


SPAIN – OCTOBER 2022

Status of Cardiovascular Disease (CVD) and Non-communicable diseases (NCD)

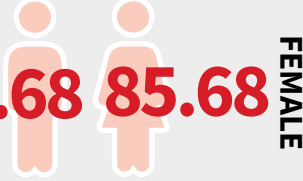
Country Demographics

World Bank Classification
High income




Life expectancy at birth (in years):

MALE 80.68 FEMALE 85.68

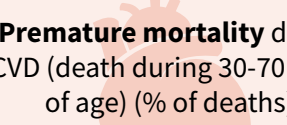


81.06%
of population living in **urban** areas



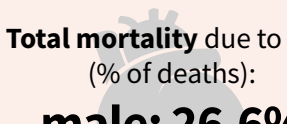
Premature mortality due to CVD (death during 30-70 years of age) (% of deaths):

30%



Total mortality due to CVD (% of deaths):


male: 26.6% female: 34.57%



↑ male: 58.9% ↑ female: 52.9%

Percentage of adult population with raised total **cholesterol** (≥ 5.0 mmol/L)


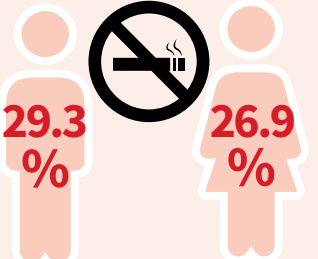
Global data: 38.9%



MALE 29.3% FEMALE 26.9%



Prevalence of tobacco use age ≥ 15

Global data: 36.1% (male) 6.8% (female)

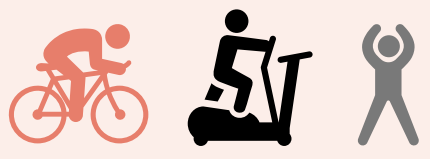
9%

Proportion of **premature CVD mortality** attributable to tobacco (%)

Percentage of adults (age-standardized estimate) who are insufficiently active (**less than 150 minutes** of moderate intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week):


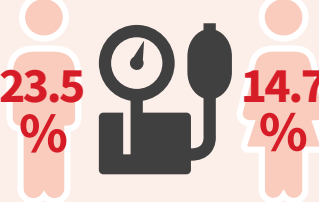
male: 36.2% female: 46.2%



MALE 23.5% FEMALE 14.7%

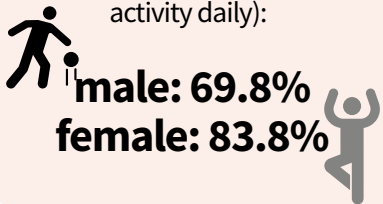
Percentage of adult population (age-standardized) with raised **blood pressure** (SBP ≥ 140 or DBP ≥ 90)

Global data: 24.1% (male) 20.1% (female)


Percentage of adolescents (ages 11-17) who are insufficiently active (**less than 60 minutes** of moderate- to vigorous intensity physical activity daily):

male: 69.8% female: 83.8%




Prevalence of diabetes in adults (ages 20-79):

10.3%



Percentage of adults who are overweight (body mass index (BMI) of 25 kg/m² or higher):

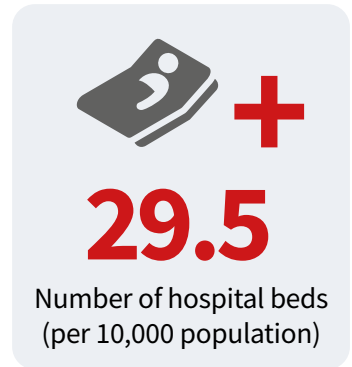
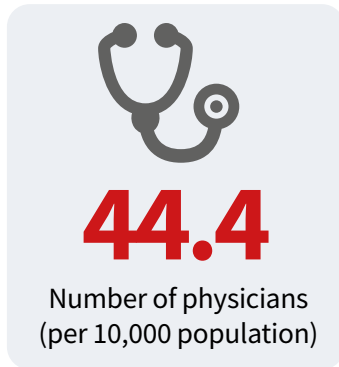
male: 68.9% female: 54.1%






SPAIN

Health System Capacity



KEY: No data Not in place In process/ partially implemented In place

Essential Medicines and Interventions

Following essential medicines generally available in primary care facilities in the public health sector:

- ACE inhibitors:
- Aspirin:
- Beta blockers:
- Statins:
- Metformin:
- Insulin:
- Warfarin:
- Clopidogrel:

Clinical Practice and Guidelines

Locally-relevant (national or subnational level):

- Clinical tool to assess CVD risk:
- CVD prevention (within the last 5 years):
- Treatment of tobacco dependence:
- Detection and management of Atrial Fibrillation:

Cardiovascular Disease Governance

A National strategy or plan that addresses:

- CVDs and their risk factors specifically:
- NCDs and their risk factors:
- A national tobacco control plan:
- A national multisectoral coordination mechanism for tobacco control:
- A national surveillance system that includes CVDs and their risk factors:
- Legislation that mandates essential CVD medicines at affordable prices:
- Policies that ensure screening of individuals at high risk of CVDs:

Stakeholder action

- NGO advocacy for CVD policies and programmes:
- Active involvement of patients' organizations in advocacy for CVD prevention and management:
- Involvement of civil society in the development and implementation of a national CVD prevention and control plan:
- Specific activities by cardiology professional associations aimed at 25% reduction in premature CVD mortality by 2025:
- Hypertension screening by businesses at workplaces: