

South Africa

Hypertension profile

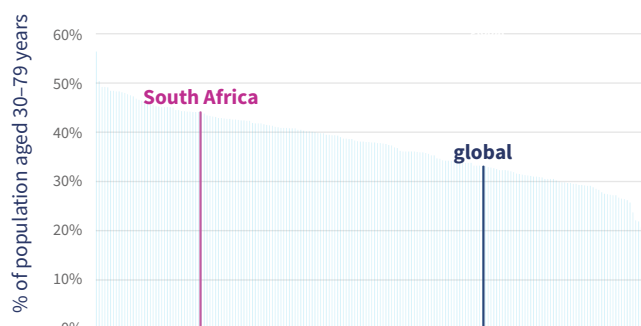
Total population (2019): 58 087 000

Total deaths (2019): 496 000

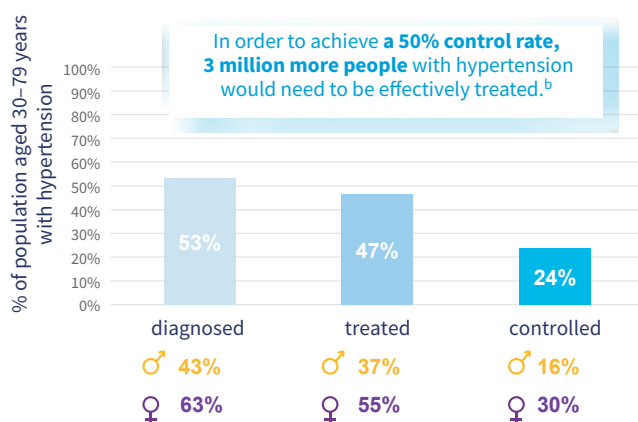
Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)^a

♀ 44% ♂ 44% ♀ 44%

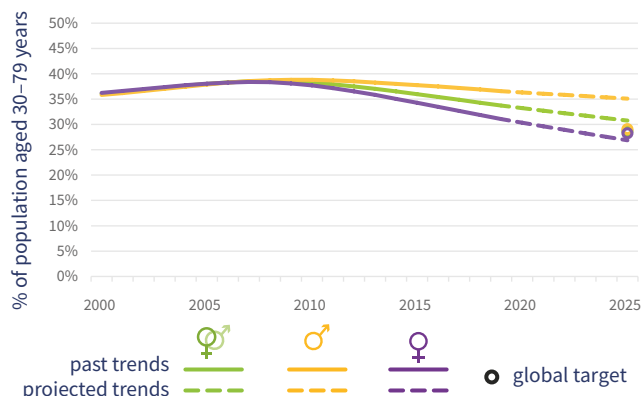
Prevalence of hypertension – global comparison (both sexes)^a



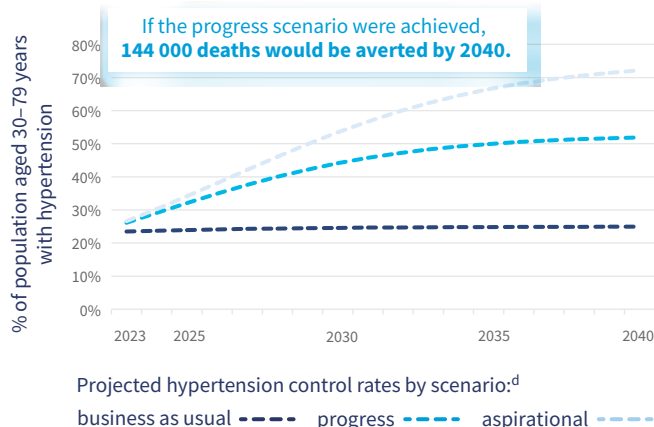
Of the **10.8 million** adults aged 30–79 years with hypertension:



Trends in uncontrolled hypertension in adults aged 30–79 years^c



Hypertension control rate scenarios



Mortality

| | both sexes | males | females | year |
|--|------------|--------|---------|------|
| Probability of premature mortality from NCDs (%) | 24 | 28 | 20 | 2019 |
| Cardiovascular disease deaths | 87 800 | 42 600 | 45 200 | 2019 |
| Cardiovascular disease deaths attributable to high systolic blood pressure (%) | 64 | 63 | 65 | 2019 |

Risk factors^e

| | both sexes | males | females | year |
|--|------------|-------|---------|------|
| Mean population salt intake, adults aged 25+ years (g/day) | 6 | 7 | 6 | 2019 |
| Current tobacco use, adults aged 15+ years (%) ^f | 20 | 34 | 7 | 2019 |
| Obesity, adults aged 18+ years (%) | 28 | 15 | 40 | 2016 |
| Total alcohol per capita consumption, adults aged 15+ years (litres) | 9 | 15 | 3 | 2019 |
| Physical inactivity, adults aged 18+ years (%) | 38 | 28 | 47 | 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 ≥140 mmHg or DBP ≥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 ≥140 mmHg or DBP ≥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. f. Data refer to tobacco smoking only, in the absence of sufficient data on all tobacco use.

See Explanatory notes for description of indicators