

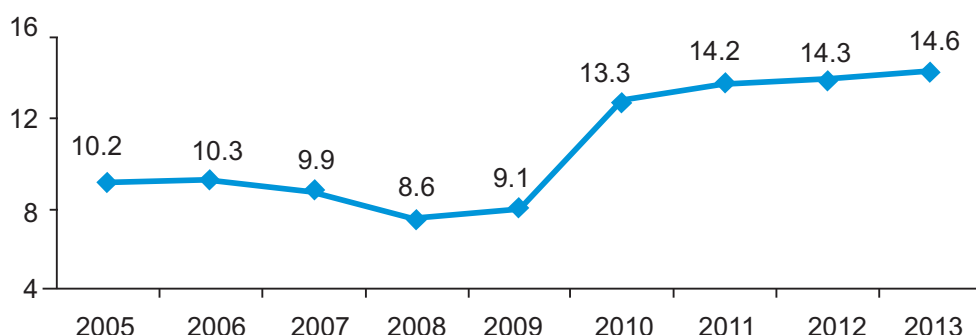
HUMAN HEALTH

***Health is not valued
till thickness comes.***

Thomas Fuller
(English churchman,
historian and biographer, 1608-1661)

In human life health is of greatest value. Special attention is paid to the preservation and promotion of health of the population. In 2013 the government spent on health, physical training and sport 27.4 trillion rubles, or 14.6% of the total government expenditure.

**GOVERNMENT EXPENDITURE ON HEALTH,
PHYSICAL TRAINING AND SPORT**
(as percentage of total government expenditure)



An extensive network of hospital and outpatient health organisations is functioning in the country.

Hospital organisations are health organisations which provide inpatient medical care.

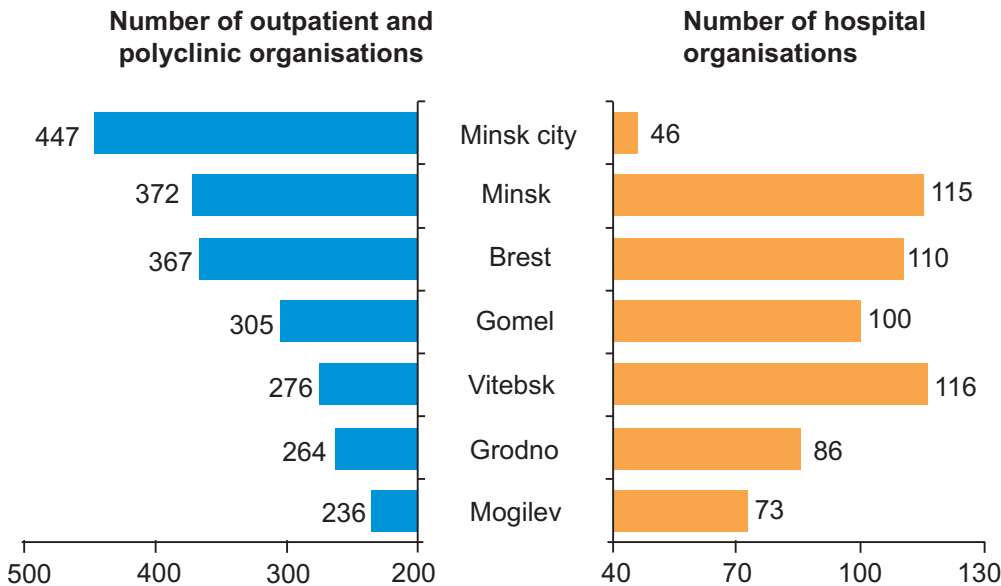
Outpatient and polyclinic organisations are health organisations which provide outpatient medical care and/or carry out medical evaluation (polyclinics, outpatient clinics, etc.).

In 2013 medical care was provided to the population of Belarus by **646** hospital organisations, **2 267** outpatient and polyclinic organisations, and by **152** emergency (acute) care stations/departments.

ORGANISATION OF MEDICAL AND PREVENTIVE CARE

Indicator	1990	2000	2005	2010	2011	2012	2013
Number of hospital organisations	874	830	711	661	656	657	646
Average number of days of bed occupancy	15.3	14.1	11.8	11.4	11.3	11.4	9.6
Number of surgeries, '000	538	618	665	777	795	814	815
Number of outpatient and polyclinic organisations	1 468	1 843	2 005	2 228	2 292	2 263	2 267
Average number of visits to a doctor per inhabitant	9.9	12.2	13.2	13.4	13.1	12.9	12.7
Number of pharmacies	1 129	1 223	1 289	2 675	2 796	2 925	3 020

NUMBER OF HOSPITAL, OUTPATIENT AND POLYCLINIC ORGANISATIONS in 2013, by region



Medical service in hospitals, polyclinics and other health organisations is provided by 37 thousand medical practitioners and 123 thousand paramedical personnel.

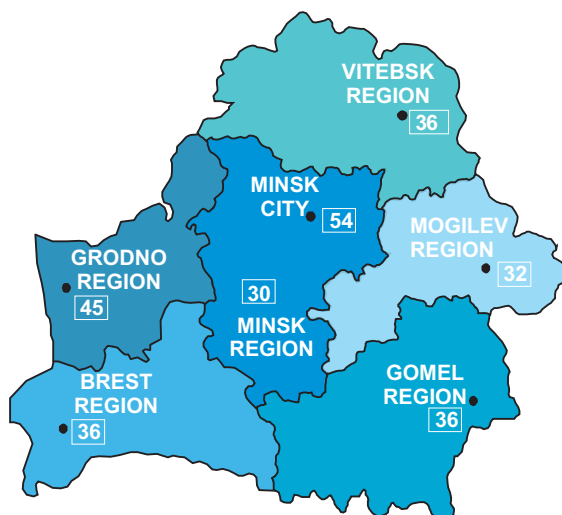
One in two medical practitioners is a primary care physician. They are generally the first to provide medical advice and treatment to patients.

NUMBER OF HEALTH PROFESSIONALS

Indicator	1990	2000	2005	2010	2011	2012	2013
Number of medical practitioners of all specialties, '000	39.6	45.8	45.6	33.3	35.9	36.8	37.3
per 10 000 population	39	46	47	35	38	39	39
Number of children's doctors – pediatricians, '000	5.1	4.3	3.8	3.7	3.7	3.8	3.8
per 10 000 children	18	18	20	21	21	22	21
Number of paramedical personnel, '000	119.9	122.6	118.5	121.8	122.0	125.1	122.7
per 10 000 population	118	123	123	128	129	132	130

The biggest number of medical practitioners per 10 000 population is recorded in the city of Minsk and Grodno region.

AVAILABILITY OF MEDICAL PRACTITIONERS in 2013 (per 10 000 population; by region)



There are 39 medical practitioners per 10 000 population in Belarus, 49 in Russia, 48 in Ukraine, 40 in Spain, 38 in Kazakhstan, 36 in Germany, 35 in Italy and France, 27 in the United Kingdom.

RESULTS OF PREVENTIVE EXAMINATION OF CHILDREN (UNDER AGE 18) (thousand cases)

Indicator	1990	2000	2005	2010	2011	2012	2013
Number of children examined	2 283.3	1 924.5	1 542.7	1 821.3	1 804.3	1 791.5	1 807.9
Number of cases detected in children:							
visual acuity reduction	164.2	177.9	149.7	175.8	172.7	170.8	168.1
postural disorders	64.5	116.5	107.0	120.1	114.8	108.3	103.6
speech defects	44.7	58.8	62.6	65.6	65.6	65.6	66.1
scoliosis	7.7	19.4	22.5	42.9	42.7	42.2	42.0
hearing acuity reduction	3.5	3.9	3.2	3.8	3.9	3.8	3.8

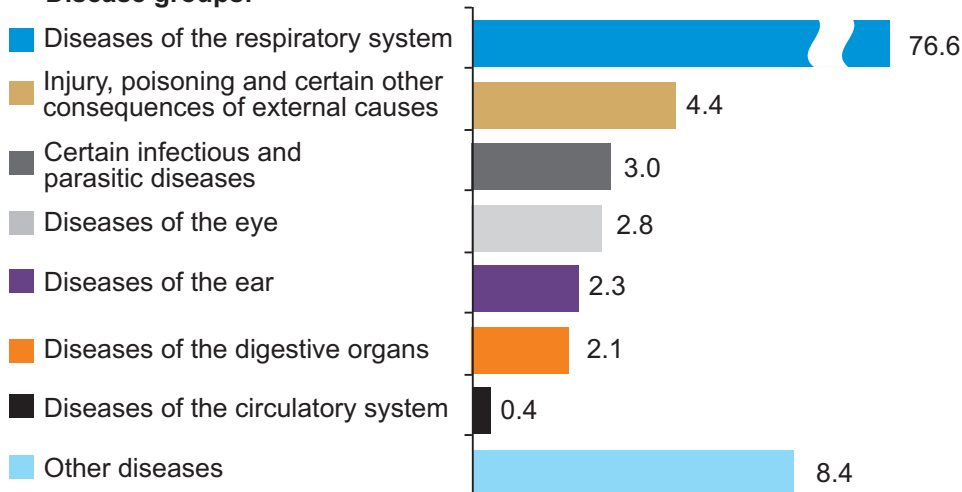
DISEASE INCIDENCE AMONG CHILDREN BY MAIN DISEASE GROUPS

Indicator	2002	2005	2010	2011	2012	2013
Number of newly diagnosed cases, '000:	3 010	3 099	3 160	3 260	3 011	3 117
of which:						
diseases of the respiratory system	2 076	2 168	2 376	2 465	2 240	2 389
injury, poisoning and certain other consequences of external causes	161	169	152	150	148	138
certain infectious and parasitic diseases	156	135	100	126	121	93
diseases of the eye	87	91	85	86	83	88
diseases of the ear	66	68	73	76	70	72
diseases of the digestive organs	109	93	74	69	69	64
diseases of the circulatory system	19	17	12	12	12	11

NEW CASES DIAGNOSED AMONG CHILDREN BY MAIN DISEASE GROUPS in 2013

(percentage of total new cases among children)

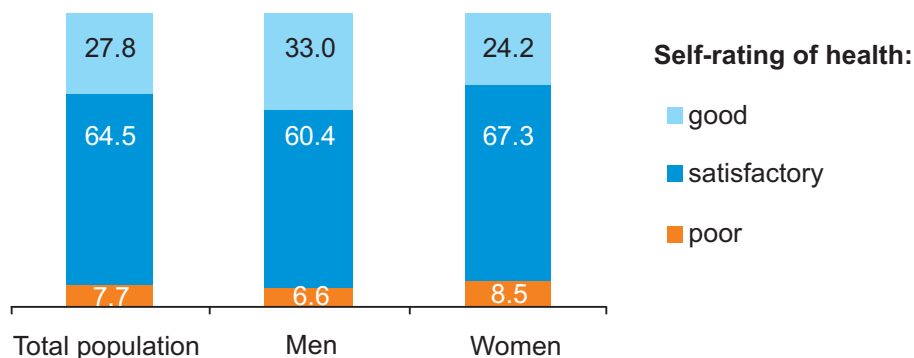
Disease groups:



Health of a person is assessed by personal well-being, presence or absence of diseases, and physical and mental condition. According to the 2013 data of the household sample survey, 64.5% of the population rated their health state as satisfactory, 27.8% as good, and 7.7% as poor. Male population appeared to be more optimistic in their health assessments - 60.4% reported satisfactory health state, 33.0% good, and 6.6% poor.

POPULATION AGED 16 AND OVER BY HEALTH SELF-ASSESSMENT in 2013

(according to data of household sample survey;
percentage of total population of corresponding group)



A household sample survey is carried out in Belarus in order to monitor the standard of living in the country.

As many as six thousand households participate in the survey. They provide information about health, attitudes toward sport and smoking, about income, expenditures on food and other goods and services, housing conditions, availability of consumer durables, and access to information and communication technologies.

HEALTH SELF-ASSESSMENT BY AGE GROUP in 2013
(according to data of household sample survey;
percentage of total population of corresponding age group)

Age group	Self-rating of health:		
	good	satisfactory	poor
Population aged 16 and over	27.8	64.5	7.7
of which by age group:			
16-19	56.8	40.7	2.5
20-29	56.1	42.3	1.6
30-39	45.8	51.7	2.5
40-49	27.6	68.7	3.7
50-59	14.2	79.1	6.7
60-69	6.4	82.1	11.5
70 and over	2.8	66.9	30.3

PARENTAL ASSESSMENT OF CHILDREN'S HEALTH in 2013
(according to data of household sample survey;
percentage of children of corresponding group)

Respondents by residence	Percentage of children whose health rated by parents as:		
	good	satisfactory	poor
Total	63.6	34.7	1.7
of which:			
urban	62.0	36.2	1.8
rural	68.1	30.4	1.5



According to the World Health Organisation (WHO) estimates, the number of infants and children under 5 years of age with excessive weight or obesity has grown by almost 50% over the recent 20 years and reached 44 million.

Overweight in childhood leads to numerous diseases in older ages.

At the beginning of 2014, 24.3% of the population in Belarus suffered from overweight, with percentage shares for urban and rural population being 22.8% and 28.6% respectively.

OVERWEIGHT POPULATION^{*}

(according to data of household sample survey; beginning of year; percentage of total population of corresponding group)

	2005	2009	2010	2011	2012	2013	2014
All population aged 16 and over	15.5	20.4	20.7	21.0	21.9	22.6	24.3
of which:							
urban	15.1	19.8	19.8	20.0	21.4	21.7	22.8
rural	16.6	21.8	23.0	23.6	23.5	24.8	28.6
Men – total	10.4	14.6	14.9	15.3	15.6	15.7	18.5
of which by age:							
16-19	0.0	1.2	0.3	0.8	1.3	1.2	1.0
20-44	8.0	12.1	12.0	11.4	12.0	12.2	13.1
45-64	16.6	21.0	20.8	22.4	22.1	21.2	27.3
65 and over	11.7	14.2	17.4	15.8	16.1	18.1	19.6
Women – total	19.4	24.6	24.8	25.0	26.5	27.4	28.4
of which by age							
16-19	0.0	0.6	0.7	0.0	0.0	1.0	0.3
20-44	11.8	13.6	12.0	11.7	13.9	13.5	13.4
45-64	31.2	38.2	38.7	38.2	38.3	39.3	40.6
65 and over	23.0	30.9	32.1	31.0	33.2	35.6	37.3

^{*} With body mass index 30 kg/m² and over.

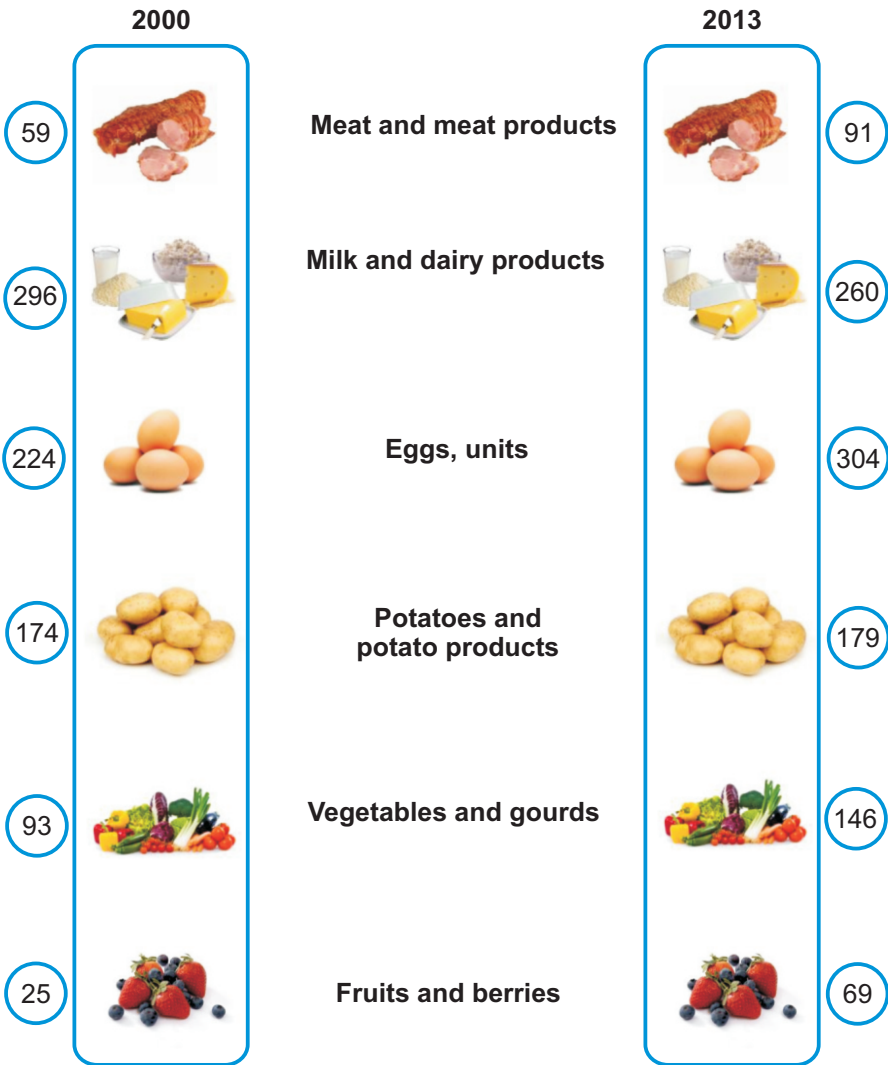
But, as doctors have been saying for a long time, an essential role in combating obesity belongs to correct nutrition.

A proper diet is the basis of the human health.

A **healthy diet** is the diet that in the best way possible meets the needs of the human body for energy and vitally essential substances, taking into account specific conditions of man's living and activity.

Dietary intake levels have been developed by the Ministry of Health of the Republic of Belarus for various age groups, including children, as well as separately for men and women.

CONSUMPTION OF BASIC FOODSTUFFS
(yearly per capita; kilogrammes)



Caring for health is a challenging task. In today's world, many factors, including the man himself, influence health. Stresses, low spirits as well as bad habits may be the cause of a number of dangerous diseases.

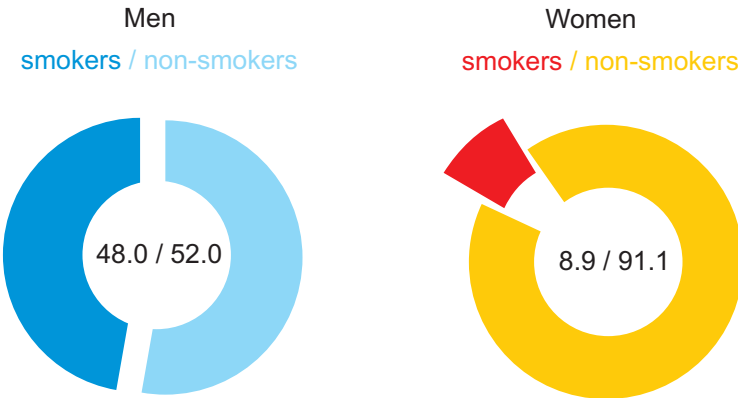
PERCENTAGE OF SMOKING POPULATION in 2013

(according to data of household sample survey;
percentage of total population of corresponding group)

Criterion	Share of smoking household members	Of which smoking 20 cigarettes or more daily
Population aged 16 and over	25.1	44.5
Men	48.0	51.9
Women	8.9	16.4
Region:		
Brest	24.7	44.8
Vitebsk	24.0	48.8
Gomel	27.0	46.1
Grodno	23.5	49.1
Minsk city	25.4	33.5
Minsk	24.6	47.3
Mogilev	25.9	48.6

SHARE OF SMOKING POPULATION AGED 16 AND OVER in 2013

(according to data of household sample survey; percent)



Health is much more dependent on our habits and nutrition than on medicine.

John Lubbock (English archaeologist
and ethnographer, 1834-1913)

HIV INCIDENCE (persons)

Age group	2000	2005	2010	2011	2012	2013
Number of new HIV cases	527	751	1 069	1 196	1 223	1 533
of which by age:						
0-14	6	35	24	23	16	17
15-19	51	32	22	17	23	24
20-29	370	390	396	396	369	408
30-39	87	224	424	497	491	633
40 and over	13	70	203	263	324	451

DRUG AND TOXIC SUBSTANCE DEPENDENCE (persons)

	2000	2005	2010	2011	2012	2013
Number of newly diagnosed patients	1 188	853	1 889	1 486	1 653	1 537
Region:						
Brest	66	125	129	113	151	99
Vitebsk	111	97	91	90	73	92
Gomel	218	191	159	181	181	184
Grodno	95	60	239	264	255	220
Minsk city	486	200	954	452	511	527
Minsk	126	123	236	267	332	274
Mogilev	86	57	81	119	150	141
Total number of patients registered with health organisations	4 760	6 738	10 929	11 308	12 228	12 382
Region:						
Brest	623	912	966	961	1 146	1 134
Vitebsk	314	661	860	894	948	907
Gomel	1 215	1 510	1 395	1 518	1 670	1 751
Grodno	397	592	848	916	1 099	1 154
Minsk city	1 548	2 078	4 880	4 896	5 108	5 068
Minsk	392	580	1 204	1 309	1 432	1 592
Mogilev	271	405	776	814	825	776