**KENYA – APRIL 2021**

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

### Prevalence of rheumatic heart disease (RHD)

- **MALE**: 0.14%
- **FEMALE**: 1.17%
- Global data: 0.51%

### Prevalence of tobacco use age ≥15

- **MALE**: 18.8%
- **FEMALE**: 2.3%
- Global data: 36.1% (male) 6.8% (female)

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

- **MALE**: 25.1%
- **FEMALE**: 22.6%
- Global data: 24.1% (male) 20.1% (female)

### Prevalence of diabetes (ages 20-79)

- **KENYA**: 8.9%
- Global data: 3.9% (Africa)

### Prevalence of obese adults (BMI of ≥30 kg/m²)

- **KENYA**: 13.82%
- Global data: 13.1%

### Prevalence of deaths caused by hypertension

- **KENYA**: 10.1%
- Global data: 1.65%

### Country Demographics

- World Bank Classification: Low-Middle income
- 72.5% of population living in rural areas (60% Sub-Sahara Africa)

### Cardiovascular Disease Governance

- A national strategy or plan that addresses:
  - 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

### Health System Capacity

- **KENYA**
  - Number of hospital beds (per 10,000 population): 13.3
  - Number of nurses (per 10,000 population): 10
  - Number of physicians (per 10,000 population): 1.6

### Clinical Practice and Guidelines

- Locally-relevant (national or subnational level):
  - Clinical tool to assess CVD risk
  - Guidelines for treatment of tobacco dependence
  - 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

### Source References:

- Global Health Data Exchange; WHO Global Health Observatory data repository; WHO NCD Document repository; Country specific publications.

For more information, please email info@worldheart.org, info@pascar.org.
KENYA

Health System Capacity

Number of physicians (per 10,000 population): 1.6
Number of nurses (per 10,000 population): 10
Number of hospital beds (per 10,000 population): 13.3

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

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