

# Democratic Republic of the Congo

## Hypertension profile

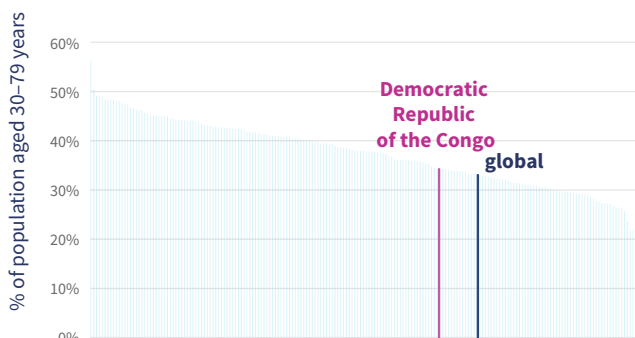
Total population (2019): 89 907 000

Total deaths (2019): 722 000

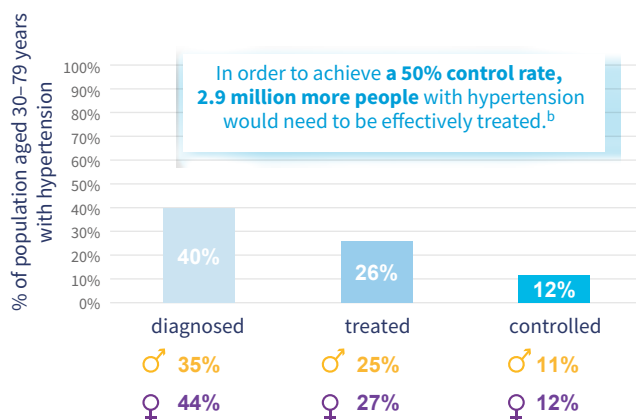
Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)<sup>a</sup>

♀ 34% ♂ 33% ♀ 36%

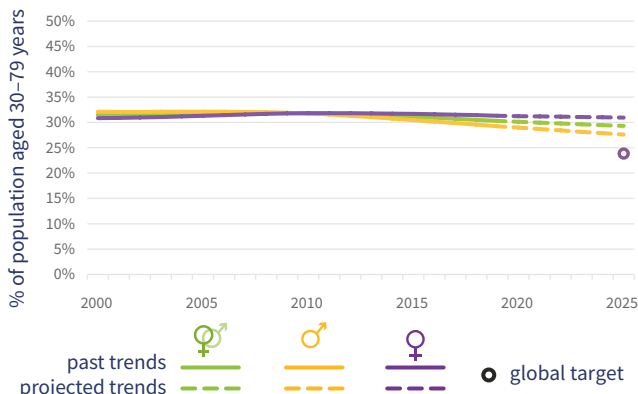
### Prevalence of hypertension – global comparison (both sexes)<sup>a</sup>



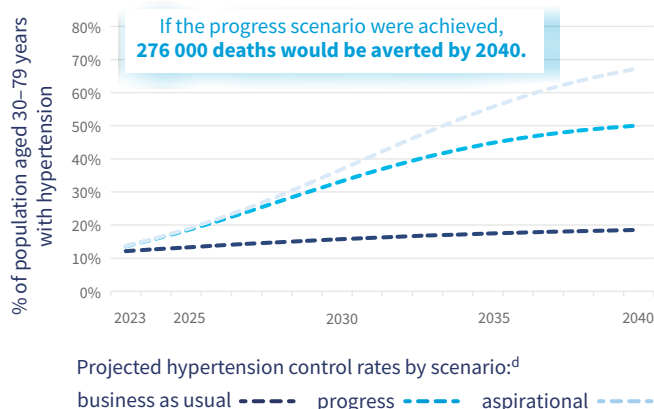
Of the **7.4 million** adults aged 30–79 years with hypertension:



### Trends in uncontrolled hypertension in adults aged 30–79 years<sup>c</sup>



### Hypertension control rate scenarios



## Mortality

|                                                                                | both sexes | males  | females | year |
|--------------------------------------------------------------------------------|------------|--------|---------|------|
| Probability of premature mortality from NCDs (%)                               | 24         | 26     | 22      | 2019 |
| Cardiovascular disease deaths                                                  | 98 600     | 47 700 | 50 900  | 2019 |
| Cardiovascular disease deaths attributable to high systolic blood pressure (%) | 61         | 59     | 62      | 2019 |

## Risk factors<sup>e</sup>

|                                                                      | both sexes | males | females | year |
|----------------------------------------------------------------------|------------|-------|---------|------|
| Mean population salt intake, adults aged 25+ years (g/day)           | 6          | 6     | 5       | 2019 |
| Current tobacco use, adults aged 15+ years (%)                       | 13         | 23    | 3       | 2019 |
| Obesity, adults aged 18+ years (%)                                   | 7          | 4     | 10      | 2016 |
| Total alcohol per capita consumption, adults aged 15+ years (litres) | 2          | 3     | 1       | 2019 |
| Physical inactivity, adults aged 18+ years (%)                       | 24         | 21    | 27      | 2016 |

## National response

### Targets

National target for blood pressure  
National target for salt consumption

### Surveillance

Conducted recent, national survey measuring raised blood pressure/hypertension  
Conducted recent, national survey on salt/sodium intake  
Functioning system for generating reliable cause-specific mortality data on a routine basis

### Treatment

Guidelines for management of hypertension

Footnotes: a. SBP  $\geq 140$  mmHg or DBP  $\geq 90$  mmHg or taking medication for hypertension. b. Control rate: adults aged 30–79 years receiving treatment, with blood pressure SBP  $< 140$  mmHg and DBP  $< 90$  mmHg. c. SBP  $\geq 140$  mmHg or DBP  $\geq 90$  mmHg. d. Progress and aspirational scenarios reflect a theoretical scaling up of treatment and control. e. Age-standardized estimates are presented for all indicators except salt intake.

See Explanatory notes for description of indicators