State of Health in the EU
Cyprus
Country Health Profile 2019

#SoHEU
@Obshealth @OECD_social @EU_health
Profile outline

1. Highlights
2. Health status
3. Risk factors
4. The health system
5. Health system performance
6. Key findings
2: Health status in Cyprus
Deaths from many diseases have decreased, with the stark exceptions of Alzheimer’s disease and lung cancer.

Note: The size of the bubbles is proportional to the mortality rates in 2016. The increase in mortality rates from Alzheimer’s disease only covers the period 2006-16. It is largely due to changes in diagnostic and death registration practices.

Source: Eurostat Database.
Just over half of people in Cyprus report having at least one chronic disease after the age of 65.

The share of people aged 65 and over has increased steadily; in 2017 one in six Cypriots were over 65 and this is expected to reach one in four by 2050.

Fewer Cypriots over 65 years report that they experience limitations with basic activities of daily living (12% compared with an EU average of 18%).

Life expectancy at age 65

<table>
<thead>
<tr>
<th></th>
<th>Cyprus</th>
<th>EU</th>
</tr>
</thead>
<tbody>
<tr>
<td>19.9 years</td>
<td>9</td>
<td>10</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Years without disability</th>
<th>Years with disability</th>
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<tbody>
<tr>
<td>9.9</td>
<td>10.9</td>
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% of people aged 65+ reporting chronic diseases

<table>
<thead>
<tr>
<th></th>
<th>Cyprus</th>
<th>EU25</th>
</tr>
</thead>
<tbody>
<tr>
<td>47%</td>
<td>19%</td>
<td>19%</td>
</tr>
<tr>
<td>34%</td>
<td>34%</td>
<td>34%</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>No chronic disease</th>
<th>One chronic disease</th>
<th>At least two chronic diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>46%</td>
<td>20%</td>
<td>19%</td>
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</tbody>
</table>

% of people aged 65+ reporting limitations in activities of daily living (ADL)

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<tr>
<th></th>
<th>Cyprus</th>
<th>EU25</th>
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<tbody>
<tr>
<td>12%</td>
<td>18%</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>No limitation in ADL</th>
<th>At least one limitation in ADL</th>
</tr>
</thead>
<tbody>
<tr>
<td>88%</td>
<td>12%</td>
</tr>
</tbody>
</table>

Notes: 1. Chronic diseases include heart attack, stroke, diabetes, Parkinson’s disease, Alzheimer’s disease and rheumatoid arthritis or osteoarthritis. 2. Basic activities of daily living include dressing, walking across a room, bathing or showering, eating, getting in or out of bed and using the toilet. Source: Eurostat Database for life expectancy and healthy life years (data refer to 2017); SHARE survey for other indicators (data refer to 2017).
3: Risk factors in Cyprus
Cyprus compares well with the EU on some risk factors, but smoking remains a major public health problem.

Tobacco consumption is a major contribution to mortality – one in five deaths (21%) are tobacco-related.

In 2015-2017, among 6-9 year old boys and girls 20% were obese and 43% were overweight or obese.

Note: The closer the dot is to the centre, the better the country performs compared to other EU countries. No country is in the white ‘target area’ as there is room for progress in all countries in all areas.

The health system in Cyprus
Health care funding in Cyprus is characterised by low public spending and high out-of-pocket payments

- Private as a share of total spending is very high – 56.2% in 2017 (45% OOP, 11.6% VHI)
- Despite increases, the share of government spending (6.7% GDP) is still far below the EU average (9.8% GDP)
Cyprus has been spending less per person on inpatient, outpatient and long-term care compared to the EU.

- Cyprus spends less per person on all aspects of healthcare than the EU average.
- But 40% of spending goes to outpatient care (EU average is 29.7%), and 1% goes to prevention (EU average is 3.1%).

Notes: Administration costs are not included. 1. Includes home care; 2. Includes curative-rehabilitative care in hospital and other settings; 3. Includes only the outpatient market; 4. Includes only the health component.
Sources: OECD Health Statistics 2019, Eurostat Database (data refer to 2017).
The number of doctors in Cyprus is above the EU average, while the number of nurses is well below.

- Most doctors work in the private sector, while most nurses are in the public sector.
- Efforts to recruit additional GPs and paediatricians to work in the public system are underway.
Effectiveness: Cyprus records the lowest rate of preventable mortality, while mortality from treatable causes is also comparatively low.

Low preventable mortality rates might be explained in part by lower exposure to some risk factors.
Accessibility: Very high out-of-pocket spending does not lead to high catastrophic spending in Cyprus

• Catastrophic spending is very low considering how high out-of-pocket spending is, potentially because the public sector services have been able to act as a safety net

• Most OOP spending is on outpatient medical care and pharmaceuticals

• High-cost diagnostics are mostly available in the private sector

Sources: WHO Regional Office for Europe 2019; OECD Health Statistics 2019.
Accessibility: Lower income groups in Cyprus have higher levels of unmet needs for both medical and dental care.

Unmet needs for medical care are mainly due to long waiting times in the public sector. Unmet needs for dental care are mainly for financial reasons.

Note: Data refer to unmet needs for a medical and dental examination or treatment due to costs, distance to travel or waiting times. Caution is required in comparing the data across countries as there are some variations in the survey instrument used. Source: Eurostat Database, based on EU-SILC (data refer to 2017).
Resilience: Day surgery rates are an indicator of efficient resource use, and in Cyprus they are underdeveloped except for cataract surgery.

Saving money by improving efficiency in hospitals and strengthening primary care to support availability of more services in less costly and more appropriate settings are key to enhance health system resilience.
Key findings for Cyprus
Cypriot people live long and generally healthy lives. **Mortality rates have fallen by over 20%** but preventable deaths from lung cancer are among the highest in the EU.

Implementing the **new General Healthcare System** is the greatest challenge Cyprus faces to expand coverage and improve financial equity.

More than a quarter of adults in Cyprus smoke daily although binge drinking is lowest in the EU. Obesity and overweight among children it is now extremely high at 43%.

Primary care is being strengthened to improve coordination across private and public providers through gatekeeping.

Out-of-pocket spending is highest in the EU. Although **Unmet needs for medical care are low** they are ten times higher for low-income groups.

Changes to the payment system for inpatient care is designed to rationalise reimbursement and improve resource used to **ensure the sustainability of the system**.