### Prevalence of tobacco use age ≥15

- **Male:** 24.6%
- **Female:** 20.4%

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

### Life expectancy at birth (in years)

- **Male:** 78.27
- **Female:** 84.77

- **World Bank Classification:** High income

- **77.54%** of population living in **urban** areas

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

- **Male:** 56.6%
- **Female:** 60.5%

- **Global data:** 38.9%

### Percentage of adult population with raised blood pressure (SBP ≥140 or DBP ≥90)

- **Male:** 24.3%
- **Female:** 15.5%

- **Global data:** 24.1% (male) 20.1% (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:** 40.2%
- **Female:** 44.1%

### 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):

- **Male:** 6.9%
- **Female:** 6.9%

### Percentage of premature CVD mortality attributable to tobacco (%)

- **Male:** 4%
- **Female:** 11%

### Total mortality due to CVD (% of deaths)

- **Male:** 35.06%
- **Female:** 40.74%

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

- **Male:** 24.6%
- **Female:** 20.4%

- **Global data:** 36.1% (male) 6.8% (female)
Essential Medicines and Interventions
Following essential medicines generally available in primary care facilities in the public health sector:

- ACE inhibitors
- Aspirin
- Beta blockers
- Statins
- Metformin
- Insulin
- Warfarin
- Clopidrogrel

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
- 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

Destatis 3/22  # DZMI  *Heart Report 2020 German Heart Foundation 2021.