



FACTSHEET: Cardiovascular diseases in South Africa

Globally...

- Cardiovascular diseases (CVDs), commonly referred to as heart disease or stroke, are the number 1 cause of death around the world
- 1 in 3 deaths globally are as result of CVD, yet the majority of premature heart disease and stroke is preventable¹
- In 2010 CVD cost US\$ 863 billion – this is estimated to rise by 22% to US\$ 1,044 billion by 2030²
- 80% of CVD deaths occur in low- to middle-income countries.

In South Africa...

- Non-communicable diseases (NCDs), including CVDs, are estimated to account for 43% of total adult deaths in South Africa
- CVDs account for almost a fifth (18%) of these deaths
- Some of the CVD related risks factors in adults in South Africa are outlined below:
 - 18% of the population smoke tobacco
 - 11 litres of pure alcohol consumed per person
 - 1 in 3 South African adults (33.7%) have hypertension which can increase risk of heart attack, heart failure, kidney disease or stroke
 - 31.3% adults in South Africa are obese
- In South Africa, the proportion of CVD deaths in women aged between 35–59 years is one and a half times more likely than that of women in the United States.³

Obesity in South Africa⁴

- 70% of women and a third of men in South Africa are classified as overweight or obese
- 40% of women in South Africa are obese
- 1 in 4 girls and 1 in 5 boys between the ages of 2 – 14 years are overweight or obese.

Taking action...

- In February 2016, South Africa became the first African country to announce plans to introduce a new tax on sugar-sweetened drinks⁵
- The 'sugar tax' will come into force from April 2017
- A 2013 study by the Human Sciences Research Council in Johannesburg suggested a link between sugar and obesity, concluding that one in five South Africans consume an excessive amount of sugar⁶
- In 2013, the South African Government introduced legislation in line with targets set to reduce salt intake to less than 5g a day per person by 2020.

Sources: World Health Organization (WHO) unless specified in footnotes below

¹ Institute for Health Metrics and Evaluation (IHME). The Global Burden of Diseases, Injuries and Risk Factors Study 2010 (GBD 2010). Generating Evidence, Guiding Policy Report

² World Economic Forum, The Global Economic Burden of Non-communicable Diseases, Harvard School of Public Health, 2011

³ <http://www.world-heart-federation.org/heart-facts/fact-sheets/cardiovascular-disease-in-women/>

⁴ <http://www.heartfoundation.co.za/media-releases/national-obesity-week-south-africa%E2%80%99s-weighty-problem>

⁵ <http://www.gov.za/speeches/minister-pravin-gordhan-2016-budget-speech-24-feb-2016-0000%20>

⁶ <http://www.hsrc.ac.za/uploads/pageNews/72/SANHANES-launch%20edition%20%28online%20version%29.pdf>