LANCET COUNTDOWN: TRACKING PROGRESS ON HEALTH AND CLIMATE CHANGE
In collaboration with Wellcome

A decade tracking progress on health and climate change

KYRGYZSTAN

LANCET COUNTDOWN ON HEALTH AND CLIMATE CHANGE
DATA SHEET 2026

Health and Climate Change in Kyrgyzstan

The Lancet Countdown on Health and Climate Change tracks the connections between health and climate change. In its tenth iteration, the 2026 Global Report shows that the health impacts of climate change have escalated and frequently accelerated in the decade since the Paris Agreement came into force.

This document presents key country-level findings from the 2026 Lancet Countdown report for Kyrgyzstan.

Extreme heat is placing a growing burden on health and livelihoods in Kyrgyzstan. Heatwave exposure among young children and older adults, and labour losses have reached record levels, falling hardest on agricultural and construction workers.

Air pollution, largely from fossil fuels, remains a major cause of preventable death and economic loss in Kyrgyzstan. Meanwhile, household fossil-fuel use is rising, road transport relies almost entirely on fossil fuels, and preparedness for the low-carbon transition has weakened.

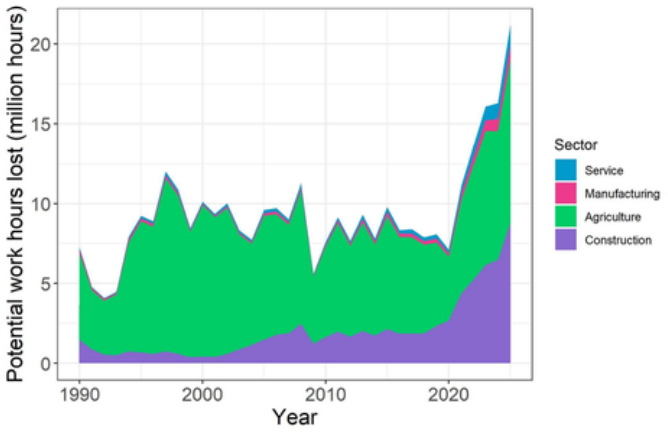
In Kyrgyzstan, diets are improving, with fewer deaths linked to eating too few plant-based foods. However, red meat and dairy still account for the vast majority of food-related emissions and a substantial share of diet-related deaths.

Extreme Heat

Exposure to high temperatures increases the risk of heat-related illness and mortality. Vulnerable groups, including older adults, young children, pregnant women, and those with pre-existing conditions, face the greatest risks.

62% of the heatwave days that people in Kyrgyzstan were, on average, exposed to between 2021 and 2025 would not have been expected to occur without climate change. Children under one year of age and adult over 65 experienced an additional 19.5 heatwave days per year on average between 2016 and 2025 - this was an increase of 200% compared to the 1986-2005. (Indicator 1.1.1)

Annual potential work hours lost, disaggregated by economic sector. Kyrgyzstan, 1990 to 2025.



ECONOMIC COSTS OF EXTREME HEAT

Heat stress reduces labour productivity, undermining livelihoods and the social determinants of health. In Kyrgyzstan, this has direct implications for income, food security, and access to care.

- The average annual economic value of heat-related mortality losses in those over age 65 was $0.2 billion between 2021 and 2025, which is equivalent to 11,900 average incomes of Kyrgyzstan. This is an 117% increase since 2000 to 2004. (Indicator 4.1.2)
- The potential income lost from reduced labour capacity due to heat was US$40 million in 2025. Workers in the construction sector were the most severely affected, incurring 47% of the losses, followed by agriculture with 42% of losses. (Indicator 4.1.3)

People were exposed to 49 more hours of moderate or higher risk of heat stress when engaged in moderate outdoor physical activity (e.g., brisk walking) per year in 2016-2025 compared with the 1990s. In 2025, this was a record breaking 330.6 hours. (Indicator 1.1.2)

Heat exposure caused an annual loss of 11.8 million potential labour hours on average between 2016 and 2025, which is 51.3% higher than the average in the 1990s. In 2025, this represented a record-breaking 21.2 million potential labour hours. The agricultural sector accounted for 56.3% of potential labour hours lost, followed by construction at 35%. (Indicator 1.1.3)

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Air Pollution, Energy Transition, and Health Co-benefits

Fossil fuel combustion contributes to harmful air pollution, increasing the risk of respiratory and cardiovascular diseases and premature mortality. According to the World Health Organization (WHO), Kyrgyzstan's annual mean concentration of fine particulate matter ($PM_{2.5}$) was 38 µg/m³, almost eight times the WHO's recommended annual guideline of 5 µg/m³.[1] Reducing dependence on polluting fuels can improve air quality and protect health, while also reducing greenhouse gas emissions.

In 2023, the carbon intensity of Kyrgyzstan's energy system decreased to 52.4 tCO_2/TJ, which is 6.7% lower than in 2016. As of 2023, coal made up 26% of total energy supply and 11.5% of electricity generation. Low-carbon sources accounted for 24.6% of total energy supply and 86.7% of electricity. (Indicator 3.1.1)

In 2023, 42% of household energy came from fossil fuels (liquid fossil fuels and natural gas), a 60% increase since 2016, and a further 16% of household energy from coal, coke and peat. (Indicator 3.1.2)

In 2023, fossil fuels still accounted for 99.3% of all road transport energy, and electricity accounted for only 0.7%. (Indicator 3.1.3)

6,500

There were over 5,700 deaths attributable to anthropogenic air pollution ($PM_{2.5}$) in 2023 in Kyrgyzstan, down by 12.5% from 2016. Fossil fuels (coal and liquid gas) contributed to 58% of these deaths 2023.Pollution from the agriculture sector was responsible for 27% of air pollution related deaths. (Indicator 3.2.1).

In 2023, the monetised value of premature mortality due to air pollution in Kyrgyzstan amounted to US$ 1.3 billion, the equivalent of 8% of GDP. (Indicator 4.1.4)

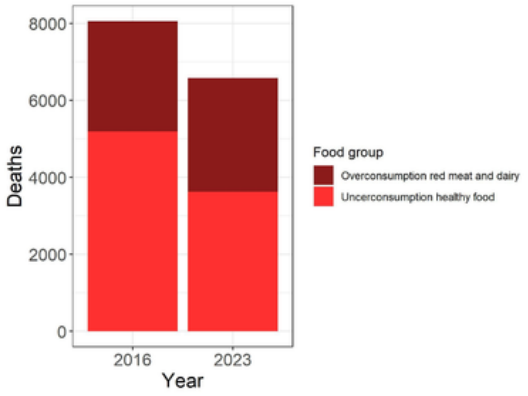
Diet and Health

Diets shape both health and the climate. Ensuring access to affordable, nutritious diets rich in fruits, vegetables, whole grains and legumes can reduce diet-related disease while limiting emissions from food systems. In Kyrgyzstan, supporting healthy and sustainable diets can deliver both nutrition and climate benefits.

The emissions associated with demand for agricultural food products increased by 21.4% between 2016 and 2023. Red meat and dairy emissions increased by 12% in the same time period and accounted for 86% of all consumption-related emissions in 2023, down from 93% in 2016. (Indicator 3.3.1)

In 2023, 3,600 deaths were linked to not eating enough healthy plant-based foods, like fruits, vegetables, beans, whole grains, nuts, and seeds, down from 5,200 in 2016. Another 3000 deaths were linked to eating excessive dairy, red meat, and processed meat, an increase by 3.2% (90 deaths) from 2016. (Indicator 3.3.2)

The graph shows the number of deaths attributable to dietary imbalances in 2016 and 2023 - namely high intake of red meat and dairy and low intake of nutritious plant-based foods.



Adaptation, Planning, and Resilience for Health

Climate adaptation policies play a critical role in protecting health. Strengthening health systems, early warning mechanisms, and cross-sectoral planning in Kyrgyzstan will be essential to build resilience against climate hazards.

In 2025, Kyrgyzstan reported medium implementation of health emergency management capacity. This is an increase from 2022. (Indicator 2.2.4)

Kyrgyzstan did not mention the intersection of climate change and health in their UN General Debate in 2025, although it did mention in 2020, 2021 and 2024. Kyrgyzstan has mentioned health in 2 of its 3 NDCs. The country's recent NDC mentioned the most health topics yet (78 mentions), including overall health, disease and morbidity, wellbeing, and medical infrastructure. (Indicator 5.4.1)

Kyrgyzstan reported that its national meteorological and hydrological services provide climate information for the health sector. This is essential for an effective health response to climate-related risks. (Indicator 2.2.1)

Romanello M, Walawender M, Israelsson J et al. The 2026 report of the Lancet Countdown on health and climate change: A decade of escalating health harms and a decisive moment for all. The Lancet 2026; published online October 2026. https://doi.org/10.1016/S0140-6736(26)01779-4
World Health Organization (2023). Health and environment scorecard: Kyrgyzstan

The Lancet Countdown was established in partnership with Wellcome. For further information, visit lancetcountdown.org

@lancetcountdown | www.lancetcountdown.org | info@lancetcountdown.org