


GHANA – MARCH 2023

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


Country Demographics

World Bank Classification
Low-Middle income




Life expectancy at birth (in years):

MALE 64.1 **FEMALE 69.1**




56.7%

of population living in **urban** areas



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


13%



MALE 8.0% **FEMALE 0.3%**

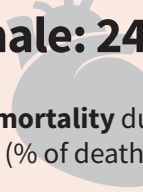
Prevalence of tobacco use age ≥15

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




male: 14.41%
female: 24.70%

Total mortality due to CVD (% of deaths):



66.39%

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




13%

Percentage of adult population (age-standardized) with raised **blood pressure**


(SBP ≥140 or DBP ≥90)

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: 18.60%
female: 24.80%




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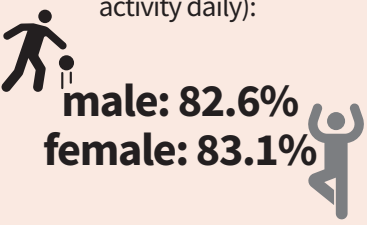
Percentage of adults who are overweight (body mass index (BMI) of 25 kg/m2 or higher):

male: 16%
female: 40%



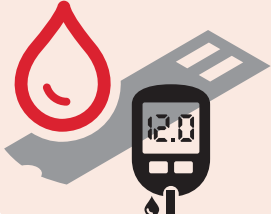
Percentage of adolescents (ages 11-17) who are insufficiently active (**less than 60 minutes** of moderate- to vigorous intensity physical activity daily):

male: 82.6%
female: 83.1%



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

9%





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1.75

Number of physicians
(per 10,000 population)



18.9

Number of nurses
(per 10,000 population)



10.3

Number of hospital beds
(per 10,000 population)

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

Essential Medicines and Interventions

- | | | | |
|---------------------------|--|------------------------|--|
| 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:

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: