

ZAMBIA – JULY 2020

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

Country Demographics

World Bank Classification
Lower-middle income

56%
of population living in rural areas
60% (Sub-Sahara Africa)

0.14%
of total mortality caused by **RHD**
Global data: 0.51%

0.98%
Prevalence of rheumatic heart disease (**RHD**)
Global data: 0.53%

4%
of premature CVD mortality attributable to **tobacco**
Global data: 10%

24% MALE **7.8% FEMALE**

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

0.93%
of deaths caused by **hypertensive heart disease**
Global data: 1.65%

20.5% MALE **17.6% FEMALE**

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

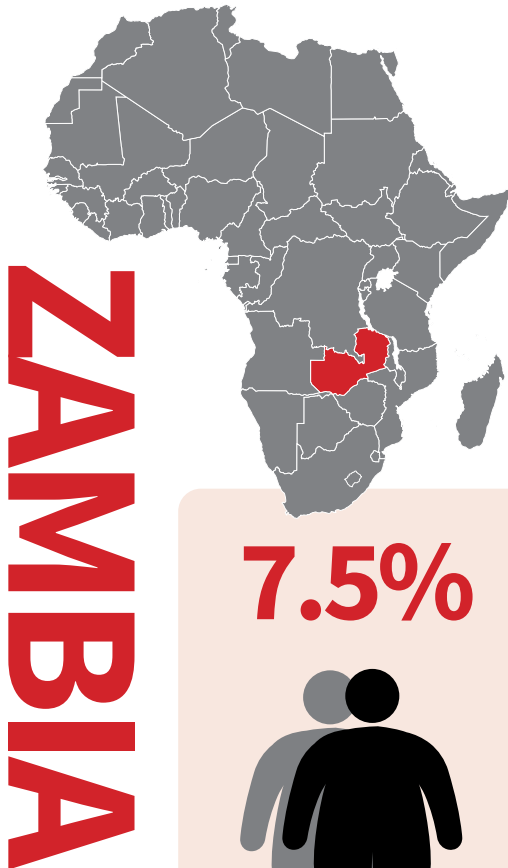
10.28%
of **deaths** caused by CVD
Global data: 31.8%

7.4%
of population with raised total **cholesterol** (≥5.0 mmol/L)
Global data: 38.9%

7.5%

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

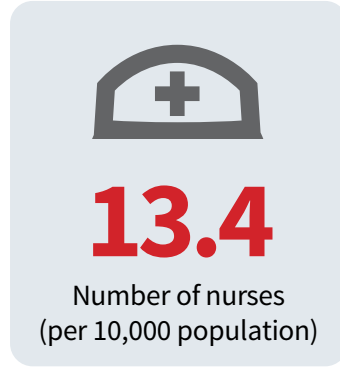
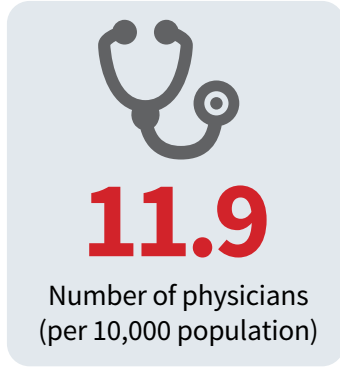
4.5%
Prevalence of diabetes (**ages 20-79**)
3.9% (Africa)





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Health System Capacity



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

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

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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