



Prevalence, awareness, treatment, and control of hypertension in 35 countries of the WHO African Region

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Thursday September 26, 2024

Acknowledgements/Disclosure: *We thank WHO for providing such valuable resources for our study and declare that there is no conflict of interest.*

Context

❖ Hypertension

- Leading global risk factor for cardiovascular diseases and chronic kidney disease
- **Prevalence:** 48% in women and 34% in men in Africa (among the highest worldwide)
- **Deaths:** 1.1 million annually in Africa



❖ Two main limitations of previous studies

(May Measurement Month; NCD Risk Factor Collaboration)

- Lack of (nationally) representative studies
- Heterogeneity of data collection methods

❖ **Crucial to know the landscape of hypertension and its control** to elaborate appropriate preventive strategies

Study objective

To provide a **global picture** of the **burden, awareness, treatment, and control of hypertension** in the World Health Organization (WHO) African Region countries

Study design

- ❖ **Cross-sectional WHO STEPwise surveys**
- ❖ **Adults ≥ 18 y.o**
- ❖ **Standardized tool** used by the WHO to collect information in **three steps**

✓ **Step 1:** Demographic characteristics and risk factors for NCDs

✓ **Step 2:** Physical measurements



✓ **Step 3:** Biochemical measurements



Definitions

❖ Hypertension

- SBP \geq 140 mmHg or DBP \geq 90 mmHg or antihypertensive medication
- Stage 1: 140–159/90–99 mmHg, stage 2: \geq 160/100 mmHg (International Society of Hypertension)

❖ Awareness

- Taking antihypertensive medication / Informed by a healthcare professional

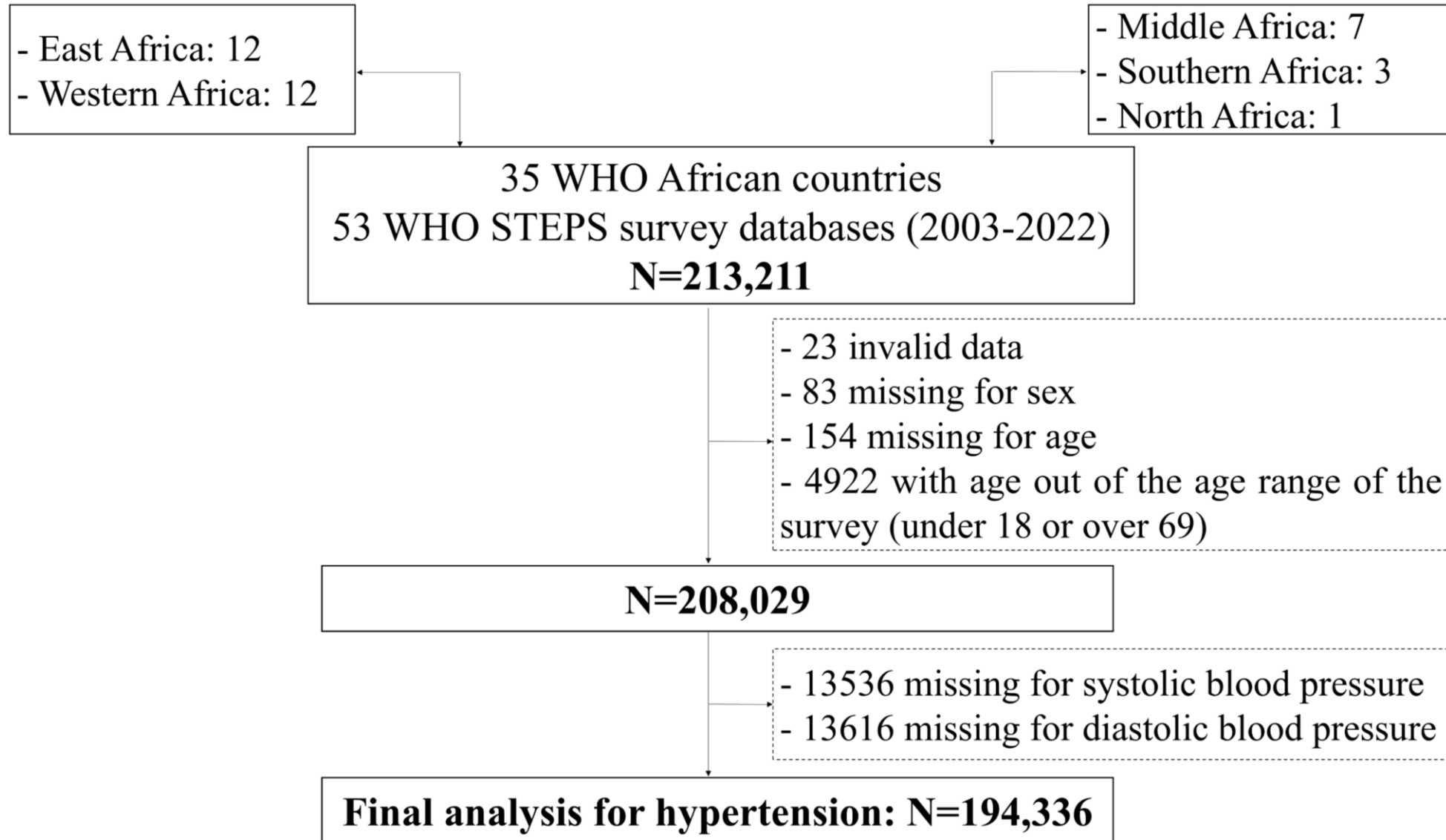
❖ Treatment

- Taking antihypertensive medication

❖ Control

- SBP $<$ 140 mmHg and DBP $<$ 90 mmHg

Participants flow diagram



35 WHO countries, **53** Surveys, **37** national surveys

N
194,336

 **60.1%**



Mean age

38.2 \pm 12.7 y.o



39.4 \pm 12.9 y.o

Mean SBP

124.9 \pm 22.0 mmHg

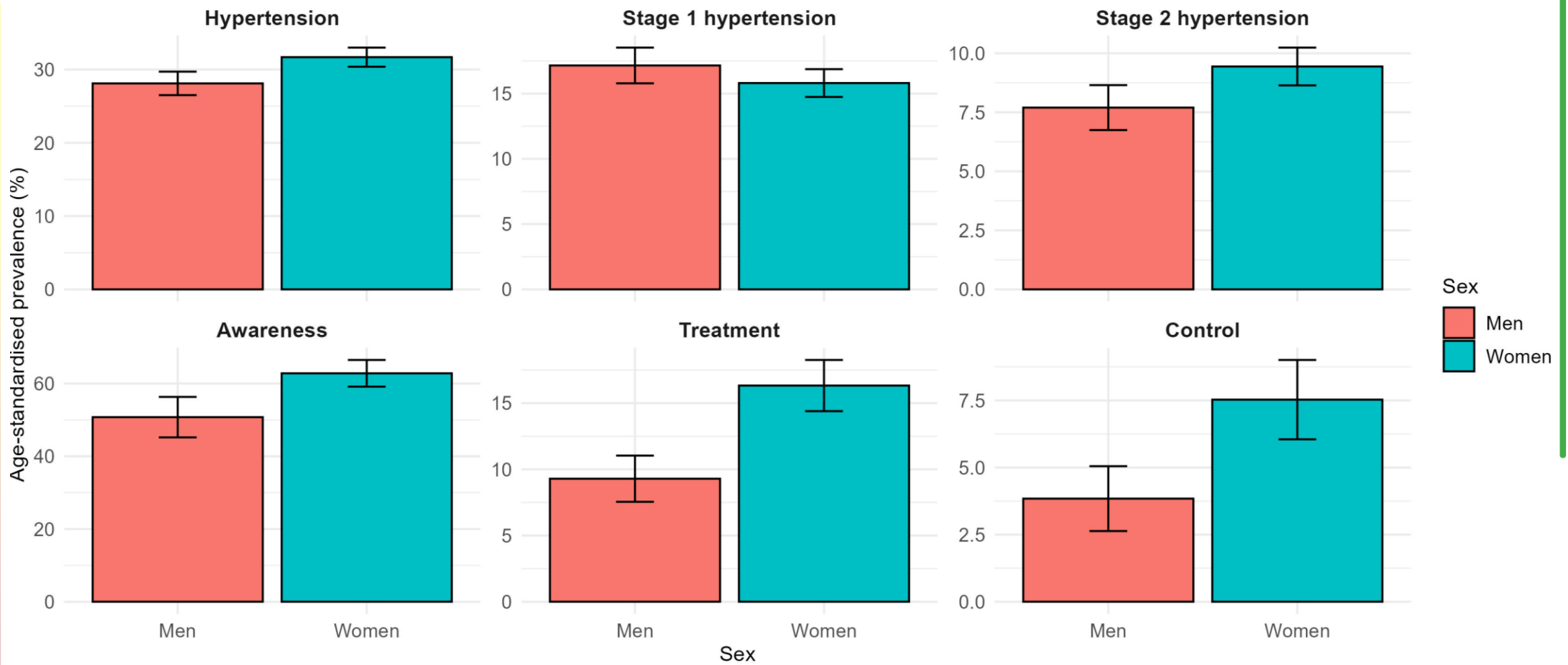
128.6 \pm 19.7 mmHg

Mean DBP

79.7 \pm 13.4 mmHg

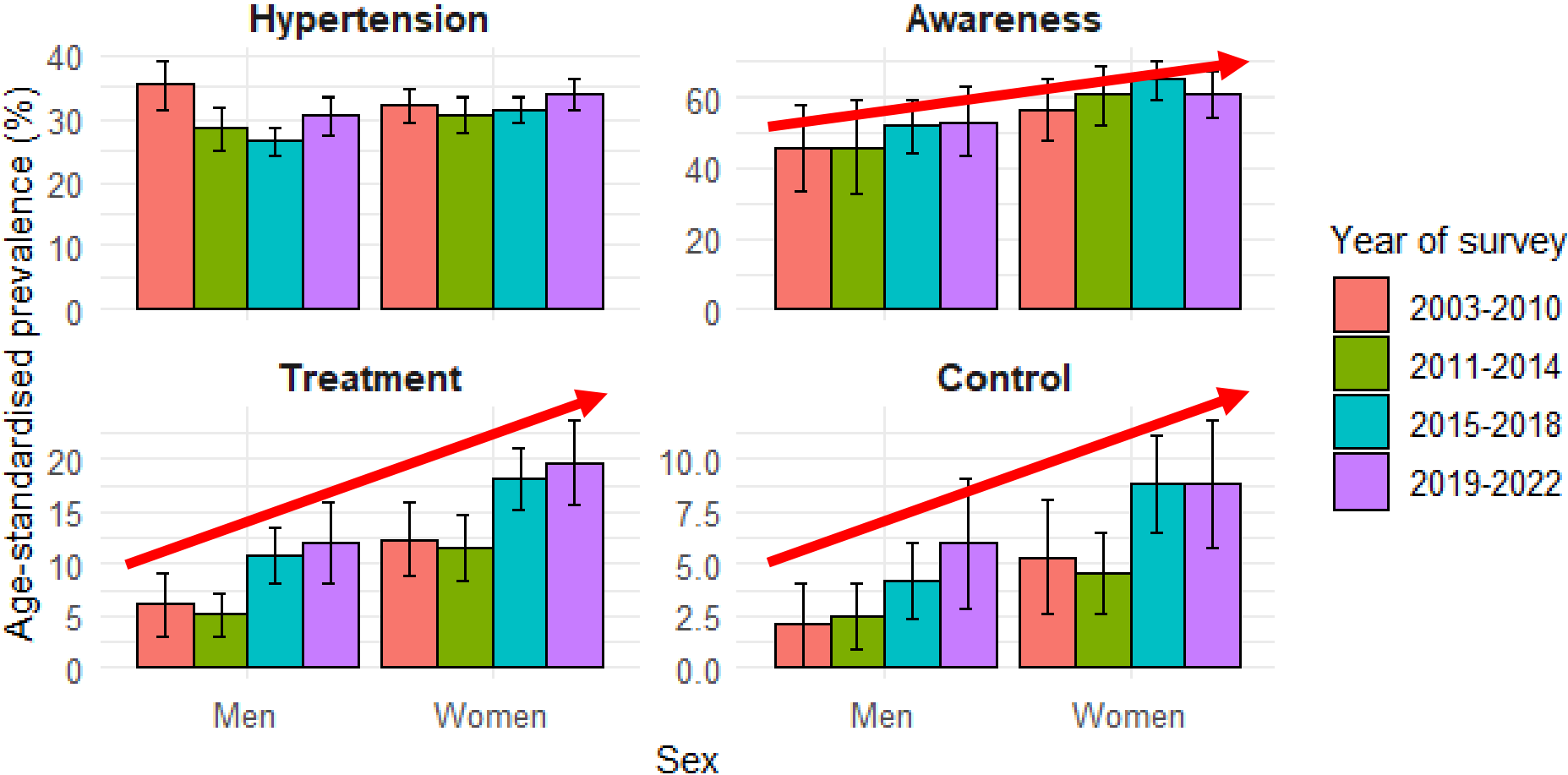
79.5 \pm 13.0 mmHg

Hypertension and its awareness, treatment, control **by sex**

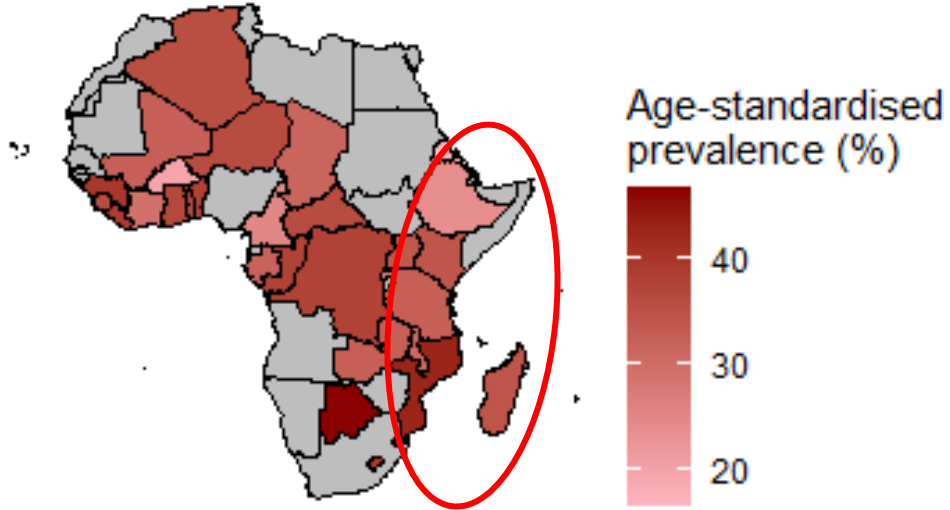


Source: STEP Survey Data from 2003-2022

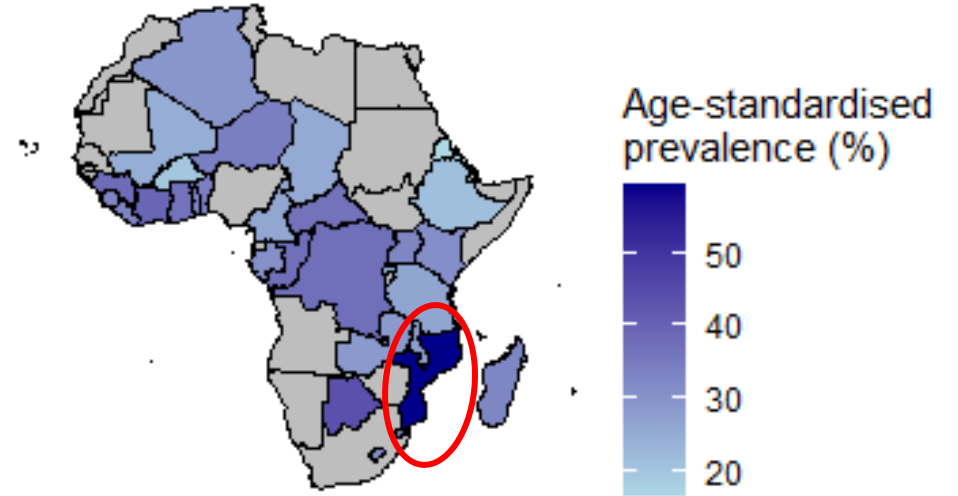
Hypertension and its awareness, treatment, control by survey year



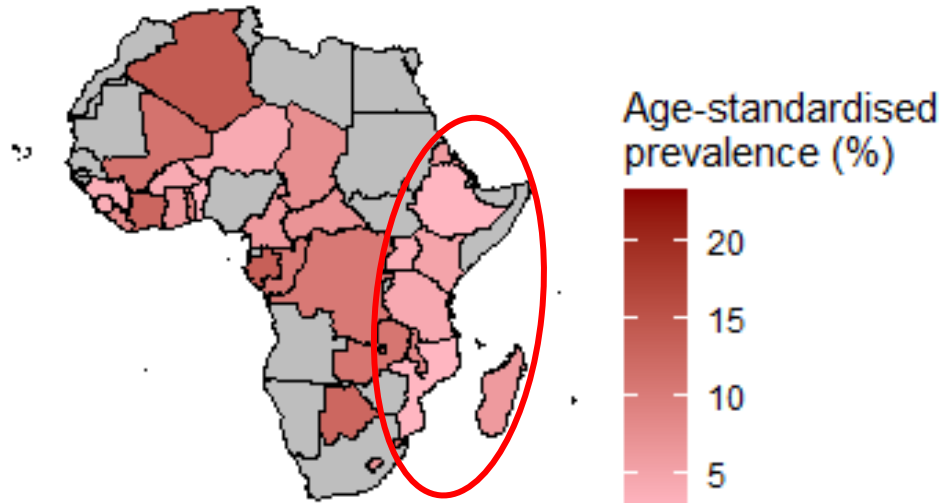
Hypertension prevalence in Women



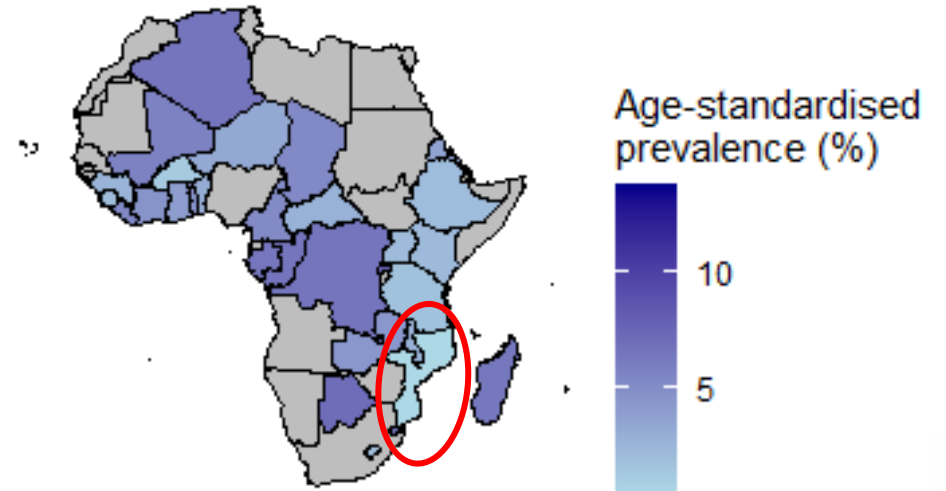
Hypertension prevalence in Men



Hypertension control in Women



Hypertension control in Men



Conclusion

Data from 53 WHO STEPS surveys



Hypertension is a growing public health crisis in Africa



Increased awareness, treatment, and control

Multisectoral efforts are **needed** to tackle the socioeconomic and healthcare challenges

Thank you for your attention

