

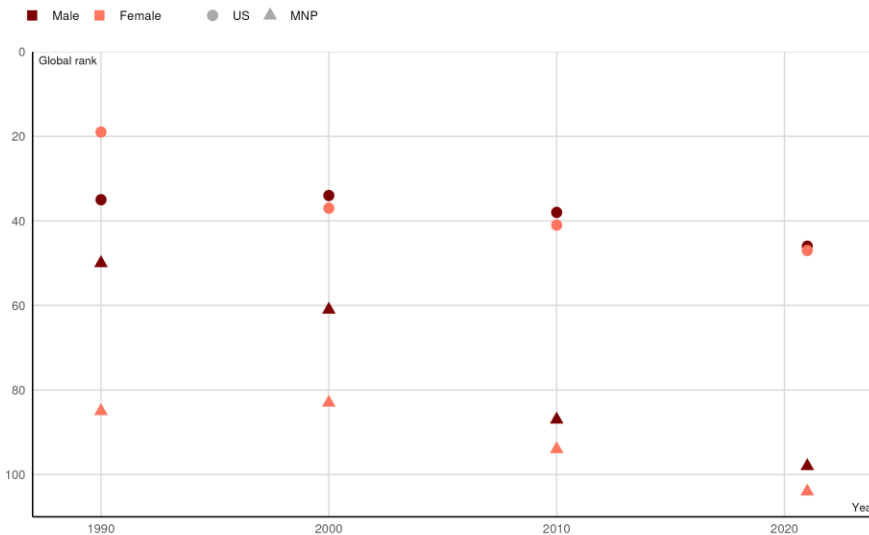
# The State of Health in Northern Mariana Islands

IHME measures the US's health problems, including in all 50 states, Washington, D.C., and US territories from 1990 through 2021. It is the most comprehensive and comparable research on US health to date, tracking 400+ diseases, injuries, and risk factors. IHME also examines disparities by race and ethnicity and sex and published findings on health in 3,110 US counties. This work is made possible through funding from National Institute on Minority Health and Health Disparities (NIMHD).

## The Northern Mariana Islands are falling behind in life expectancy globally.

Between 1990 and 2021, the life expectancy ranking of the Northern Mariana Islands dropped relative to other countries, like trends in the US overall.

Northern Mariana Islands (MNP)'s global ranking in life expectancy compared to US average

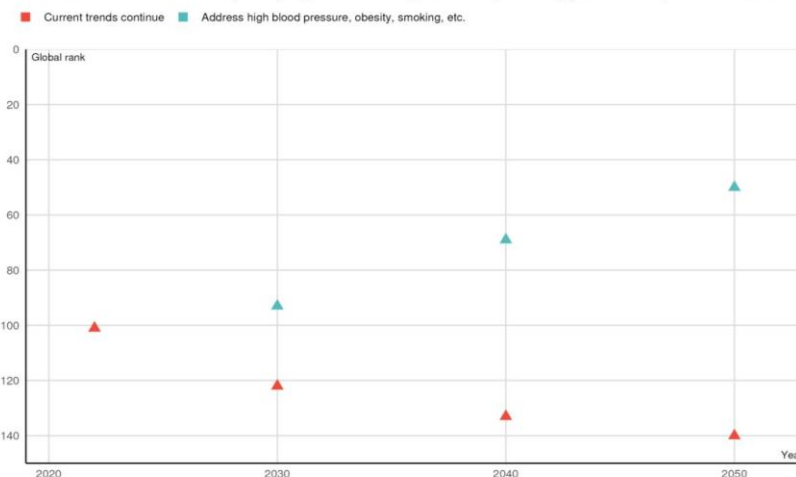


In 2021, countries including **Lithuania, Ecuador, and Bangladesh** had a higher life expectancy than Northern Mariana Islands.

## Tackling high blood pressure and obesity could boost the Northern Mariana Islands' life expectancy ranking.

If the Northern Mariana Islands intervene on key risk factors such as high blood pressure and obesity, their global ranking for life expectancy could rise to 50th by 2050.

Northern Mariana Islands (MNP)'s global ranking in life expectancy, 2022-2050, two scenarios



The scenario "address high blood pressure, obesity, smoking, etc." is based on the US eliminating exposure to high body mass index, high blood sugar, high blood pressure, high LDL cholesterol, poor diet, and smoking by 2050. This graphic assumes that every other location globally would continue on their current trajectory without addressing these issues.

Leading causes of poor health and early death: Ischemic heart disease, diabetes mellitus, and stroke dominate.<sup>1</sup>

Leading causes 2021 ranking	
1	Ischemic heart disease
2	Diabetes
3	Stroke
4	COVID-19
5	Chronic kidney disease
6	Other COVID outcomes
7	Lung cancer
8	COPD <sup>2</sup>
9	Cirrhosis and other chronic liver diseases
10	Low back pain

Main risk factors: High blood sugar is the top risk factor for poor health and early death in Northern Mariana Islands.<sup>3</sup>

Leading risk factors 2021 ranking	
1	High blood sugar
2	Obesity and overweight <sup>4</sup>
3	High blood pressure
4	Smoking
5	Kidney dysfunction

<sup>1</sup>Based on disability-adjusted life years per 100,000 people, all ages, all sexes combined, Level 3 of the Global Burden of Disease (GBD) hierarchy.

<sup>2</sup>Chronic obstructive pulmonary disease. Includes emphysema and chronic bronchitis.

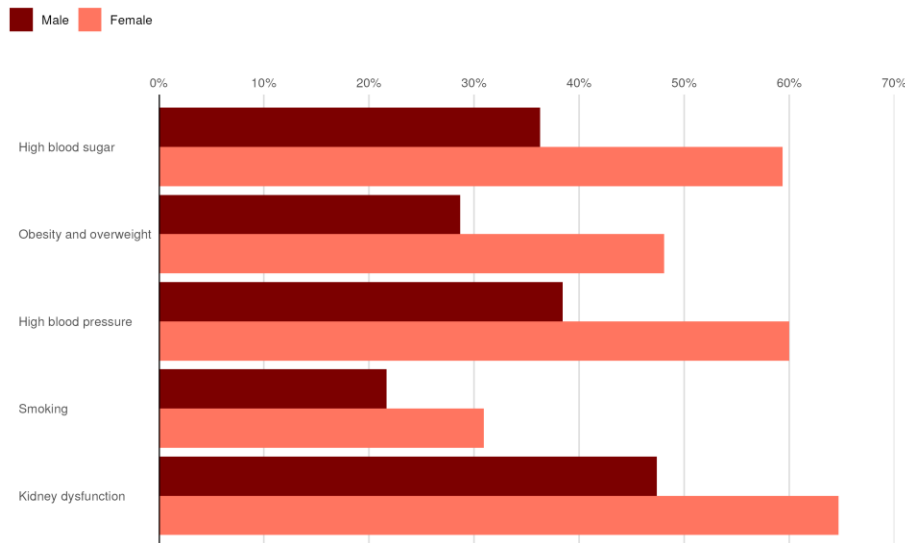
<sup>3</sup>Based on risk-attributable disability-adjusted life years in 2021 for all ages, all sexes combined, Level 3 of the GBD hierarchy.

<sup>4</sup>Body mass index greater than 25 in adults (≥18 years) and based on the International Obesity Task Force (IOTF) criteria for children (<18 years).

Most of the major risk factors are increasing in Northern Mariana Islands.<sup>5</sup>

Among the five leading risk factors, the burden of disease from kidney dysfunction is growing the fastest. Causes are ordered based on ranking for all sexes in 2021.

Shifts in disease burden from leading risk factors in Northern Mariana Islands (MNP), 2010-2021



<sup>5</sup>Percentage change in rates of risk-attributable disability-adjusted life years, all ages, all sexes. Risk factors are ordered based on ranking for risk-attributable disability-adjusted life years in 2021 for all sexes, Level 3.

## About IHME

The Institute for Health Metrics and Evaluation is an independent research organization at the University of Washington. Its mission is to deliver to the world timely, relevant, and scientifically valid evidence to improve health policy and practice. IHME carries out its mission through a range of projects within different research areas including the Global Burden of Diseases, Injuries, and Risk Factors (GBD); Future Health Scenarios; Cost Effectiveness and Efficiency; Resource Tracking; and Impact Evaluations.

For more information, contact:

Dr. Christopher Murray  
 IHME Director  
[cjlm@uw.edu](mailto:cjlm@uw.edu)