CAMEROON – APRIL 2020

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

Country Demographics

World Bank Classification
Lower-middle income

44% of population living in rural areas
60% (Sub-Sahara Africa)

Prevalence of rheumatic heart disease (RHD)

MALE
0.2% of total mortality caused by RHD

Global data: 0.51%

FEMALE
0.78% of total mortality caused by RHD

Global data: 0.53%

Prevalence of tobacco use age ≥15

MALE
2% of premature CVD mortality attributable to tobacco

Global data: 10%

FEMALE
2% of premature CVD mortality attributable to tobacco

Global data: 10%

Prevalence of diabetes (ages 20-79)

3.9% (Africa)

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

MALE
6.85% of deaths caused by CVD

Global data: 31.8%

FEMALE
6.8% of deaths caused by CVD

Global data: 31.8%

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

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12.9%

Global data: 13.1%

Prevalence of hypertension

MALE
31.3% of population with raised blood pressure (SBP ≥140 or DBP ≥90)

Global data: 24.1% (male) 20.1% (female)

FEMALE
30.8% of population with raised blood pressure (SBP ≥140 or DBP ≥90)

Global data: 24.1% (male) 20.1% (female)

Prevalence of premature CVD mortality attributable to tobacco

2% of premature CVD mortality attributable to tobacco

Global data: 10%

Global data:
38.9% (male)
6.8% (female)

Global data:
36.1% (male) 6.8% (female)

Global data:
31.8%

Global data:
38.9%

Global data:
31.8%

Global data:
38.9%
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, cameroon_cardiac_society@yahoo.fr

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