Country Demographics

World Bank Classification
Low income

67% of population living in rural areas
60% (Sub-Sahara Africa)

Cardiovascular Disease Scorecards – Africa

TANZANIA – DECEMBER 2018

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

12.91% of deaths caused by CVD
Global data: 31.8%

1.01% Prevalence of rheumatic heart disease (RHD)
Global data: 0.53%

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

27.5% MALE
3.8% FEMALE
Prevalence of tobacco use age ≥15
Global data: 36.1% (male) 6.8% (female)

26.6% MALE
27.7% FEMALE
Prevalence of blood pressure (SBP ≥140 or DBP ≥90)
Global data: 24.1% (male) 20.1% (female)

3% of premature CVD mortality attributable to tobacco
Global data: 10%

23.7% of population with raised blood pressure
Global data: 10%

1.43% of deaths caused by hypertensive heart disease
Global data: 1.65%

1.65% Global data: 1.65%

5.8% Prevalence of diabetes (ages 20-79)
Global data: 3.3% (Africa)

Global data:
31.8%
0.53%
0.51%
36.1%
6.8%
24.1%
20.1%
10%
1.65%
3.3%

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

Prevalence of diabetes (ages 20-79)
3.3% (Africa)

Prevalence of diabetes (ages 20-79)
Global data: 3.3% (Africa)

Global data:
0.53%
Cardiovascular Disease Governance

A national strategy or plan that addresses:

- CVDs and their specific risk factors
- NCDs 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 info@tcs.or.tz

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