


BELGIUM – NOVEMBER 2021

Status of Cardiovascular Disease (CVD) and Non-communicable diseases (NCD)


Country Demographics

CVD and Risk Factors

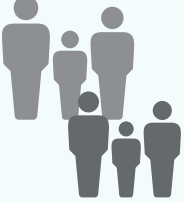
World Bank Classification **High income**




Life expectancy at birth (in years):

MALE 80  **84 FEMALE**

98% of population living in urban areas






Premature mortality due to CVD (death during 30-70 years of age) (% of deaths):

10,56%

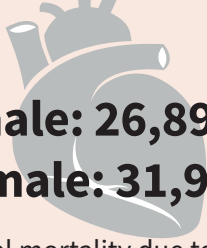
Global data: 31,8%

22,4% **12,6%**

MALE  **FEMALE**

of population with raised **blood pressure** (SBP ≥140 or DBP ≥90)


Global data: 24,1% (male) 20,1% (female)



male: 26,89%
female: 31,99%

Total mortality due to CVD (% of deaths):


Global data: 31,8%



↑ male: 15,4% **↑ female: 4,8%**

Percentage of adult population with raised total **cholesterol** (≥5.0 mmol/L)

Global data: 38,9%




MALE 21,8% **FEMALE 16,4%**

Prevalence of adult tobacco use age >15

Global data: 36,1% (male) 6,8% (female)


Percentage of adults (age-standardized estimate) who are insufficiently active (less than 150 minutes of moderate intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week):

male: 79,2%
female: 88%





Percentage of adults who are overweight (body mass index (BMI) of 25 kg/m2 or higher):

male: 23,1%
female: 21%



Global data: 13,1%

13%

Proportion of premature CVD mortality attributable to **tobacco** (%)


Global data: 10%



Prevalence of diabetes (ages 20-79)

male: 6,5%
female: 6,5%

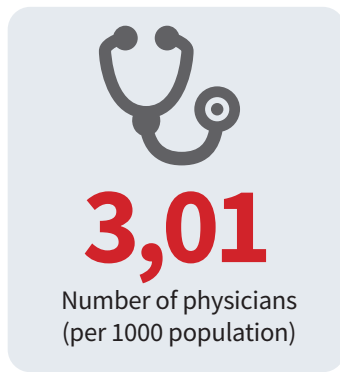
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Health System Capacity



KEY: No data Not in place In process/ partially implemented In place

Clinical Practice and Guidelines

Locally-relevant (national or subnational level):

- Clinical tool to assess CVD risk: *
- CVD prevention (within the last 5 years): *
- Treatment of tobacco dependence: *
- Detection and management of Atrial Fibrillation: +

* EU guidelines + ESC Guidelines

Essential Medicines and Interventions

Are the following essential medicines generally available in primary care facilities in the public health sector?

ACE inhibitors:	Metformin:
Aspirin:	Insulin:
Beta blockers:	Warfarin:
Statins:	Clopidogrel:

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Cardiovascular Disease Governance

A national strategy or plan that addresses:

- CVDs and their risk factors specifically:
- NCDs and their risk factors:
- A national tobacco control plan:
- A national multisectoral coordination mechanism for tobacco control:
- A national surveillance system that includes CVDs and their risk factors:
- Legislation that mandates essential CVD medicines at affordable prices:
- Policies that ensure screening of individuals at high risk of CVDs:

Stakeholder action

- NGO advocacy for CVD policies and programmes:
- Active involvement of patients' organizations in advocacy for CVD prevention and management:
- Involvement of civil society in the development and implementation of a national CVD prevention and control plan:
- Specific activities by cardiology professional associations aimed at 25% reduction in premature CVD mortality by 2025:
- Hypertension screening by businesses at workplaces:

For more information, please email info@worldheart.org

Source References: Global Health Data Exchange; WHO Global Health Observatory data repository; WHO NCD Document repository; Country specific publications.