WORLD HEART FEDERATION

PAN-AFRICAN SOCIETY OF CARDIOLOGY · PASCAR

Cardiovascular Disease Scorecards – Africa

NAMIBIA – JULY 2020

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

Country Demographics

World Bank Classification
Upper-middle income

50%
of population living in rural areas
60% (Sub-Sahara Africa)

NAMIBIA

17.2%
Prevalence of obese adults (BMI of ≥30 kg/m²)
Global data: 13.1%

0.27%
of total mortality caused by **RHD**
Global data: 0.51%

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

1.64%
of deaths caused by **hypertensive heart disease**
Global data: 1.65%

17.67%
of **deaths** caused by CVD
Global data: 31.8%
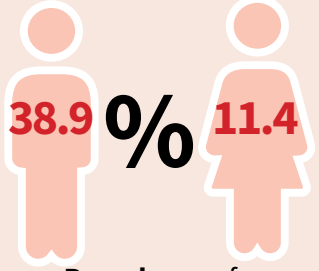
0.94%
Prevalence of rheumatic heart disease **(RHD)**
Global data: 0.53%
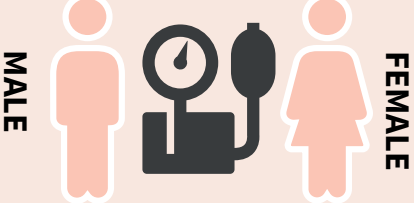
MALE **38.9** % **11.4** FEMALE
Prevalence of **tobacco** use **age ≥15**
Global data: 36.1% (male) 6.8% (female)

28.2% **28.4%**
MALE FEMALE
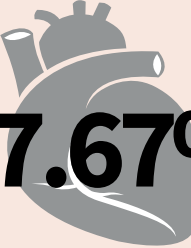of population with raised **blood pressure** (SBP ≥140 or DBP ≥90)
Global data: 24.1% (male) 20.1% (female)

33.1%
of population with raised total **cholesterol** (≥5.0 mmol/L)
Global data: 38.9%

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

NAMIBIA

Health System Capacity

4.2
Number of physicians
(per 10,000 population)

19.54
Number of nurses
(per 10,000 population)

27
Number of hospital beds
(per 10,000 population)
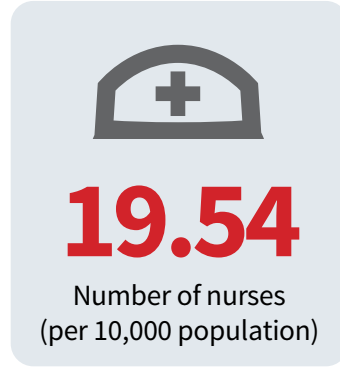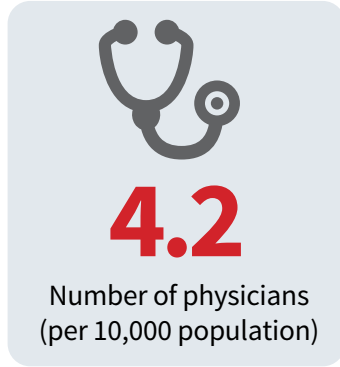
KEY: No data ◎ Not in place ◎ In process/ partially implemented ◎ In place ◎

Clinical Practice and Guidelines

Locally-relevant (national or subnational level):

Clinical tool to assess CVD risk .... ◎ (Not in place)

Guidelines for treatment of tobacco dependence .... ◎ (In process/partially implemented)

Clinical Guidelines for:

The detection and management of atrial fibrillation .... ◎ (In place)

The detection and management of acute rheumatic fever .... ◎ (In place)

The detection and management of rheumatic heart disease .... ◎ (Not in place)

The detection and management of diabetes .... ◎ (In place)

CVD prevention (within the last 5 years) .... ◎ (Not in place)

A system to measure the quality of care provided to people
who have suffered acute cardiac events .... ◎ (Not in place)

Cardiovascular Disease Governance

A national strategy or plan that addresses:

CVDs and their specific risk factors .... ◎ (In place)

NCD and their risk factors .... ◎ (In place)

Rheumatic heart disease prevention
and control as a priority .... ◎ (In place)

A national surveillance system that
includes CVDs and their risk factors .... ◎ (In place)

Stakeholder action

Non-governmental
organizations' advocacy
for CVD policies and
programmes .... ◎ (In process/partially implemented)

Civil society involved in
developing and
implementing of
national CVD prevention
and control plan .... ◎ (Not in place)

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.