



VIETNAM – DECEMBER 2019

Status of Cardiovascular Disease (CVD) and Risk Factor Burden

Country Demographics

World Bank Classification
Lower-middle income

35.92% of population living in urban areas

64.08% of population living in rural areas

Life expectancy at birth (in years)

male 71.2



female 79.4

Global data: 72 years




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

MALE 82.1%


FEMALE 90.8%



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



Estimated **direct (e.g. health care-related) cost of tobacco use** in your population in current:

USD \$1172m



15.8 50.5

0%

MALE FEMALE

Percentage of adults who are overweight (BMI of ≥ 25 kg/m²)


Global data: 13.1%

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

male 19.9%



female 30.6%

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



47.1% 1.3%

MALE FEMALE





Prevalence of tobacco use age ≥ 15

Global data: 47.1% (male) 1.3% (female)

25% 21.6%

MALE FEMALE




of population with raised **blood pressure** (SBP ≥ 140 OR DBP ≥ 90)

Global data: 33.9% (male) 20.1% (female)

33.9% 38.1%

MALE FEMALE



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

Global data: 38.9%



VIETNAM

Health System Capacity

.821
Number of physicians (per 1,000 population)

1.434
Number of nurses (per 1,000 population)

26
Number of hospital beds (per 10,000 people)

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

Clinical Practice and Guidelines

Locally-relevant (national or subnational level):

Clinical tool to assess CVD risk

National guidelines for treatment of tobacco dependence

Essential Medicines and Interventions

Are the following essential medicines generally available in primary care facilities in the public health sector?

| | | | |
|------------------------|-----|---------------------|-----|
| ACE inhibitors: | Yes | Metformin: | Yes |
| Aspirin: | No | Insulin: | No |
| Beta blockers: | No | Warfarin: | No |
| Statins: | No | Clopidogrel: | No |

Cardiovascular Disease Governance

A national strategy or plan that addresses:

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

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

A national tobacco control plan

A national multisectoral coordination mechanism for tobacco control ...

Sustainable funding for CVDs (e.g. from taxation of tobacco and/or other "sin" products).....

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.....

Have the benefits of CVD prevention and control for population health and the economy been modelled?.....

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

Hypertension screening by businesses at workplaces

For more information, please email info@worldheart.org