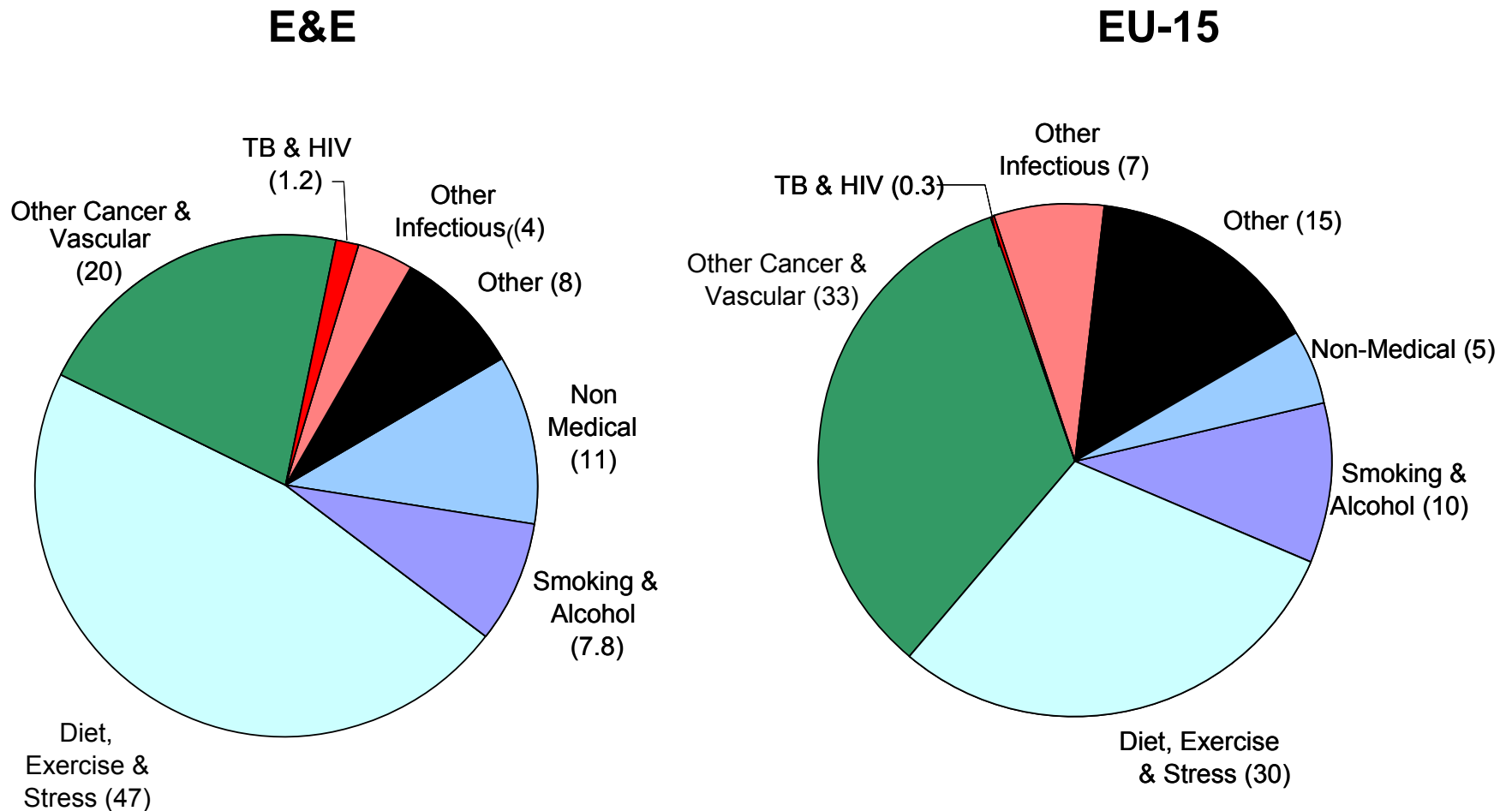




Figure 17

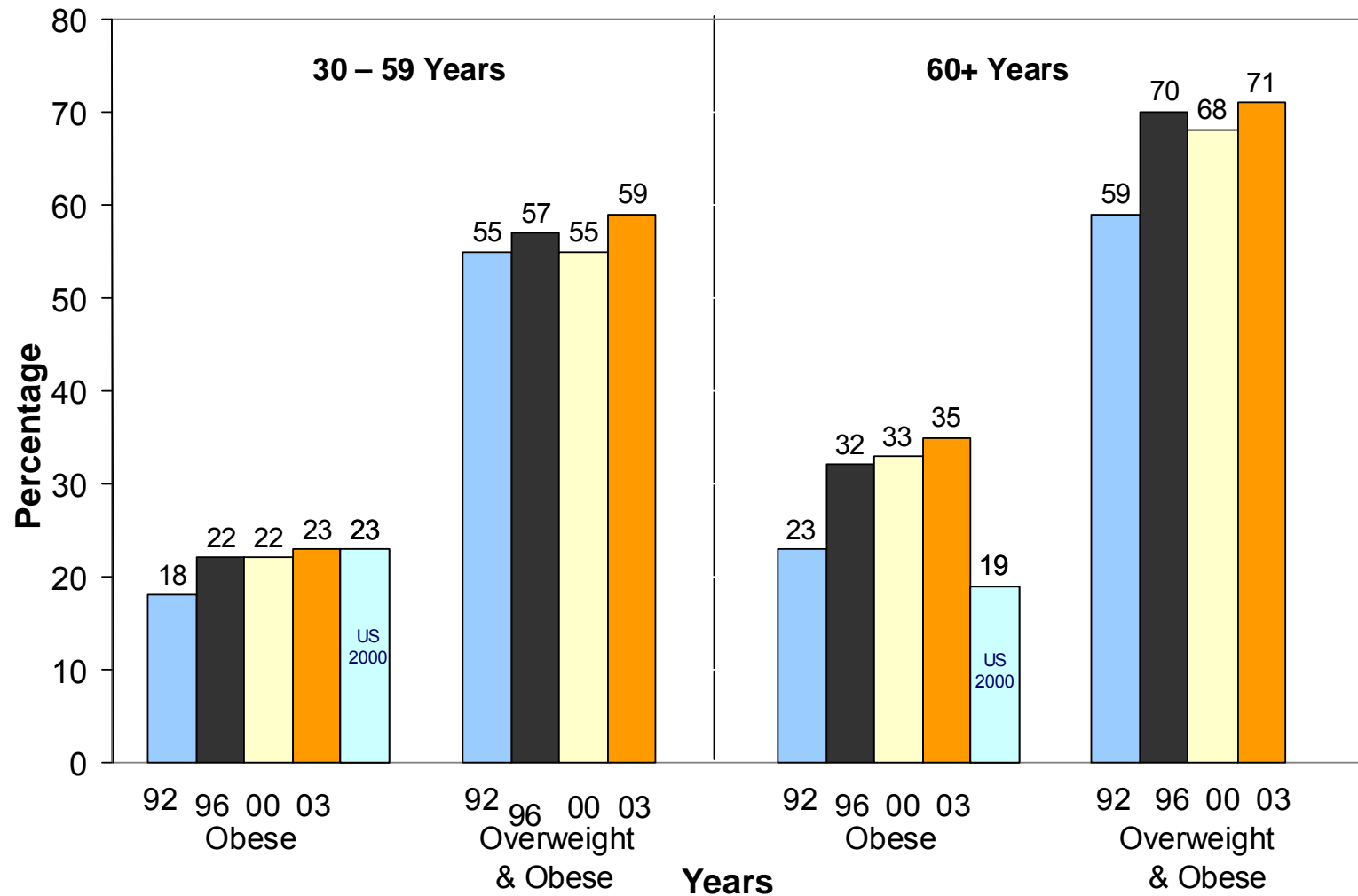
Causes of Death in 2000 (%)



WHO, *Mortality Database* (2004). Diet/exercise/obesity deaths include coronary heart disease, stroke, hypertension, diabetes, and colorectal cancer. (Studies in the New England Journal of Medicine estimate that up to 80% of cases of coronary heart disease and up to 90% of type 2 diabetes could be avoided through changing lifestyle factors, and about one-third of cancers could also be prevented by eating healthily, maintaining normal weight, and exercising throughout the life span.) Non-medical causes include accidents, suicides, homicides and disaster. Alcohol deaths include cirrhosis. Smoking deaths include lung cancer and emphysema/COPD. Other Infectious are infectious and parasitic diseases other than TB and HIV. Other Cancer and Vascular includes cancers other than lung and colorectal, and cardiovascular disease other than coronary heart disease, stroke and hypertension.

Figure 20

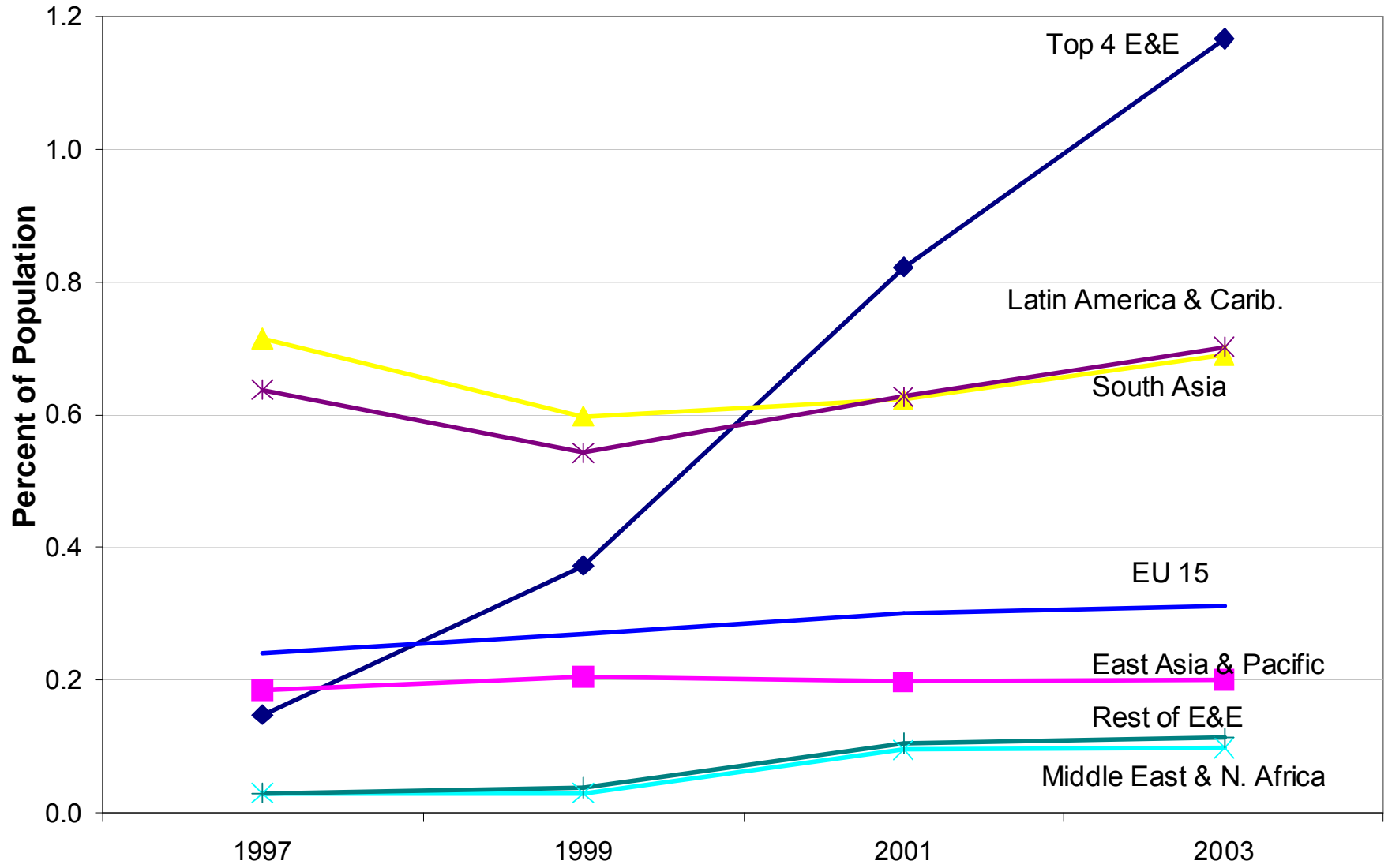
Adult Obesity in Russia



The International Nutritional Status of Adults is determined by Body Mass Index (BMI) which is a measure of weight by height. A BMI between 25 and 30 is considered Overweight and a score above 30 is Obese. B. Popkin, *Monitoring Economic Conditions in the Russian Federation: The Russia Longitudinal Monitoring Survey 1992-2003* (April 2004);

Figure 28

Adult HIV Prevalence Rate (15-49 yrs) in the World Less SSA



Top 4 E&E include Ukraine, Estonia, Russia & Latvia. UNAIDS, *Global Report on the HIV/AIDS Epidemic* (2004).

