



# Estonia

**Population**

1,329,000

**Area**45,228 km<sup>2</sup>**Capital**

Tallinn

**3 largest cities**

Tallinn (438,000)

Tartu (93,000)

Narva (54,000)

**Neighboring countries**Latvia, the Russian  
Federation

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## 1. Migration history

Over the last one and a half centuries, the population and ethnic structure in Estonia has been majorly impacted by migration. There were two waves of extensive emigration. First was in the second half of the 19th century (to the Russian Federation) and the second wave was in 1944 (to the West). During the Second World War, mainly ethnic minorities left the country (from Germany, Sweden, Jewish communities). Only the Russian community was not destroyed. After the Second World War, Estonia transformed from an emigration country to an immigration country. Most immigrants came from the Russian Federation. Immediately after the Second World War, net migration was 10,000 people per year. The second wave of large-scale immigration took place in the 1960s. The restoration of independence then led to a renewed change in the direction of migration. Between 1989 and 1994, more than 80,000 people left Estonia. Many people returned to the Russian Federation, but some also emigrated to the West.

Between 1989 and 2000, the total population declined by more than 12% and ethnic minorities shrank by more than a quarter. Since the turn of the millennium, both emigration and immigration have increased. The majority of immigrants came from Finland (33%) and the Russian Federation (22%). Almost half of them are returnees. The most frequent destination countries for emigrants were Finland (two thirds), the Russian Federation (7%), and the UK (6%) [1]. In 2019, people from Russia (118,100), Ukraine (24,000), Belarus (10,400), Latvia (6,000), and Finland (5,900) represented the largest migrant groups [2]. Thus, Russian-speaking minorities who came to Estonia during the Soviet era make up the largest migrant group [1]. Between 1990 and 2019, the migrant population (born abroad) halved (382,000 to 190,200) and the proportion of migrants in the total population fell from 24.4 to 14.4% [3]. As of 2020, the net migration rate is 3; it is positive for the first time since 1990 [4].



## 2. Estimated number of people with a migration background with dementia

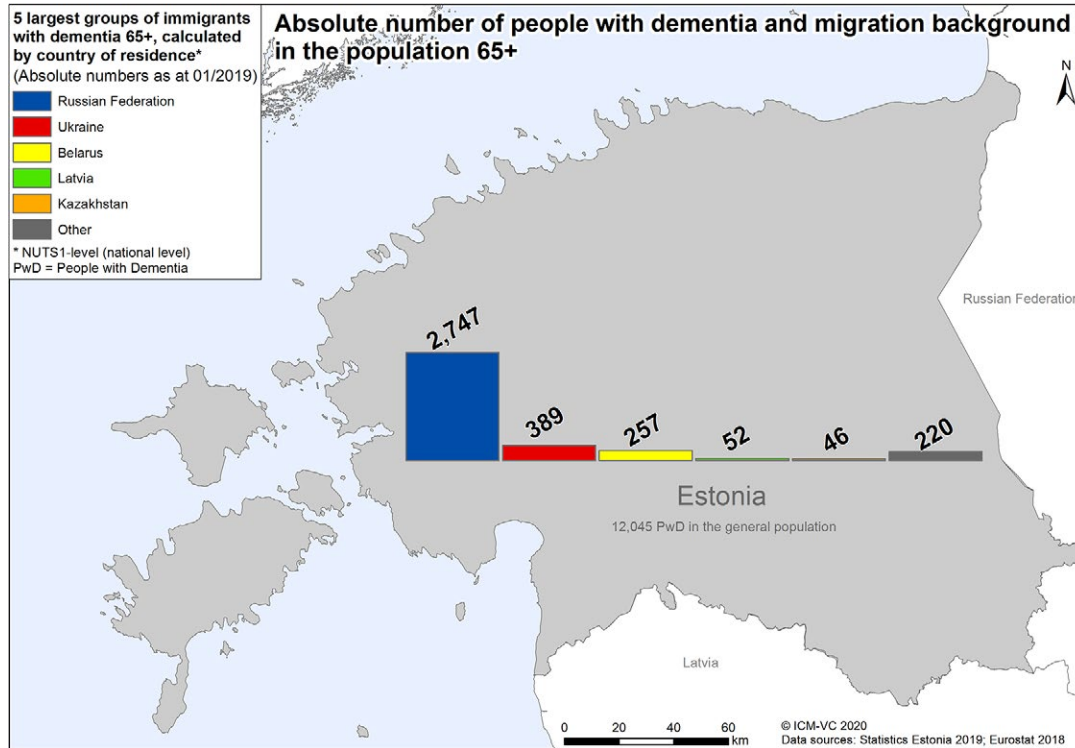


Fig. 3.7.8.1: Absolute number of PwM with dementia aged 65+ (Estonia – Nation)

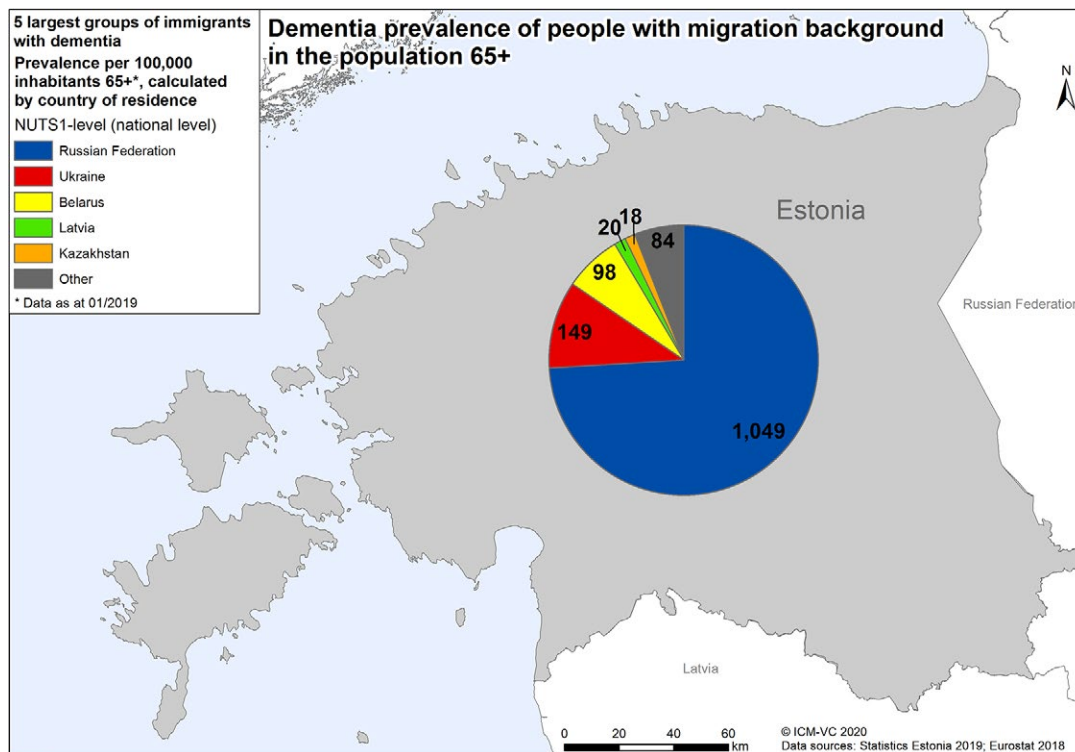


Fig. 3.7.8.2: Prevalence of PwM with dementia among the population aged 65+ (Estonia – Nation)

**Tab. 17: PwM with dementia: Absolute numbers, prevalence among PwM aged 65+, and prevalence among overall population aged 65+ (Estonia – Nation)**

NUTS	Total	EE	1. largest group	2. largest group	3. largest group	4. largest group	5. largest group	Other
Absolute Numbers								
Estonia	12,045	8,335	RU 2,747	UA 389	BY 257	LV 52	KZ 46	219
Prevalence/10,000 inhabitants with migration background 65+								
Estonia	1,493	-	RU 341	UA 48	BY 32	LV 6	KZ 6	27
Prevalence/100,000 inhabitants 65+								
Estonia	4,600	3,183	RU 1,049	UA 148	BY 98	LV 20	KZ 18	84

Data source: Statistics Estonia (2019)

There are 80,700 PwM aged 65 or older. Of those, approx. 3,700 are estimated to exhibit some form of dementia. Figure 3.7.8.1 shows the most affected migrant groups presumably originate from the Russian Federation (approx. 2,800), Ukraine (approx. 400), Belarus (approx.

300), Latvia (approx. 50), and Kazakhstan (approx. 50). The second graph highlights the number of PwM with dementia in Estonia per 100,000 inhabitants aged 65 or older (figure 3.7.8.2). Table 17 displays the values depicted in the maps on the national level [5-7].

## 3. National dementia plan

No NDP could be identified for Estonia [8].

## 4. National dementia care and treatment guidelines

The 'Estonian Guideline for Treatment and Diagnosis of Dementia' from 2006 is 43 pages long and includes the topics epidemiology, prevention, screening, diagnosis of dementia (definition and symptoms of dementia, neuropsychological diagnosis, radiological examinations),

dementia and driving, treatment of dementia (treatment of cognitive disorders, treatment of behavioural and psychological disorders), and stages of dementia. There is no reference to migration in any of these topics [9].

## 5. References

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5. Ssri: World Ocean Background; 2010.
6. Eurostat: Nomenclature of Territorial Units for Statistics (NUTS) 2016; 2018.
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8. National Dementia Strategies: a snapshot of the status of National Dementia Strategies around Europe [<https://www.alzheimer-europe.org/Policy-in-Practice2/National-Dementia-Strategies>]
9. Linnamägi Ü, Vahter L, Jaanson K, Tomberg T, Siiri-Merike L, Gross-Paju K, Kreis A, Toomsoo T: DEMENTSUSTE EESTI RAVI- TEGEVUS- JA DIAGNOSTIKAJUHEND. In. Edited by Neurosurgeons SoNa; 2006.