



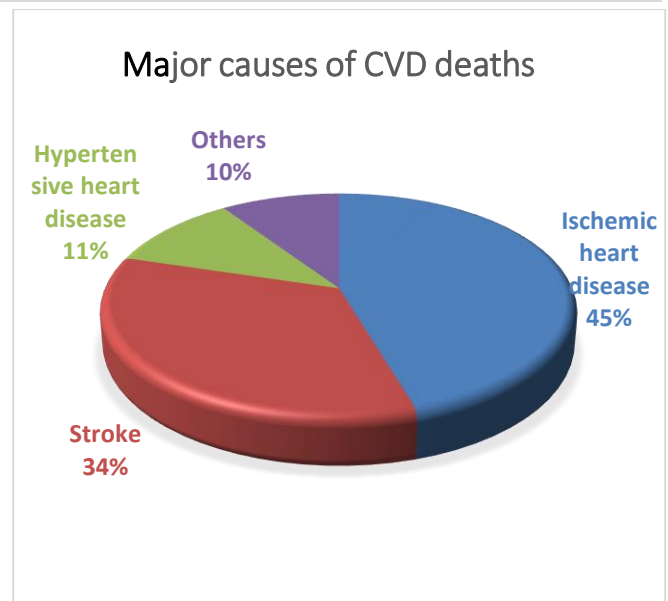
Burden of cardiovascular diseases in Ethiopia

Cardiovascular diseases (CVDs) is a general term for conditions affecting heart or blood vessels. It includes coronary heart disease, cerebrovascular disease, peripheral vascular disease, heart failure, rheumatic heart disease, congenital heart disease and cardiomyopathies. Ethiopia has adopted SDG 3.4 to reduce NCD by 1/3rd by 2030.

The objective of this evidence brief is to show the extent to which the burden of CVDs in Ethiopia has been among the leading health problems which ultimately informs the health policy.

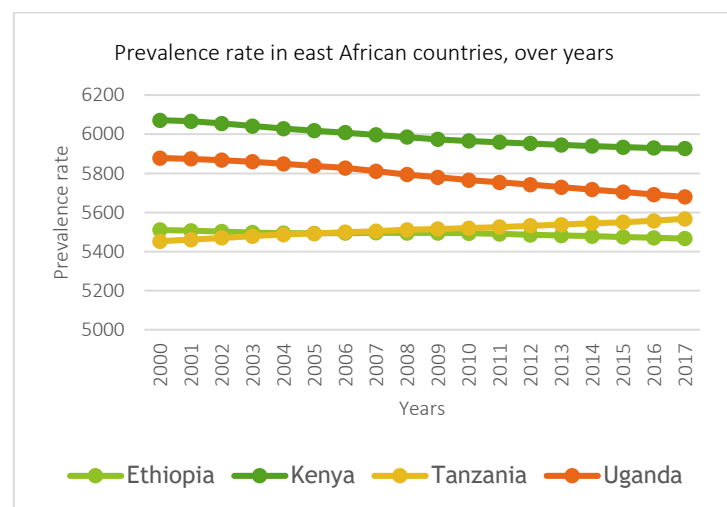
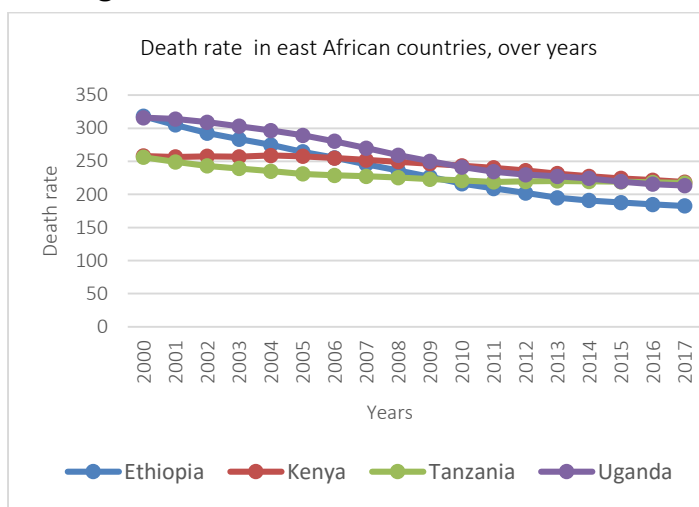
Key findings

- ✓ Currently CVD is the leading cause of death in Ethiopia.
- ✓ Each day about 170 Ethiopians are dying of CVDs.



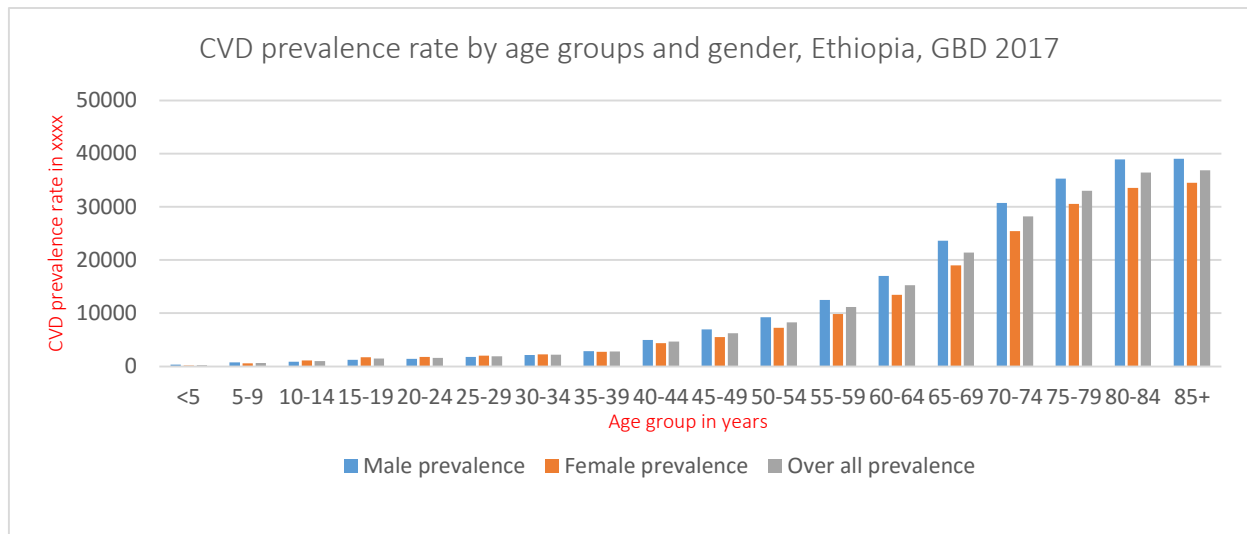
CVD trend of deaths in east Africa countries

The trend in CVDs related death rate (age standardized) in Ethiopia is consistent with Kenya, Tanzania and Uganda. The prevalence rate is consistent with Tanzania but lower than Kenya and Uganda.



CVDS by age and sex in Ethiopia

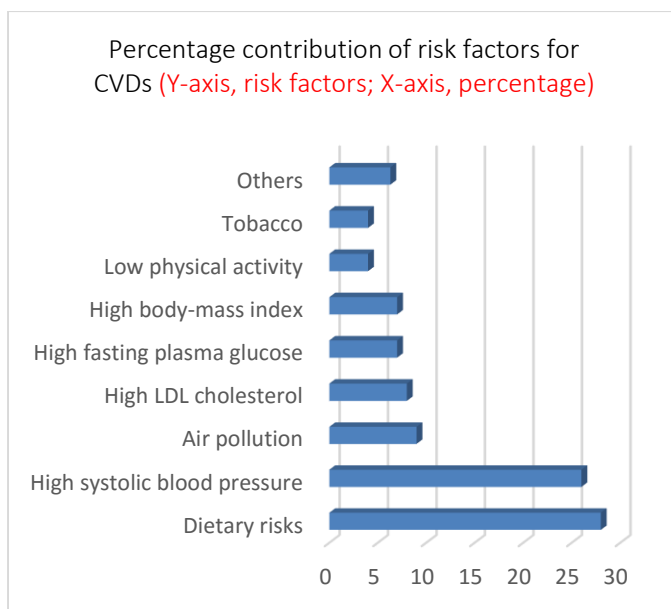
The burden of CVDs in Ethiopia has been increasing over age groups. Extremely high rate of prevalence in CVD has been shown at the age of 40 and above. CVDs are higher among males than females.



DALYs and risk factors

The rate of DALYs lost due to CVDs was 3549.6 whereas the rate of YLDS was 322.06.

Diet and systolic blood pressure were the major risk factors for CVD, attributed to >50%.



Conclusion and policy implications

- ✓ The burden of Cardiovascular Diseases, CVDs, is high.
- ✓ It calls for a rigorous effort for effective control of the burden of CVDs.
- ✓ Ischemic heart diseases and stroke are the major causes of CVDs mortality. Hence, early detection and regular screening of CVDs are implied.
- ✓ Future policy direction should consider age, gender, diet, high blood pressure and indoor air pollution as major contributor for CVD death and burden.

Acknowledgment

EPHI is grateful to Institute of Health Metrics and Evaluation (IHME), University of Washington for accessing GBD data online.

About NDMC

The National Data Management Center for health at EPHI works in collaboration with the Global Burden of Diseases study group at the Institute for Health Metrics and Evaluation at the University of Washington. The GBD study is a systematic, scientific effort to quantify the comparative magnitude of health loss from diseases, injuries, and risks by age, sex, and population over time. The study includes contributions of more than 400 Ethiopian researchers. The goal of the study is to provide decision-makers with the best possible and most up-to-date evidence on trends in population health.

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