


**GERMANY – MARCH 2022**



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

## Country Demographics

**World Bank Classification**  
**High income**




Life expectancy at birth (in years):

**MALE 79**  **FEMALE 84** 

**43%**

of population living in **urban** areas




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

**4,0%**

**Total mortality** due to CVD (% of deaths):


**male: 9,6%**  
**female: 11,2%**





**↑ male: 18%** **↑ female: 20%**

Percentage of adult population with raised total **cholesterol** ( $\geq 5.0$  mmol/L)


Global data: **38.9%**



**MALE 6,8%**  **FEMALE 6,4%** 

**Prevalence of tobacco use age  $\geq 15$**

Global data: **36.1%** (male) **6.8%** (female)






**4,6%**


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

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: 40,2%**  
**female: 36,9%**





**MALE 32,8%**  **FEMALE 32,8%** 



Percentage of adult population (age-standardized) with raised **blood pressure** (SBP  $\geq 140$  or DBP  $\geq 90$ )

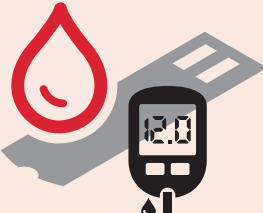
Global data: **24.1%** (male) **20.1%** (female)

Percentage of adolescents (ages 11-17) who are insufficiently active (**less than 60 minutes** of moderate- to vigorous intensity physical activity daily):

**male: 79,7%**  **female: 87,9%** 



Prevalence of diabetes in adults (ages 20-79):

**7,2%**




**GERMANY**

Percentage of adults who are overweight (body mass index (BMI) of 25 kg/m<sup>2</sup> or higher):

**male: 49,2%**  **female: 48,5%** 

## Heart Failure in Germany



Annual costs of Heart failure in 2017:

**€5,723 billion+**

Patients living with heart failure in 2019: **around 4 million#**

Hospitalisations due to heart failure in 2019: **around 500,000\***

Heart Failure Mortality in 2019: **35,297\***

## GERMANY

### Health System Capacity

**4,5**

Number of physicians (per 10,000 population)

**6**

Number of nurses (per 10,000 population)

**7,9**

Number of hospital beds (per 10,000 population)

**KEY:**

No data



Not in place



In process/ partially implemented



In place



### Essential Medicines and Interventions

Following essential medicines generally available in primary care facilities in the public health sector:

|                           |  |                        |  |
|---------------------------|--|------------------------|--|
| ACE inhibitors: . . . . . |  | Metformin: . . . . .   |  |
| Aspirin: . . . . .        |  | Insulin: . . . . .     |  |
| Beta blockers: . . . . .  |  | Warfarin: . . . . .    |  |
| Statins: . . . . .        |  | Clopidogrel: . . . . . |  |

### 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: . . . . . |  |

### Cardiovascular Disease Governance

|   |  |
|---|--|
| A National strategy or plan that addresses CVDs and their risk factors specifically: . . . . .      |  |
| A national tobacco control plan: . . . . .  |  |
| A national multisectoral coordination mechanism for tobacco control: . . . . .                      |  |
| A national surveillance system that includes CVDs and their risk factors: . . . . .                 |  |
| Policies that ensure screening of individuals at high risk of CVDs: . . . . .                       |  |
| Sustainable funding for CVDs (e.g. from taxation of tobacco and/or other 'sin' products): . . . . . |  |
| Taxes on unhealthy foods or sugar sweetened beverages: . . . . .                                    |  |

### 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: . . . . .      |  |
| Involvement of civil society in the national multisectoral coordination mechanism for NCDs/CVDs: . . . . .                       |  |
| Specific activities by cardiology professional associations aimed at 25% reduction in premature CVD mortality by 2025: . . . . . |  |
| Hypertension screening by businesses at workplaces: . . . . .  |  |