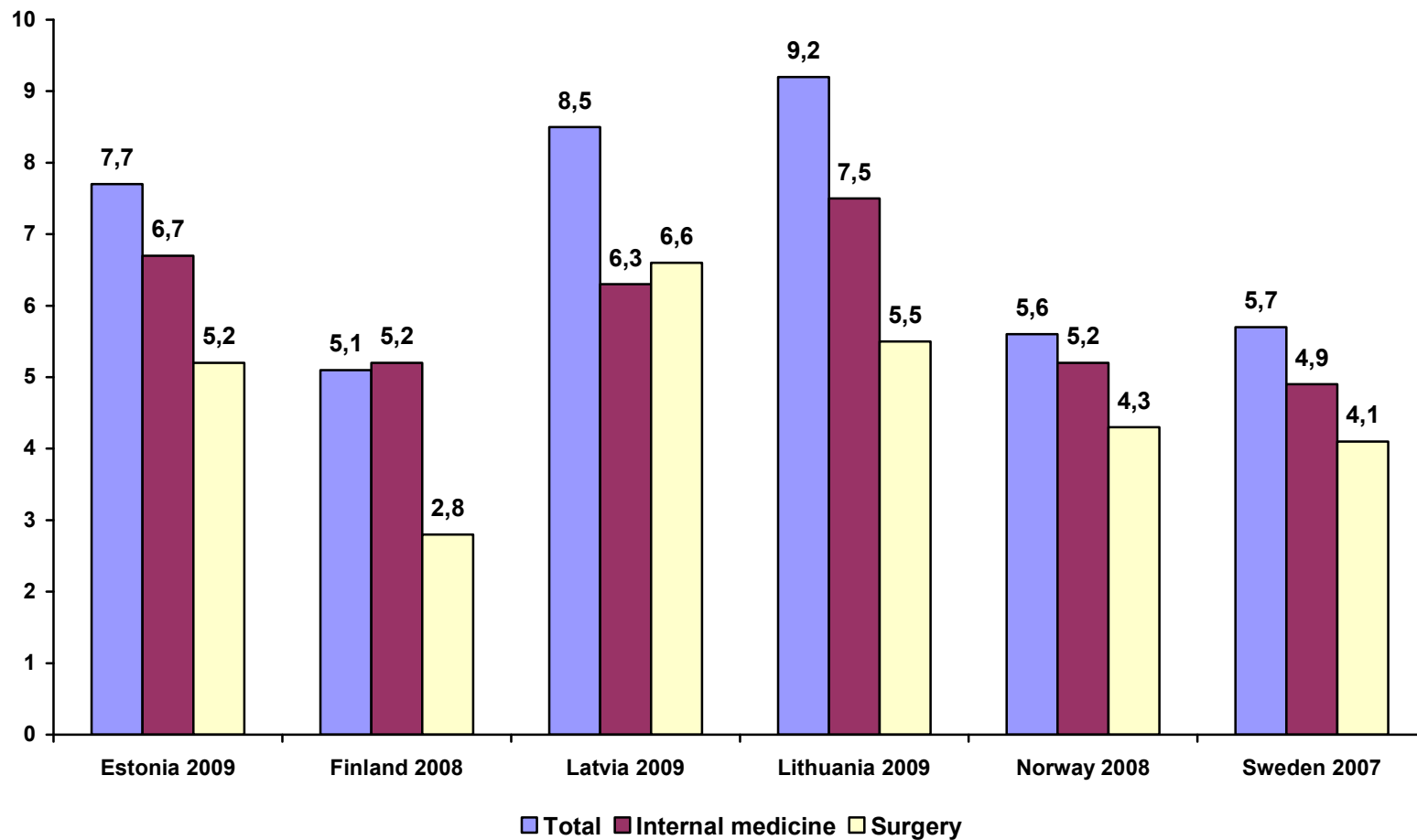
Hospital beds use by speciality in 2009

	Estonia					Latvia*					Lithuania**				
	Admission per 1000 pop.	Bed occupancy		Average length of stay	Bed turnover	Admission per 1000 pop.	Bed occupancy		Average length of stay	Bed turnover	Admission per 1000 pop.	Bed occupancy		Average length of stay	Bed turnover
		Days	%				Days	%				Days	%		
TOTAL	181.4	264.7	72.5	7.7	34.1	188.1	251.2	68.8	8.5	29.5	246.4	279.8	76.7	9.2	30.5
Internal medicine	37.7	270.1	74.0	6.7	39.0	40.3	225.6	61.8	6.3	36.0	52.3	288.5	79.0	7.5	38.6
Rehabilitation	5.1	249.1	68.2	11.3	21.9	6.5	266.5	73.0	13.2	20.2	4.6	281.2	77.1	22.3	12.6
Surgery (including orthopaedics)	45.4	262.3	71.9	5.2	49.9	47.0	236.7	64.9	6.6	35.9	62.4	250.2	68.5	5.5	45.9
Oncology (include radiology)	2.8	270.8	74.2	8.3	32.3	7.6	202.8	55.6	8.5	23.8	7.3	296.4	81.2	8.5	34.7
Otolaryngology	8.0	262.2	71.8	1.6	166.8	3.1	232.8	63.8	4.5	51.6	5.6	236.0	64.7	3.8	61.8
Ophthalmology	1.2	133.5	36.6	2.1	64.5	3.5	216.1	59.2	3.5	62.2	7.4	225.2	61.7	2.7	82.4
Obstetrics	15.2	194.3	53.2	2.9	67.3	11.6	218.1	59.8	4.7	46.2	13.5	241.2	66.1	4.5	53.6
Gynaecology	10.0	189.6	51.9	2.8	68.6	12.5	219.8	60.2	3.5	62.1	13.8	198.1	54.3	3.0	65.8
Neurology	6.3	270.5	74.1	5.4	48.1	12.1	260.4	71.3	7.7	33.6	17.7	292.9	80.3	8.0	36.5
Dermatology & venerology	1.0	236.4	64.8	9.2	25.8	0.9	244.7	67.0	8.0	30.5	1.0	276.3	75.7	10.2	27.0
Infectious	5.8	257.5	70.6	5.3	48.6	11.7	259.6	71.1	5.5	47.6	7.7	269.5	73.8	4.8	56.3
Tuberculosis	0.7	254.1	69.6	57.0	4.3	2.9	252.8	69.3	28.8	8.8	1.6	309.0	84.6	69.2	4.5
Paediatrics	12.0	235.0	64.4	3.9	58.7	12.5	254.4	69.7	6.4	39.9	20.6	254.8	69.8	5.1	50.1
Psychiatry	10.1	312.3	85.6	16.8	18.5	6.9	315.7	86.5	52.0	6.1	9.0	283.6	77.7	28.6	9.9
Addiction treatment	-	-	-	-	-	6.3	221.3	60.6	5.4	41.1	1.8	275.1	75.4	12.1	22.8
General & nursing	11.3	304.8	83.5	26.0	11.6	2.6	231.9	63.5	11.2	20.8	8.9	328.1	89.9	46.6	7.0

* Excluding short-term social care beds

** Including hospital day cases (about 7% of admissions)

Average length of stay (days) in the Baltic and Nordic countries



Health in the Baltic countries

Discharges* by groups of diseases in 2009

	Estonia				Latvia**				Lithuania			
	Children (0-14)		Adults (15 +)		Children (0-17)		Adults (18 +)		Children (0-17)		Adults (18 +)	
	discharges per 1000 pop.	average length of stay	discharges per 1000 pop.	average length of stay	discharges per 1000 pop.	average length of stay	discharges per 1000 pop.	average length of stay	discharges per 1000 pop.	average length of stay	discharges per 1000 pop.	average length of stay
Certain infectious and parasitic diseases	21.6	3.1	4.5	17.5	22.4	5.7	5.5	20.3	24.2	4.8	5.0	26.5
Neoplasms	3.8	3.6	18.9	8.6	2.5	11.0	18.1	8.2	3.2	7.6	21.6	9.7
Diseases of the blood and blood forming organs and certain disorders involving the immune mechanisms	1.2	3.4	1.3	7.2	0.9	8.2	0.8	6.6	0.8	5.8	1.4	7.0
Endocrine, nutritional and metabolic diseases	1.7	5.1	3.7	8.4	2.1	7.0	3.1	6.6	2.7	6.3	4.3	8.8
Mental and behavioural disorders	6.0	9.2	12.4	16.9	8.4	31.7	15.7	32.1	5.2	12.2	12.2	25.2
Diseases of the nervous system	6.6	6.3	5.4	9.4					6.3	6.0	14.4	9.6
Diseases of the eye and adnexa	0.6	1.4	1.2	2.4	8.6	8.1	10.9	5.8	2.7	5.3	6.2	3.1
Diseases of the ear and mastoid process	5.3	3.3	0.9	3.7					2.4	5.7	1.6	6.8
Diseases of the circulatory system	1.5	3.4	38.9	10.8	1.7	3.7	35.3	7.3	2.9	7.0	58.9	12.8
Diseases of the respiratory system	47.1	3.3	12.5	5.7	64.1	5.9	9.7	7.2	63.1	5.2	14.2	8.7
Diseases of the digestive system	9.0	2.5	15.8	5.3	17.9	4.3	15.4	5.7	17.1	5.8	18.8	6.7
Diseases of the skin and subcutaneous tissue	3.0	3.4	3.0	8.7	4.9	5.6	2.4	7.9	5.8	4.3	3.4	9.5
Diseases of the musculo-skeletal and connective tissue	2.6	4.2	12.5	6.7	5.4	11.7	13.7	8.7	4.1	5.9	13.0	8.3
Diseases of the genitourinary system	5.7	3.9	10.8	4.5	6.6	6.2	12.4	4.4	6.8	5.3	14.5	5.0
Pregnancy, childbirth and puerperium***	0.1	2.5	38.9	2.8	4.4	4.1	37.9	4.5	3.4	4.2	36.5	4.2
Certain conditions originating in perinatal period	18.3	7.1	-	-	13.4	8.2	-	-	20.5	6.2	-	-
Congenital malformations, deformations and chromosomal abnormalities	7.7	5.0	0.6	5.4	5.6	8.2	0.4	6.3	6.3	6.2	0.3	6.4
Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified	4.9	2.4	1.1	4.0	0.7	4.0	0.2	4.5	8.2	17.4	1.5	4.0
Injury, poisoning and certain other consequences of external causes	12.1	3.0	11.6	9.3	20.2	4.5	17.1	6.8	17.8	4.0	17.1	9.9
Factors influencing health and contact with health services	3.9	6.8	1.5	5.2	7.8	3.7	1.5	8.4
TOTAL	162.7	4.2	178.0	8.2	187.5	7.3	181.4	9.2	209.7	5.9	229.8	10.2

* Excluding hospital day cases

** Excluding short-term social care beds, patients transferred to another hospital or died patients

*** Per 1000 female population

Health in the Baltic countries

Surgical operations* in the hospitals in 2009

	Estonia			Latvia			Lithuania		
	Number	Per 100,000 population	%	Number	Per 100,000 population	%	Number	Per 100,000 population	%
TOTAL	84843	6330.3	100.0	146071	6478.1	100.0	248969	7455.4	100.0
On the nervous system	2361	176.2	2.8	3334	147.9	2.3	8031	240.5	3.2
On the endocrine system	574	42.8	0.7	1377	61.1	0.9	2442	73.1	1.0
On the eye	1560	116.4	1.8	6835	303.1	4.7	17960	537.8	7.2
On the ear, nose, throat, mouth, pharynx, facial bones and joints	11282	841.8	13.3	8311	368.6	5.7	25660	768.4	10.3
On the respiratory system	2136	159.4	2.5	1872	83.0	1.3	3427	102.6	1.4
On the heart and central vessels	3966	295.9	4.7	10751	476.8	7.4	2399 ¹	71.8	1.0
On the peripheral vessels and lymphatic system	3710	276.8	4.4	4126	183.0	2.8	10913 ²	326.8	4.4
On the digestive system and spleen	12355	921.8	14.6	16732	742.1	11.5	39195	1173.7	15.7
On the urinary organs	2673	199.4	3.2	5387	238.9	3.7	8679	259.9	3.5
On the prostate**	970	157.1	1.1				6409	412.6	2.6
On female genital organs***	8651	1196.6	10.2	19437	1600.3	13.3	25787	1443.9	10.4
Obstetrical operations***	11224	1552.5	13.2	19781	1628.7	13.5	26000	1455.8	10.4
On the musculoskeletal system	14270	1064.7	16.8	26604	1179.9	18.2	45047	1348.9	18.1
On the breast	1098	81.9	1.3	2023	89.7	1.4	3246	97.2	1.3
On the skin and subcutaneous tissue	7091	529.1	8.4	13806	612.3	9.5	18320	548.6	7.4
Other procedures	922	68.8	1.1	5695	252.6	3.9	5454	163.3	2.2

* Hospital day cases are excluded

** Per 100,000 male population

*** Per 100,000 female population

¹ Operations on the heart, ² Operations on vessels

Sales of medicinal products by ATC group in 2009
DDD/1 000 inhabitants/day

ATC group	Estonia	Latvia	Lithuania
A Alimentary tract and metabolism	111.0	105.4	87.7
B Blood and blood forming organs	60.6	54.0	27.8
C Cardiovascular system	323.4	200.5	332.6
D Dermatologicals	1.4	0.3	0.4
G Genitourinary system and sex hormones	51.0	10.2	8.2
H Systemic hormonal preparations, excl. sex hormones and insulins	17.3	18.1	24.1
J Antiinfectives for systemic use	16.3	14.9	20.5
L Antineoplastic and immunomodulating agents	5.9	3.3	3.5
M Musculo-skeletal system	55.1	57.0	56.8
N Nervous system	84.6	60.2	88.9
P Antiparasitic products, insecticides and repellents	0.7	0.7	0.6
R Respiratory system	59.7	42.8	37.0
S Sensory organs	17.1	9.6	11.1
V Various	0.1	0.06	0.02
Total	804.1	577.0	699.1

Sources:

EE: State Agency of Medicines

LT: State Medicines Control Agency

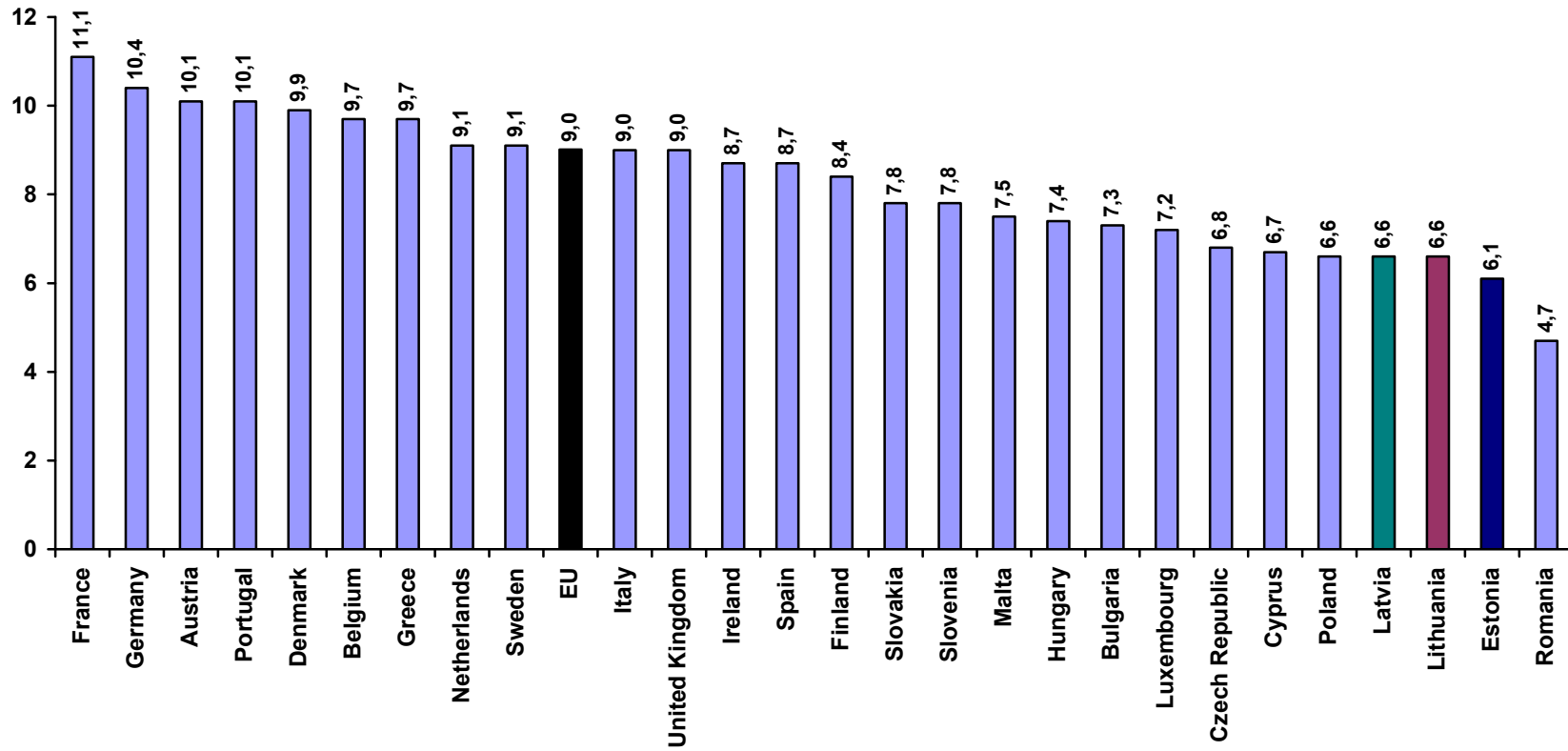
LV: State Agency of Medicines

Health in the Baltic countries

Health care expenditure (in millions) in 2008 (Data calculated using OECD methodology of System of Health Accounts)

	Estonia	Latvia	Lithuania
Total health care expenditure (in national currency):	15,388	1,066.5	7,351.1
public	11,974	663.4	5,339.9
of which social security funds	9,975	...	4,353.5
private	3,177	398.6	2,010.9
of which private households out-of-pocket expenditure	3,025	376.7	1,969.1
Current expenditure on health care (in national currency)	14,747	962.7	7,033.8
Expenditure on gross capital formation in health care (in national currency)	641	103.8	317.3
Gross domestic product (in national currency)	252,015	16,188.2	11,1189.8
Gross domestic product (in Euro)	16,107	23,033.9	32,202.8
Total health care expenditure (in Euro)	983	1,517.5	2,129
Total health care expenditure per capita (in Euro)	733	670	634
Total expenditure on health care as percentage of GDP (%)	6.1	6.6	6.6
Public expenditure on health care as percentage of GDP (%)	4.8	4.1	4.8
Private expenditure on health care as percentage of GDP (%)	1.3	2.5	1.8
Public expenditure on health care as percentage of total expenditure	77.8	62.2	72.6
Expenditure on gross capital formation as percentage of total expenditure	4.2	9.7	4.3
The structure of current expenditure on health care by health care functions (%):			
curative care	53.2	53.4	49.8
rehabilitative care	2.6	1.9	3.6
long-term care	4.1	3.9	7.4
ancillary services to health care	10.1	9.4	5.6
medical goods dispensed to out-patients	24.9	24.3	29.9
prevention and public health services	2.8	1.6	1.4
health administration and health insurance	2.3	5.5	2.3

Total health care expenditure as % of GDP in EU member states in 2008



Obstetric Definitions

Live birth -	A foetus that after complete expulsion or extraction from its mother breathes or shows any other evidence of life, irrespective of the duration of the pregnancy.		standard rate is used for international comparison including births with a weight of 1000 g or more.
Still birth -	Death prior to the complete expulsion or extraction from its mother of a product of conception after 22 weeks of gestation. The standard rate is used for international comparison including births with a weight of 1000 g or more.	Maternal death -	The death of a woman while pregnant or within 42 days after termination of pregnancy, irrespective of the duration and the site of the pregnancy, from any cause related to or aggravated by the pregnancy or its management, but not from accidental or incidental causes.
Infant death -	A live-born infant who dies during the first year of life.	Abortion -	Spontaneous or induced (legal, therapeutic, criminal) abortion is the termination of pregnancy or artificial extraction of the product of the conception during the first 22 weeks of gestation.
Neonatal death -	Death occurring at the age of 0 to 27 full days of life (27 days 23 hours 59 min.). The first day of life is considered as day zero.		
Early neonatal death -	Death occurring at the age of 0 to 6 full days of life (6 days 23 hours 59 min.). The first day of life is considered as day zero.	Still birth rate -	The average number of children that would be born per woman if all women lived to the end of their childbearing years and bore children according to a given set of age-specific fertility rates.
Perinatal death -	Foetal deaths and live-born infants who die at the age of 0 to 6 full days of life. The		

Sources

1. Statistical Yearbook of Estonia 2010. Statistics Estonia. Tallinn, 2010
2. Statistical database on the website of Statistical Office of Estonia: <http://www.tai.ee>
3. Statistical data on the website of National Institute for Health Development: : <http://www.tai.ee/tstua>
4. Databases of Central Statistical Bureau of Latvia
5. Statistical overviews, databases and surveys of The Centre of Health Economics of Latvia
6. Website of State Agency of Medicines of Latvia: <http://www.zva.gov.lv>
7. Statistical Yearbook of Lithuania 2009; Department of Statistics to the Government of the Republic of Lithuania; Vilnius, 2010; <http://www.stat.gov.lt>
8. Demographic Yearbook 2009; Department of Statistics to the Government of the Republic of Lithuania; Vilnius, 2010; <http://www.stat.gov.lt>
9. Health Statistics of Lithuania 2009; Health Information Centre, Institute of Hygiene; Vilnius, 2010; <http://sic.hi.lt>
10. Health for All database, WHO Regional Office for Europe; <http://www.euro.who.int>
11. Health Statistics in the Nordic Countries 2008; NOMESCO, Copenhagen 2010; <http://www.nom-nos.dk>

Further information:

National Institute for Health Development,
Hiiu 42, 11619 Tallinn, Estonia
Phone: 372-6593 900,
Fax: 372-6593 901,
E-mail: tai@tai.ee
Website: www.tai.ee
M.Jesse, director

The Centre of Health Economics,
Duntes 12/22, Riga LV 1005, Latvia
Phone: 371-67501590
Fax: 371-67501591
E-mail: info@vec.gov.lv
Website: <http://www.vec.gov.lv>
D. Behmane, director

Health Information Centre of Institute of Hygiene
Didzioji str. 22, LT-01128, Vilnius, Lithuania
Phone: + 370 52773303
Fax: + 370 52624583
E-mail: instututas@hi.lt
Website: <http://sic.hi.lt>
Dr. R. Gurevicius, Head of Health Information Centre

Health in the Baltic Countries 2009

Editorial board:

National Institute for Health Development of Estonia:

Dr M. Rätsep, M. Ruuge, R. Tilk

The Centre of Health Economics of Latvia

S.Karlson, M.Pasevska, S.Rozite, D.Mihalovska, B.Zarina, I.Zile

Health Information Centre, Institute of Hygiene:

R.Gaidelyte, N.Madeikyte