

**SWEDEN – NOVEMBER 2020**

**Status of Cardiovascular Disease (CVD) and Risk Factor Burden**

**Country Demographics**



**88%** of population living in urban areas

**12%** of population living in rural areas



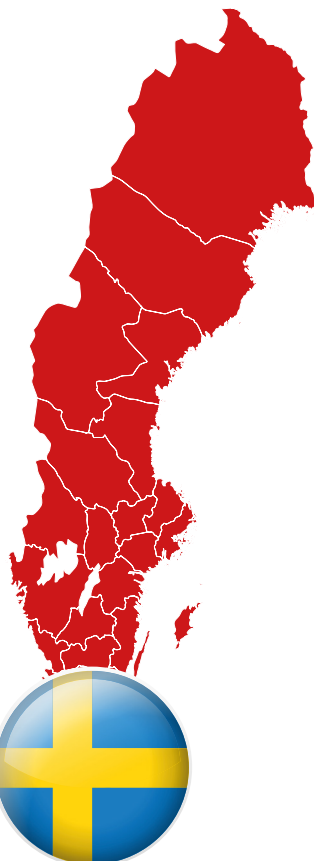
Life expectancy at birth (in years)

**MALE 81**  
**FEMALE 83**

National health expenditure as percentage of GDP

**11%**

**SWEDEN**



Total population with **diabetes**: **7.2%**



Total mortality due to CVD (% of deaths)



**MALE 37.2%**  
**FEMALE 39.7%**

Percentage of adults (age-standardized estimate) who are insufficiently active\*

**MALE 21.5%**  
**FEMALE 24.7%**

\*less than 150 minutes of moderate intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week



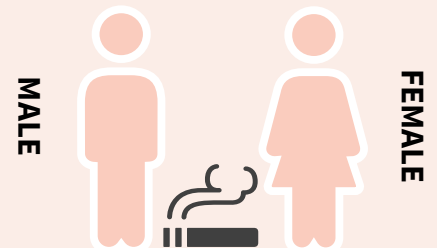
Percentage of **adolescents** (ages 11-17) who are insufficiently active\*

**MALE 82.2%**

**FEMALE 87.3%**

\*less than 60 minutes of moderate to vigorous intensity physical activity daily

**34%** **19%**

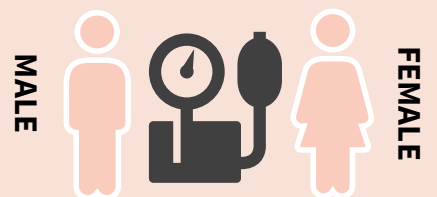


**MALE**

**FEMALE**

Prevalence of adult tobacco use age ≥15

**24.1%** **14.4%**

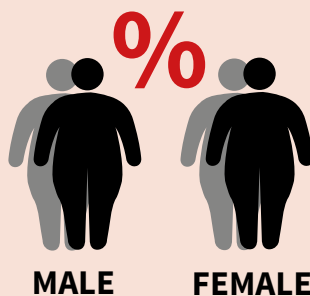


**MALE**

**FEMALE**

Percentage of population with raised blood pressure (SBP>=140 OR DBP>=90)

**64.2** **48.4**



**MALE**

**FEMALE**

Percentage of adults who are overweight (BMI of ≥25 kg/m<sup>2</sup>)

**56.1%** **47.0%**



**MALE**

**FEMALE**

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



**KEY:**

No data



Not in place



In process/ partially implemented



In place



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## Cardiovascular Disease Governance

### A national strategy or plan that addresses:

A national strategy or plan that addresses CVDs and their risk factors specifically: .....

A national strategy or plan that addresses NCDs and their risk factors: .....

A national tobacco control plan: .....

A national surveillance system that includes CVDs and their risk factors: .....

Collaborative projects between the Ministry of Health and non-health ministries for CVD interventions: .....

Legislation banning all forms of tobacco advertising, promotion and sponsorship: .....

Legislation banning the marketing of unhealthy foods to minors: .....

Policy interventions that facilitate physical activity: .....

Legislation banning the marketing of unhealthy foods to minors: .....

Legislation mandating clear and visible warnings on foods that are high in calories /sugar / saturated fats: .....

## 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: .....

Involvement of civil society in the national multisectoral coordination mechanism for NCDs/CVDs: .....

Hypertension screening by businesses at workplaces: .....

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For more information, please email [info@worldheart.org](mailto:info@worldheart.org)