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

**UGANDA – JULY 2020**

**Country Demographics**

- **World Bank Classification**: Low income
- **76%** of population living in rural areas (60% Sub-Sahara Africa)

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- **Prevalence of obese adults** (BMI of ≥30 kg/m²)
  - Global data: 13.1%

- **4.6%**

- **9.85%**
  - of deaths caused by CVD
  - Global data: 31.8%

- **6.7%**
  - of population with raised total cholesterol (≥5.0 mmol/L)
  - Global data: 38.9%

- **2.5%**
  - Prevalence of diabetes (ages 20-79)
  - 3.9% (Africa)

- **25.8%**
  - of population with raised blood pressure (SBP ≥140 or DBP ≥90)
  - Global data: 24.1% (male) 20.1% (female)

- **2.97%**
  - Prevalence of rheumatic heart disease (RHD)
  - Global data: 0.53%

- **17.8%**
  - of total mortality caused by RHD
  - Global data: 0.51%

- **2%**
  - of premature CVD mortality attributable to tobacco
  - Global data: 10%

- **1.13%**
  - of deaths caused by hypertensive heart disease
  - Global data: 1.65%

- **16.8%**
  - Prevalence of tobacco use age ≥15
  - Global data: 36.1% (male) 6.8% (female)

- **22.9%**
  - Global data: 10%

- **2%**
  - of premature CVD mortality attributable to tobacco
  - Global data: 38.9%

- **17.8%**
  - of total mortality caused by RHD
  - Global data: 0.51%

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Cardiovascular Disease Scorecards – Africa

UGANDA – JULY 2020 Status of Cardiovascular Disease (CVD) and Non-communicable diseases (NCD)

Prevalence of rheumatic heart disease (RHD)
- MALE: 2.97%
- FEMALE: 6.7%

Prevalence of tobacco use age ≥15
- MALE: 2.9
- FEMALE: 22.9%

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

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

Prevalence of diabetes (ages 20-79)

% of deaths caused by CVD

Global data:
- 31.8%

% of total mortality caused by RHD

Global data:
- 0.53%

2% of premature CVD mortality attributable to tobacco

Global data:
- 10%

% of deaths caused by hypertensive heart disease

Global data:
- 1.65%

Country Demographics

World Bank Classification of population living in rural areas
- Low income: 76%

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

Global data: 13.1%

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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

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