ETHIOPIA – NOVEMBER 2020

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

Country Demographics

**World Bank Classification**
- Low income

**79%**
- of population living in rural areas
  - 60% (Sub-Saharan Africa)

**Ethiopia**

Prevalence of obese adults (BMI of ≥30 kg/m²)
- **4.5%**
  - Global data: 13.1%

Prevalence of diabetes (ages 20-79)
- **4.3%**
  - Global data: 3.9% (Africa)

Prevalence of raised total cholesterol (≥5.0 mmol/L)
- **10.94%**
  - Global data: 31.8%

Prevalence of raised blood pressure (SBP ≥140 or DBP ≥90)
- **15.5%** (male) **16.3%** (female)
  - Global data: 24.1% (male) 20.1% (female)

Prevalence of deaths caused by hypertensive heart disease
- **1.1%**
  - Global data: 1.65%

Prevalence of premature CVD mortality attributable to tobacco
- **2%**
  - Global data: 10%

Prevalence of RHD
- **1.4%**
  - Global data: 0.53%

Prevalence of deaths caused by CVD
- **0.19%**
  - Global data: 0.51%

Prevalence of tobacco use age ≥15
- **8.1%** (male) **1.8%** (female)
  - Global data: 36.1% (male) 6.8% (female)

**Global data**
- 31.8% of total mortality caused by CVD
- 0.19% of total mortality caused by RHD
- 2% of premature CVD mortality attributable to tobacco
- 1.1% of deaths caused by hypertensive heart disease
- 10% of deaths caused by hypertensive heart disease
- 4.5% of deaths caused by CVD
- 5.2% of population with raised total cholesterol (≥5.0 mmol/L)
- 4.3% of population with raised blood pressure (SBP ≥140 or DBP ≥90)
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Health System Capacity

**Number of physicians (per 10,000 population)**: 0.8

**Number of nurses (per 10,000 population)**: 7.14

**Number of hospital beds (per 10,000 population)**: 3

**Clinical Practice and Guidelines**

Locally-relevant (national or subnational level):

- Clinical tool to assess CVD risk
- Guidelines for treatment of tobacco dependence

**Clinical Guidelines for:**

- The detection and management of atrial fibrillation
- The detection and management of acute rheumatic fever
- The detection and management of rheumatic heart disease
- The detection and management of diabetes
- CVD prevention (within the last 5 years)
- A system to measure the quality of care provided to people who have suffered acute cardiac events

**Cardiovascular Disease Governance**

A national strategy or plan that addresses:

- CVDs and their specific risk factors
- NCD and their risk factors
- Rheumatic heart disease prevention and control as a priority
- A national surveillance system that includes CVDs and their risk factors

**Stakeholder action**

Non-governmental organizations’ advocacy for CVD policies and programmes

Civil society involved in developing and implementing of national CVD prevention and control plan

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

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