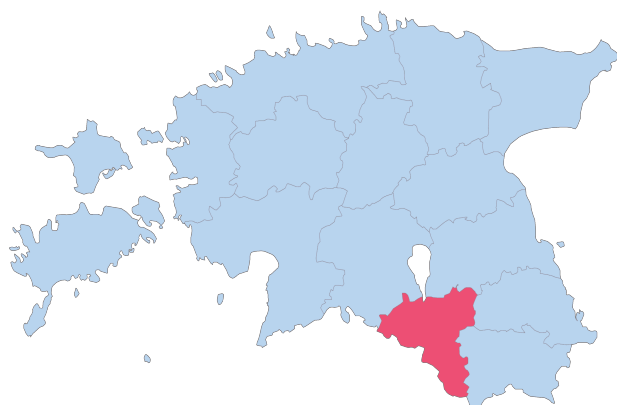


VALGA COUNTY

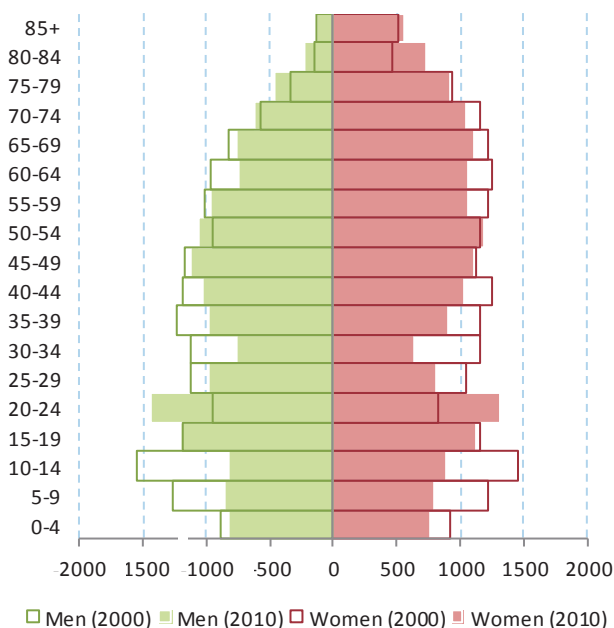
This document summarizes selected data on health and wellbeing in the county. The aim is to present comparable and standardized health indicators. This information gives input to the regional planning of services for improving the health and wellbeing of inhabitants.

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



STRUCTURE OF VALGA COUNTY'S POPULATION



Population: 31 671 (01.01.2011)

Percentage of Estonian population: 2%

Area: 2043,53 km²

Population density: 15,7 inhabitants per km²

County centre: Valga (12 770 inhabitants)

Municipalities: 13, incl. 2 urban and 11 rural

Economic activity: agriculture, forestry, trade, tourism, manufacturing industries, construction, several small businesses

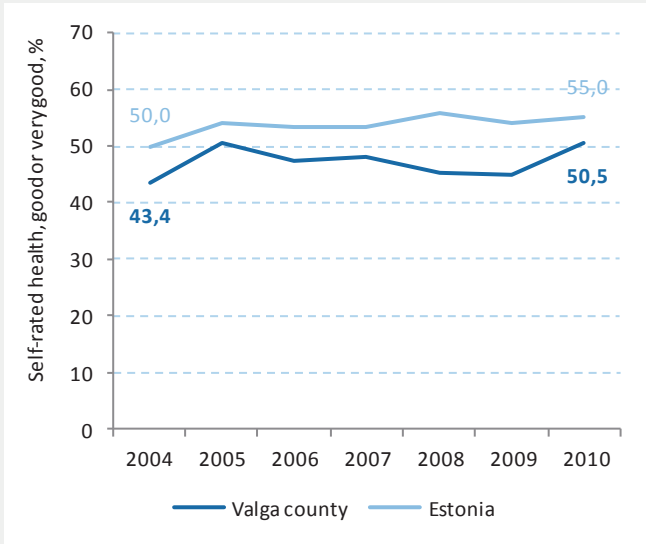
POSITIVE DEVELOPMENTS

- Below average incidence rate of hepatitis and sexually transmitted diseases
- Early mortality rate (before the age of 65) has declined during last years
- Below average rate of deaths from external causes
- Above average number of long-term-care hospital beds

CHALLENGES

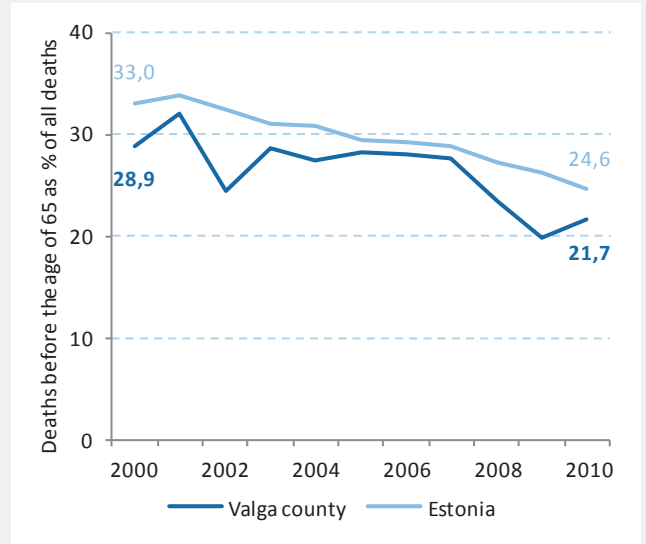
- The highest proportion of elderly in Estonia
- The lowest gross wages in Estonia
- The highest at-risk-of-poverty rate in Estonia
- Above average burden of disease (incl. high rate of years of life lost due to mortality)
- The highest proportion of regular alcohol consumers
- The highest proportion of daily smokers
- The highest proportion of women who smoke during pregnancy
- Below average number of general practitioners per person

Self-rated health (good and very good)



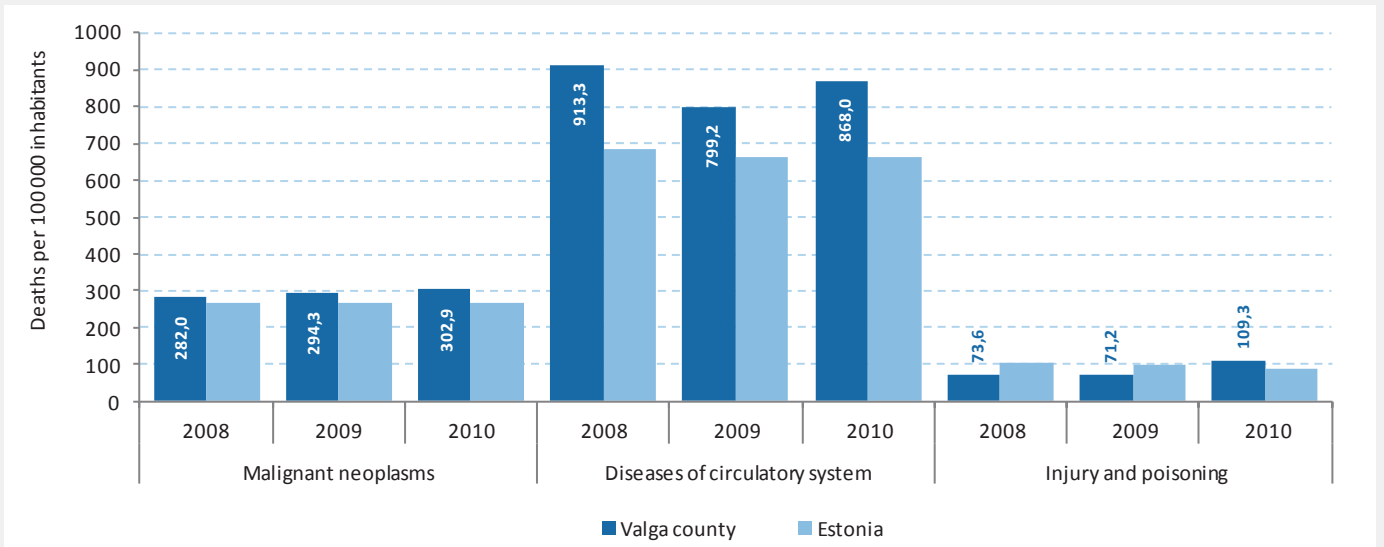
Source: Statistics Estonia

Deaths before the age of 65 years



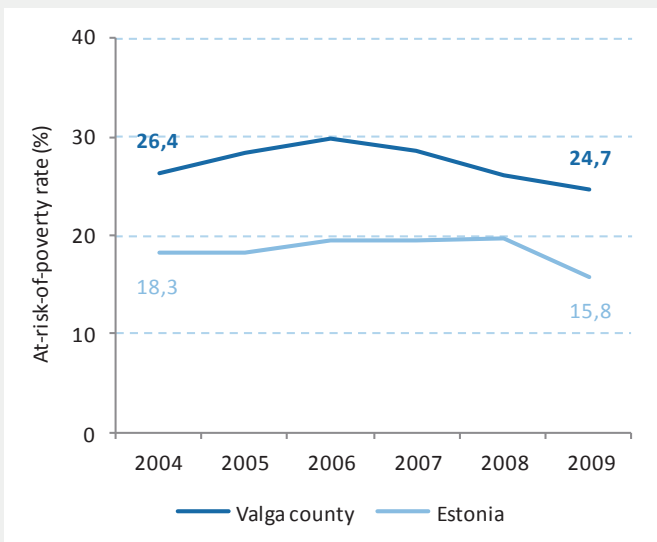
Source: Statistics Estonia

Deaths due to malignant neoplasms, diseases of circulatory system, and injury and poisoning



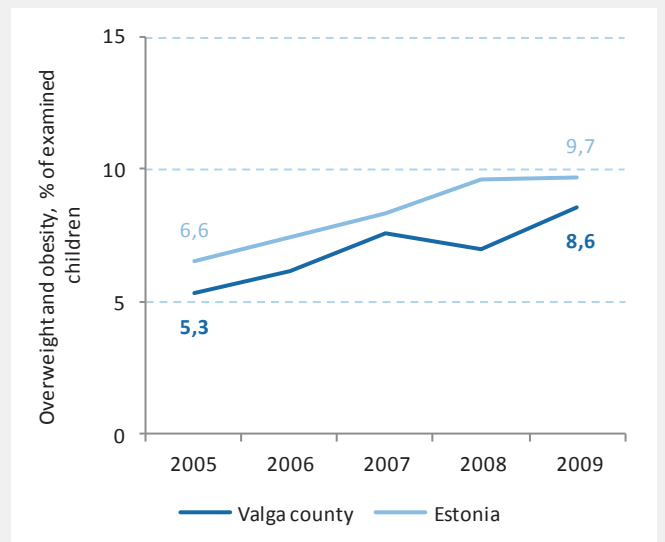
Source: Causes of Death Registry, National Institute for Health Development

At-risk-of-poverty rate



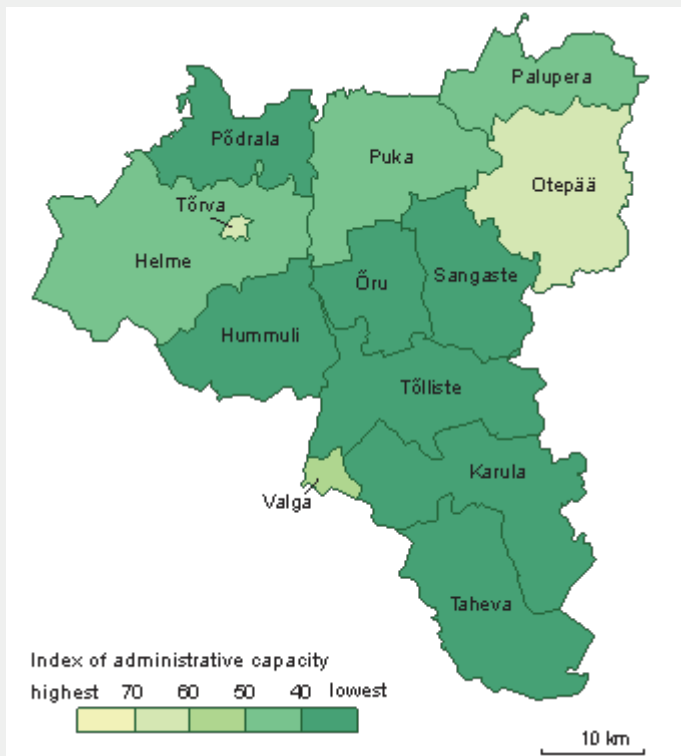
Source: Statistics Estonia

Overweight and obese children



Source: Estonian Health Insurance Fund

Administrative capacity of the municipalities

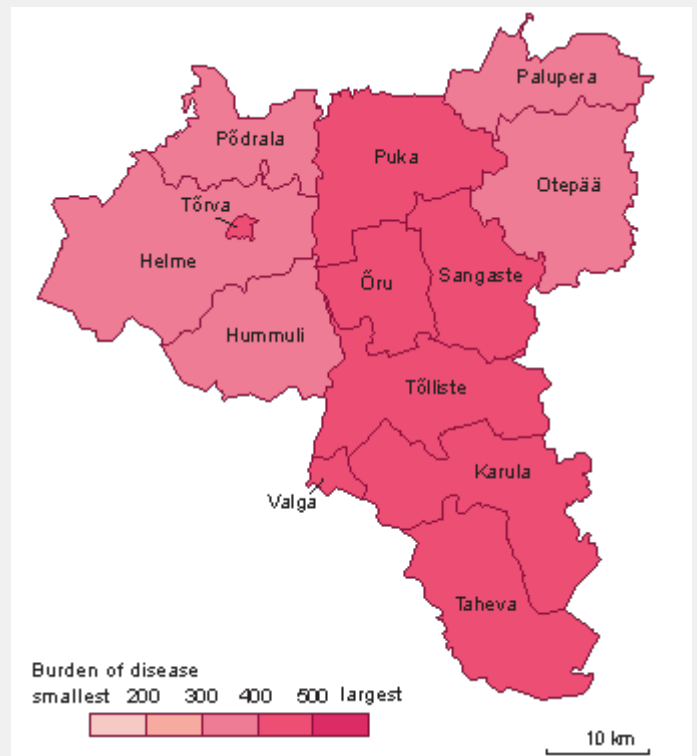


The index of administrative capacity is calculated using 26 indicators from six domains: population and area of the municipality, strength and diversity of local economy, wellbeing of inhabitants of the municipality, financial situation of the municipality, strength of the municipality's administration, and volume and diversity of the municipality's public services.

Administrative capacity of a municipality is expressed both in administrative ability and the general results of the administration on the territory of municipality. The map shows the index of administrative capacity in municipalities, average for the years 2006-2009.

Source: Geomedia, Ministry of the Interior

Burden of disease in the municipalities

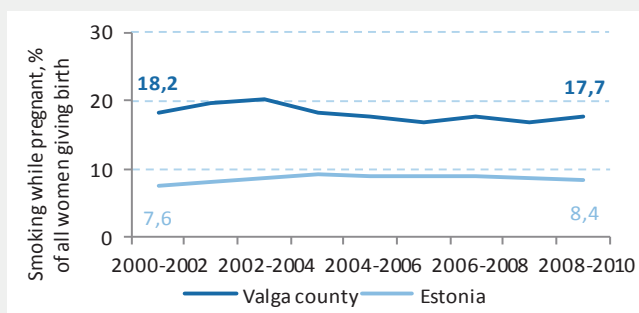


Burden of disease is calculated based on morbidity and mortality statistics; in addition the gravity of disease and people's age at the time of death are taken into account.

Burden of disease indicates how many years of life inhabitants have lost due to diseases and mortality. These are life years that people could have lived healthily, if there had not been the disease or death. Burden of disease is used as an indicator for comparing regions to each other or mapping the developments in time. The map shows years of life lost per 1000 inhabitants in 2006.

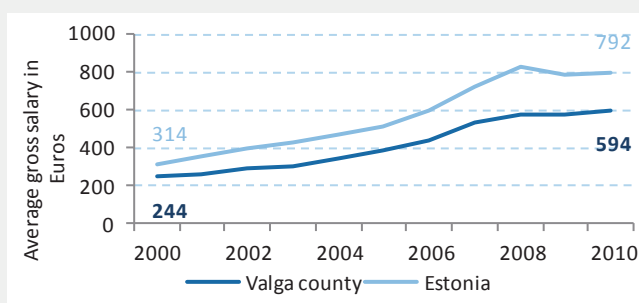
Source: Ministry of Social Affairs

Smoking while pregnant



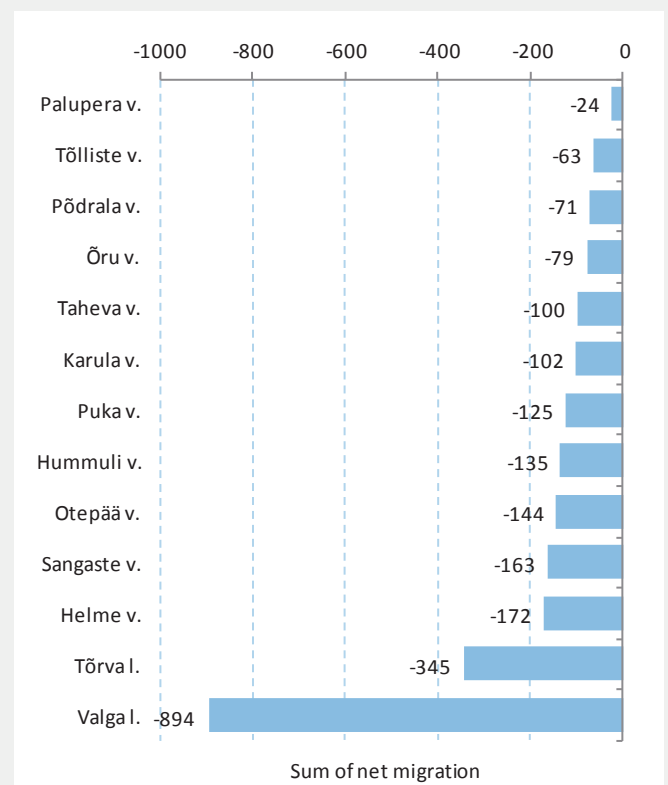
Source: Medical Birth Registry, National Institute for Health Development

Average gross salary (EUR)



Source: Statistics Estonia

Sum of 2001-2010 net migration in municipalities *



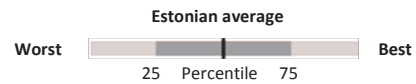
Source: Statistics Estonia * v.—parish, l.—town. Municipalities of the county.



Valga county

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

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



Domain	Indicator	Valga county		Estonian average	Estonian worst	Position to Estonian average	Estonian best
		Number	Rate / %				
Population and Social Life	1 Natural increase	-129	-4,0	-0,2	-6,7		4,6
	2 Net migration	-205	-6,3	-1,0	-12,8		6,0
	3 Proportion of the elderly (aged 65+) (%)	..	20,5	17,2	20,5		15,2
	4 Proportion of young people (aged 0-14) (%)	..	15,5	15,2	13,3		17,2
	5 Life expectancy at birth	76	76,0	75,8	72,3		76,9
	6 Employment rate (%)	..	59,7	62,7	48,1		68,6
	7 Average monthly gross salary (eur)	594	594,1	792,3	594,1		901,2
	8 At-risk-of-poverty rate (%)	..	24,7	15,8	24,7		9,5
	9 Violent offences	153	4,7	4,4	6,6		2,2
	10 Air pollution	337	10,5	14,3	93,4		1,4
Health Behaviour	11 Regular alcohol consumption (%)	..	30,3	20,9	30,3		14,1
	12 Overweight and obesity, adults (%)	..	50,0	49,1	58,3		42,6
	13 Overweight and obesity, children (%)	..	9,8	9,8	11,6		6,3
	14 Daily smokers (%)	..	36,9	27,4	36,9		18,2
	15 Smoking while pregnant (%)	54	17,7	8,4	17,7		4,6
	16 Teenage (15-17 years) pregnancies	19	26,9	23,3	31,4		17,1
Healthcare	17 Health insurance coverage (%)	15828	87,1	87,7	83,3		89,2
	18 General practitioners	17	49,9	62,1	47,5		79,7
	19 Long-term care beds	64	973,5	682,8	0,0		1178,7
Health Status	20 Incidence of malignant neoplasms	165	480,2	506,2	617,6		397,7
	21 Incidence of tuberculosis	8	25,8	23,5	36,8		3,5
	22 Incidence of A, B and C-hepatitis	1	3,1	23,6	65,7		2,0
	23 Sexually transmitted diseases (incl HIV)	7	22,7	213,7	287,5		21,1
	24 Lyme disease	11	34,0	124,1	1461,0		27,2
	25 Tick-borne viral encephalitis	5	15,5	11,8	51,1		3,7
	26 Self-rated health, good or very good (%)	..	50,5	55,0	30,5		62,7
	27 Limitations due to health problems (%)	..	35,4	30,2	57,0		24,0
Mortality	28 Burden of disease	13578	40543,6	35597,1	42204,2		31714,0
	29 Years of life lost	7478	22610,5	18739,6	24659,4		15654,3
	30 Years of life lived with disability	6100	18695,8	17032,8	21772,3		13344,4
	31 Deaths at age 0-9 years	2	51,3	66,7	98,6		0,0
	32 Deaths under the age of 65	100	387,1	385,0	601,1		288,4
	33 Deaths due to diseases of circulatory system	278	461,0	427,9	541,5		378,4
	34 Deaths due to malignant neoplasms	95	177,8	187,6	222,7		165,5
	35 Deaths due to injury and poisoning	27	71,7	85,8	117,7		62,6
	36 Deaths due to fires	3	8,3	5,6	11,1		2,8
	37 Deaths due to alcohol-related diseases (men)	9	57,4	69,3	107,1		47,9
	38 Deaths due to alcohol-related diseases(women)	3	19,4	20,4	34,7		5,7
	39 Alcohol-related injuries and deaths in traffic	16	49,5	29,4	86,4		11,5
	40 Serious and deadly work-related accidents	13	97,9	126,5	258,1		46,0

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

1 crude rate of natural increase per 1000 population 2008-2010. **2** net migration per 1000 population 2008-2010. **3** elderly (65+ years old) people, % of total population 2010. **4** young (0-14 years old) people, % of total population 2010. **5** estimated years left to live at the age of 0, 2009/2010. **6** crude rate per 1000 population aged 16– retirement 2010. **7** average gross salary in euros 2010. **8** % of people whose income is below poverty line 2009. **9** violent offences per 1000 population 2008-2010. **10** air pollution from stationary sources of pollution: tons of particulates (PM-10) per 1000 population 2010. **11** alcohol consumption, at least 1-2 times per week, % of respondents 2006. **12** % of overweight and obese (with BMI>25) of respondents 2006. **13** % of overweight and obese schoolchildren, % of examined by school nurses 2009-2010 1st half-year. **14** % of daily smokers of population aged 16+ 2006. **15** % of mothers smoking in pregnancy 2008-2010. **16** teenage (15-17years) pregnancies per 1000 women of same age 2008-2010. **17** health insurance coverage, % of people aged 20-59 insured, average of quarters 2010. **18** full-time equivalent employment of general practitioners per 100 00 population 2009. **19** long-term care beds per 100 000 population aged 65+ 2010. **20** incidence of malignant neoplasms per 100 000 total population 2007. **21** incidence of tuberculosis per 100 000 total population 2008-2010. **22** incidence of A, B and C-hepatitis per 100 000 total population 2008-2010. **23** incidence of sexually transmitted diseases per 100 000 total population 2008-2010. **24** incidence of Lyme disease per 100 000 total population 2008-2010. **25** incidence of tick-borne viral encephalitis per 100 000 total population 2008-2010. **26** self-rated health, good or very good, % of respondents 2010. **27** % of respondents with limitations of everyday life due to health problems (somewhat or greatly limited) 2010. **28** years of life lost due to morbidity and mortality per 100 000 total population 2006. **29** years of life lost due to mortality per 100 000 total population 2006. **30** years of life lost due to morbidity per 100 000 total population 2006. **31** deaths of 0-9 year-old children per 100 000 population aged 0-9 2008-2010. **32** premature deaths (before 65) per 100 000 population aged 65+ 2008-2010. **33** standardized mortality rate due to diseases of the circulatory system per 100 000 total population 2008-2010. **34** standardized mortality rate due to malignant neoplasms per 100 000 total population 2008-2010. **35** standardized mortality rate due to injury and poisoning per 100 000 total population 2008-2010. **36** deaths due to fires per 100 000 total population 2008-2010. **37** deaths due to alcohol-related diseases per 100 000 men 2008-2010. **38** deaths due to alcohol-related diseases per 100 000 women 2008-2010. **39** injuries and deaths in traffic accidents with drunk drivers per 100 000 total population 2008-2010. **40** serious and deadly work-related accidents per 100 000 employed 2008-2010.

Data sources: 1-10, 26-27, 31-32 Statistics Estonia; 11-12, 14-16, 18-21, 33-35, 37-38 National Institute for Health Development; 13, 17 Estonian Health Insurance Fund; 22-25 Health Board; 28-30 Ministry of Social Affairs; 36 Estonian Rescue Board; 39 Estonian Road Administration; 40 The Labour Inspectorate. **Additional information:** <http://www.terviseinfo.ee/maakonnatervis> **Prototype of the graph:** West Midlands Public Health Observatory (United Kingdom)