Prevalence of rheumatic heart disease (RHD)

- Male: 0.22%
- Female: 1.01%
- Global data: 0.51% (male), 0.53% (female)

Prevalence of tobacco use (age ≥15)

- Male: 46.8%
- Female: 27.4%
- Global data: 36.1% (male), 6.8% (female)

Prevalence of diabetes (ages 20-79)

- Male: 2.03%
- Female: 28.3%
- Global data: 3.9% (Africa)

Prevalence of total cholesterol (≥5.0 mmol/L)

- Male: 16.13%
- Female: 23.5%
- Global data: 31.8% (male), 38.9% (female)

Prevalence of blood pressure (SBP ≥140 or DBP ≥90)

- Male: 27.4%
- Female: 26.1%
- Global data: 24.1% (male), 20.1% (female)

Prevalence of obesity (BMI of ≥30 kg/m²)

- Male: 28.3%
- Female: 12.7%
- Global data: 13.1% (male), 6.8% (female)

Prevalence of hypertension

- Male: 18%
- Female: 16%
- Global data: 10% (male), 8% (female)

Prevalence of deaths caused by CVD

- Male: 2.03%
- Female: 28.3%
- Global data: 1.65% (male), 13.1% (female)

Prevalence of deaths caused by hypertensive heart disease

- Male: 2.03%
- Female: 28.3%
- Global data: 1.65% (male), 13.1% (female)

Country Demographics

- World Bank Classification: Upper-middle income
- 34% of population living in rural areas (60% Sub-Saharan Africa)
- Prevalence of obesity (BMI of ≥30 kg/m²): 12.7% (male), 6.8% (female)
- Prevalence of diabetes (ages 20-79): 3.9% (male), 6.8% (female)
- Prevalence of total cholesterol (≥5.0 mmol/L): 31.8% (male), 38.9% (female)
- Prevalence of blood pressure (SBP ≥140 or DBP ≥90): 24.1% (male), 20.1% (female)
- Prevalence of tobacco use (age ≥15): 36.1% (male), 6.8% (female)
**SOUTH AFRICA**

**Health System Capacity**

- **Number of physicians** (per 10,000 population): 9.1
- **Number of nurses** (per 10,000 population): 13.08
- **Number of hospital beds** (per 10,000 population): 18

**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

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

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