Belgium – November 2021

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

Country Demographics

- World Bank Classification: High income
- Life expectancy at birth (in years):
  - Male: 80
  - Female: 84
- 98% of population living in urban areas

CVD and Risk Factors

- 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 adult population with raised total cholesterol (≥5.0 mmol/L):
  - Male: 15.4%
  - Female: 4.8%
- Percentage of premature CVD mortality attributable to tobacco (%):
  - Male: 22.4%
  - Female: 12.6%

Global data:
- Premature mortality due to CVD (death during 30-70 years of age) (% of deaths):
  - Global data: 10.56%
- Total mortality due to CVD (% of deaths):
  - Global data: 22.89%
- Prevalence of adult tobacco use age >15:
  - Male: 21.8%
  - Female: 16.4%
- Proportion of premature CVD mortality attributable to tobacco (%):
  - Male: 13%
  - Female: 13%
- Percentage of adults (age-standardized estimate) who are overweight (body mass index (BMI) of 25 kg/m² or higher):
  - Male: 23.1%
  - Female: 21%
- Prevalence of diabetes (ages 20-79):
  - Male: 6.5%
  - Female: 6.5%

Global data:
- Blood pressure (SBP ≥140 or DBP ≥90):
  - Male: 22.4%
  - Female: 12.6%
- Of population with raised blood pressure (SBP ≥140 or DBP ≥90):
  - Global data: 12.6%
- Of population with raised total cholesterol (≥5.0 mmol/L):
  - Global data: 4.8%
- Of population with raised blood pressure (SBP ≥140 or DBP ≥90):
  - Male: 22.4%
  - Female: 12.6%
- Of population with raised total cholesterol (≥5.0 mmol/L):
  - Global data: 4.8%
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- Of population with raised total cholesterol (≥5.0 mmol/L):
  - Global data: 4.8%
Belgium

Health System Capacity

- Number of physicians: 3,01 (per 1000 population)
- Number of nurses: 11,09 (per 1000 population)
- Number of hospital beds: 55,8 (per 1000 population)

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:

Essential Medicines and Interventions

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

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.