



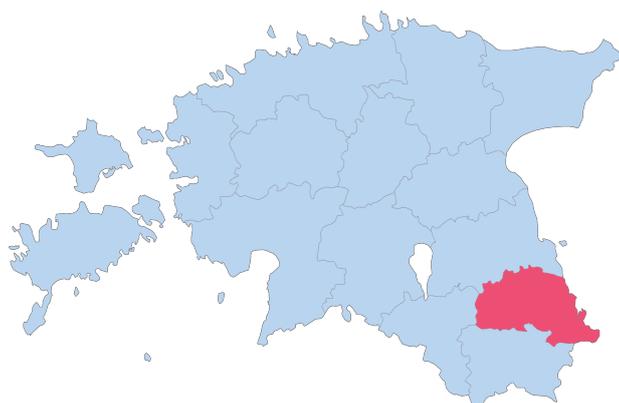
Overview of health and wellbeing

# PÕLVA COUNTY

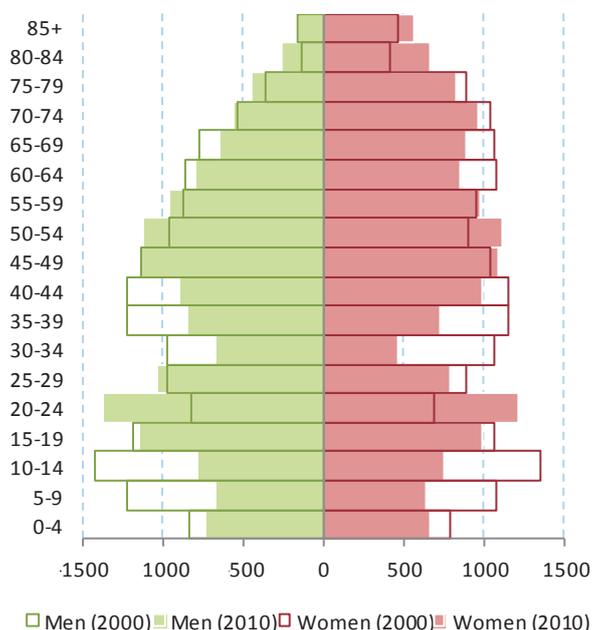
This document summarizes selected data on health and wellbeing in the county. The aim is to present comparable and standardized health indicators. This information gives input to the regional planning of services for improving the health and wellbeing of inhabitants.

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](http://www.terviseinfo.ee/maakonnatervis)



STRUCTURE OF PÕLVA COUNTY'S POPULATION



**Population:** 29 220 (01.01.2011)

**Percentage of Estonian population:** 2%

**Area:** 2164,77 km<sup>2</sup>

**Population density:** 13,6 inhabitants per km<sup>2</sup>

**County centre:** Põlva (6049 inhabitants)

**Municipalities:** 14, incl. 1 urban and 13 rural municipalities

**Economic activity:** agriculture, forestry and timber industry, tourism, servicing, food industry.

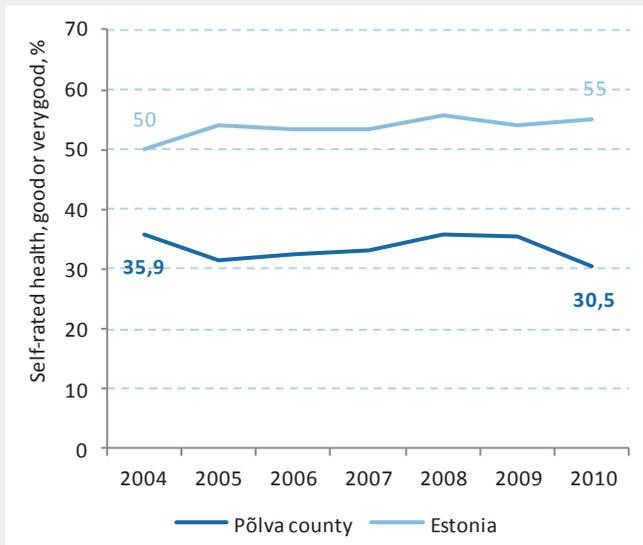
## POSITIVE DEVELOPMENTS

- Mortality due to malignant neoplasms is the lowest in Estonia
- At-risk-of-poverty rate has declined during last few years
- Percentage of those with health insurance in working-age population is the highest in Estonia
- Incidence of hepatitis, tuberculosis and sexually transmitted diseases is lower than the average in Estonia
- Rate of teenage pregnancies is the lowest in Estonia

## CHALLENGES

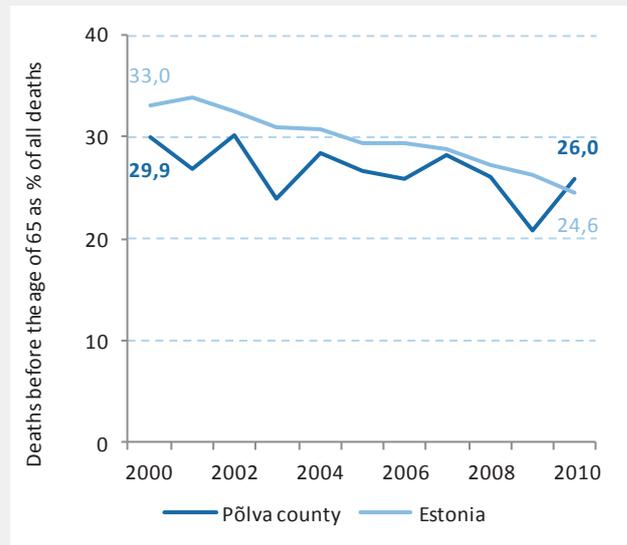
- Percentage of elderly people in the county's population is the highest in Estonia
- Average gross salary is lower than the average in Estonia, and at-risk-of-poverty rate is higher than average
- The lowest employment rate in Estonia
- The highest rate of years of life lost due to morbidity
- Mortality due to injury and poisoning is the highest in Estonia
- Highest death rates due to alcohol-related diseases and traffic accidents
- The worst self-rated health in Estonia (the lowest proportion of people who rate their health good or very)
- Proportion of people whose everyday life is restricted due to health problems is the biggest in Estonia

### Self-rated health (good and very good)



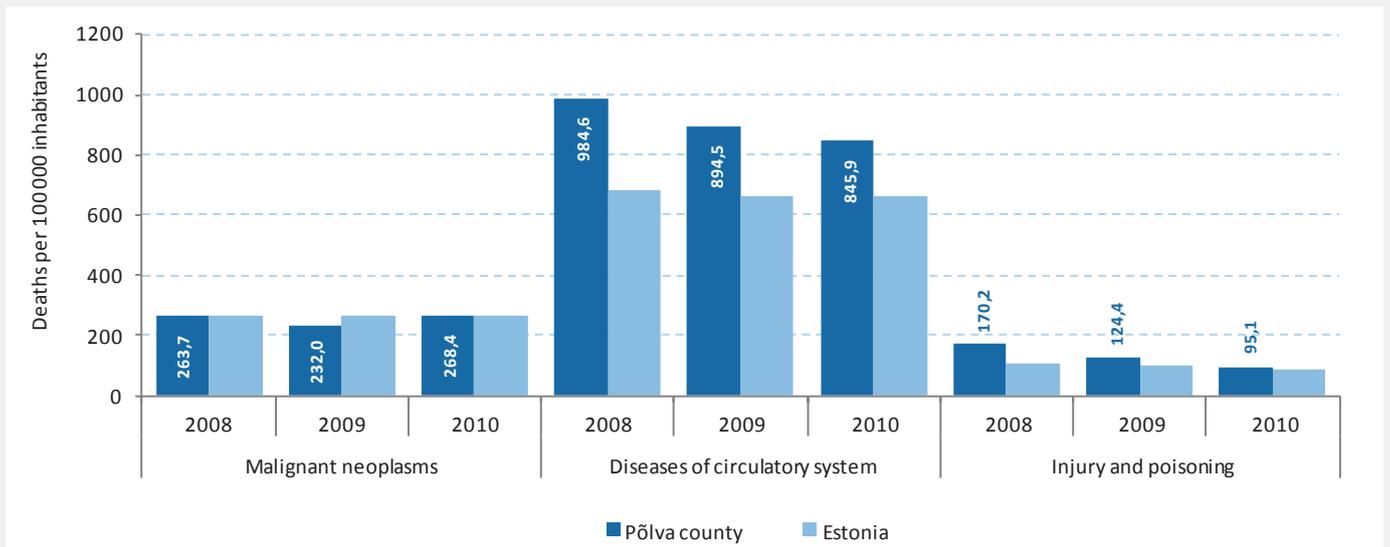
Source: Statistics Estonia

### Deaths before the age of 65 years



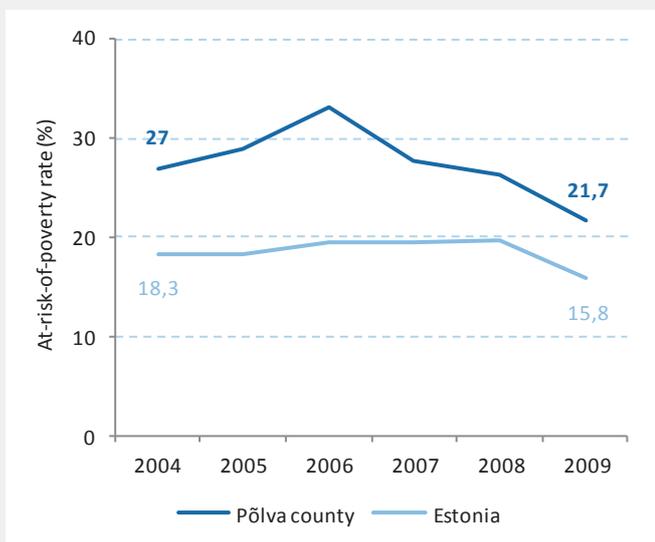
Source: Statistics Estonia

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



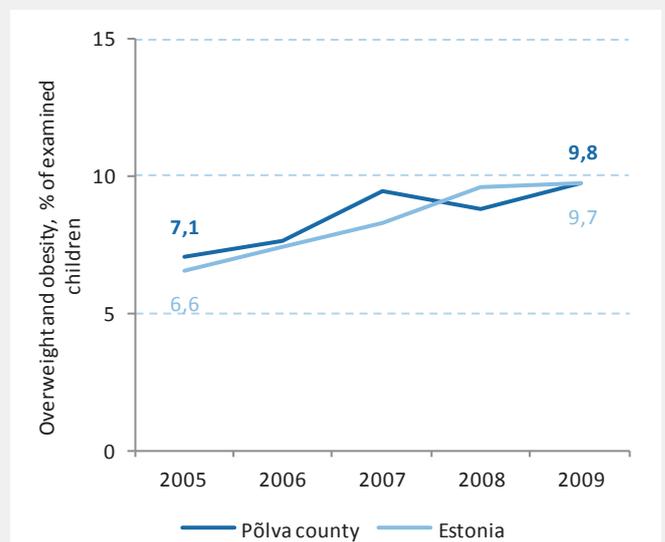
Source: Causes of Death Registry, National Institute for Health Development

### At-risk-of-poverty rate



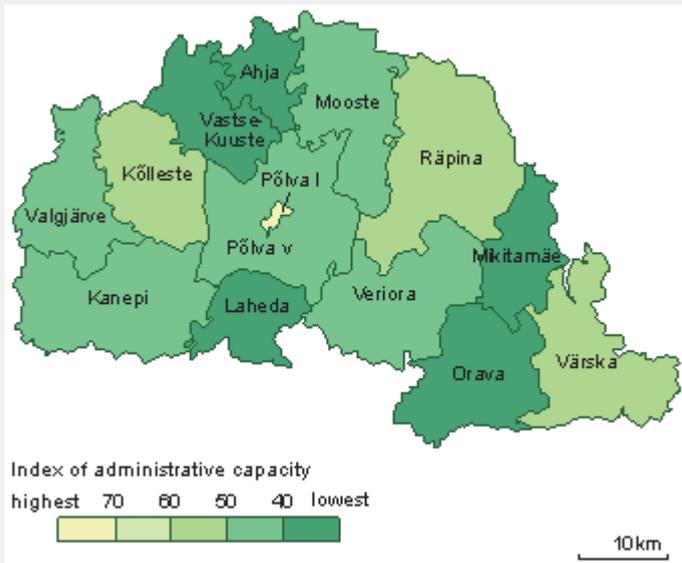
Source: Statistics Estonia

### Overweight and obese children



Source: Estonian Health Insurance Fund

### Administrative capacity of the municipalities (of the county)

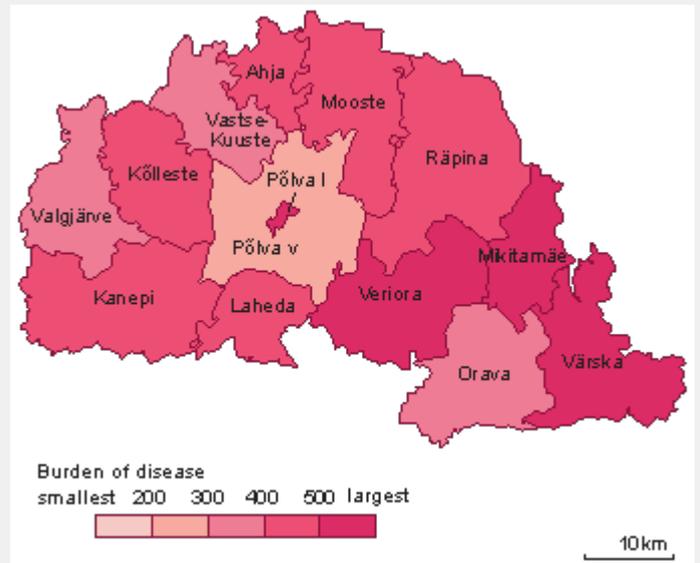


The index of administrative capacity is calculated using 26 indicators from six domains: population and area of the municipality, strength and diversity of local economy, wellbeing of inhabitants of the municipality, financial situation of the municipality, strength of the municipality's administration,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

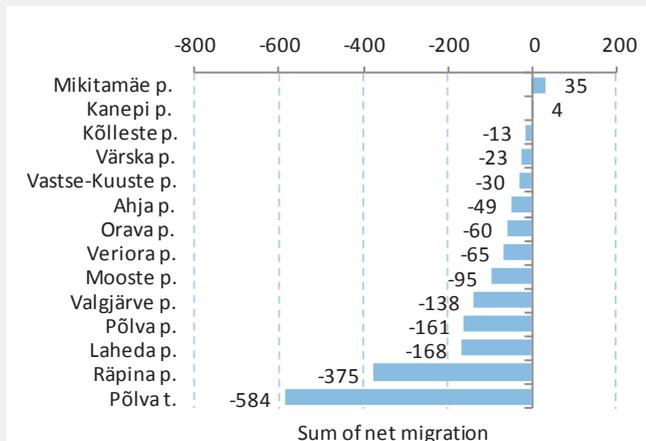


Burden of disease is calculated based on morbidity and mortality statistics; in addition the gravity of disease and people's age at the time of death are taken into account.

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

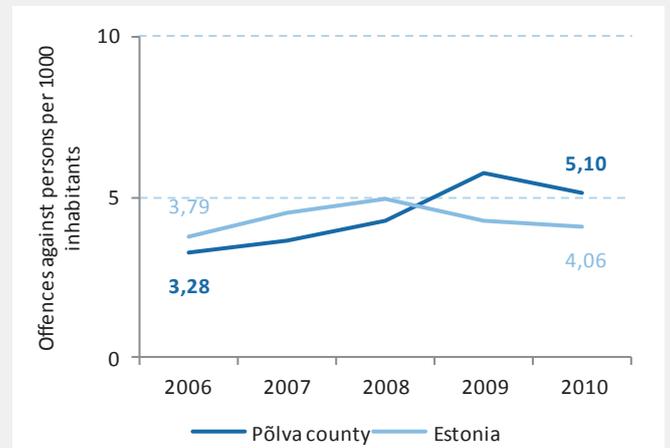
### Net migration 2001-2010 in municipalities (of the county)



Source: Statistics Estonia

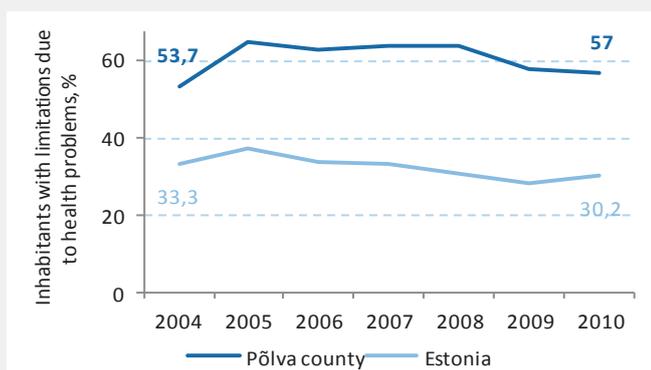
\* p.—parish, t.—town.

### Violent offences



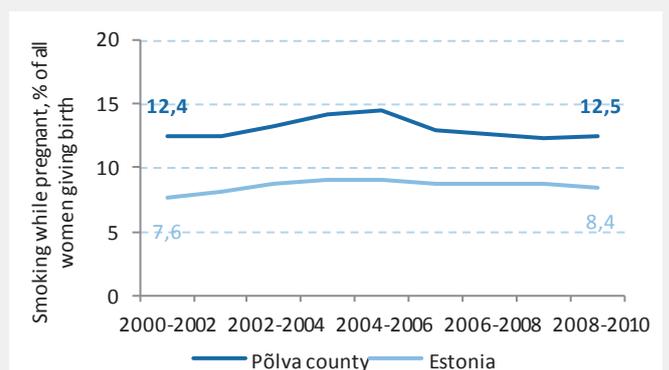
Source: Statistics Estonia

### Inhabitants with limitations due to health problems



Source: Statistics Estonia

### Smoking while pregnant



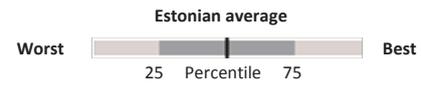
Source: Medical Birth Registry, National Institute for Health Development



# Põlva 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	Põlva county		Estonian average	Estonian worst	Position to Estonian average	Estonian best
		Number	Rate / %				
Population and Social Life	<b>1</b> Natural increase	-135	-4,5	-0,2	-6,7		4,6
	<b>2</b> Net migration	-117	-3,9	-1,0	-12,8		6,0
	<b>3</b> Proportion of the elderly (aged 65+) (%)	..	20,4	17,2	20,5		15,2
	<b>4</b> Proportion of young people (aged 0-14) (%)	..	14,5	15,2	13,3		17,2
	<b>5</b> Life expectancy at birth	76	75,6	75,8	72,3		76,9
	<b>6</b> Employment rate (%)	..	48,1	62,7	48,1		68,6
	<b>7</b> Average monthly gross salary (eur)	625	625,0	792,3	594,1		901,2
	<b>8</b> At-risk-of-poverty rate (%)	..	21,7	15,8	24,7		9,5
	<b>9</b> Violent offences	150	5,0	4,4	6,6		2,2
	<b>10</b> Air pollution	98	3,3	14,3	93,4		1,4
Health Behaviour	<b>11</b> Regular alcohol consumption (%)	..	19,9	20,9	30,3		14,1
	<b>12</b> Overweight and obesity, adults (%)	..	51,6	49,1	58,3		42,6
	<b>13</b> Overweight and obesity, children (%)	..	10,1	9,8	11,6		6,3
	<b>14</b> Daily smokers (%)	..	28,4	27,4	36,9		18,2
	<b>15</b> Smoking while pregnant (%)	35	12,5	8,4	17,7		4,6
	<b>16</b> Teenage (15-17 years) pregnancies	11	17,3	23,3	31,4		17,1
Healthcare	<b>17</b> Health insurance coverage (%)	15258	89,0	87,7	83,3		89,2
	<b>18</b> General practitioners	18	58,6	62,1	47,5		79,7
	<b>19</b> Long-term care beds	39	650,0	682,8	0,0		1178,7
Health Status	<b>20</b> Incidence of malignant neoplasms	156	498,7	506,2	617,6		397,7
	<b>21</b> Incidence of tuberculosis	3	11,2	23,5	36,8		3,5
	<b>22</b> Incidence of A, B and C-hepatitis	1	2,2	23,6	65,7		2,0
	<b>23</b> Sexually transmitted diseases (incl HIV)	43	144,7	213,7	287,5		21,1
	<b>24</b> Lyme disease	41	139,1	124,1	1461,0		27,2
	<b>25</b> Tick-borne viral encephalitis	5	18,0	11,8	51,1		3,7
	<b>26</b> Self-rated health, good or very good (%)	..	30,5	55,0	30,5		62,7
	<b>27</b> Limitations due to health problems (%)	..	57,0	30,2	57,0		24,0
Mortality	<b>28</b> Burden of disease	12669	41174,5	35597,1	42204,2		31714,0
	<b>29</b> Years of life lost	6146	20205,8	18739,6	24659,4		15654,3
	<b>30</b> Years of life lived with disability	6523	21772,3	17032,8	21772,3		13344,4
	<b>31</b> Deaths at age 0-9 years	3	98,6	66,7	98,6		0,0
	<b>32</b> Deaths under the age of 65	107	451,8	385,0	601,1		288,4
	<b>33</b> Deaths due to diseases of circulatory system	270	477,3	427,9	541,5		378,4
	<b>34</b> Deaths due to malignant neoplasms	76	165,5	187,6	222,7		165,5
	<b>35</b> Deaths due to injury and poisoning	39	117,7	85,8	117,7		62,6
	<b>36</b> Deaths due to fires	2	7,9	5,6	11,1		2,8
	<b>37</b> Deaths due to alcohol-related diseases (men)	15	107,1	69,3	107,1		47,9
	<b>38</b> Deaths due to alcohol-related diseases(women)	5	34,7	20,4	34,7		5,7
	<b>39</b> Alcohol-related injuries and deaths in traffic	26	86,4	29,4	86,4		11,5
	<b>40</b> Serious and deadly work-related accidents	10	101,6	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)