
Diabetes
All ages diabetes DALYs rates, 2015

Cardiovascular diseases (CVD)
All ages CVD DALYs rates, 2015

Diabetes DALYs rates for leading African countries, 1990–2015

SOUTH AFRICA
2,047.5 per 100,000

SWAZILAND
1,919.3 per 100,000

MAURITIUS
3,865.9 per 100,000

CENTRAL AFRICAN REPUBLIC
6,244.36 per 100,000

LESOTHO
3,945.4 per 100,000

Top five global risk factors for diabetes, 1990–2015
1. High fasting plasma glucose
2. High body-mass index
3. Diet low in whole grains
4. Low physical activity
5. Diet low in nuts and seeds

Diabetes DALYs rates for leading African countries, 1990–2015

SUDAN
5,069.4 per 100,000

CENTRAL AFRICAN REPUBLIC
6,244.36 per 100,000

LESOTHO
3,945.4 per 100,000

Top five global risk factors for CVD, 1990–2015
1. High systolic blood pressure
2. High total cholesterol
3. High body-mass index
4. Diet high in sodium
5. Diet low in whole grains

CVD DALYs rates for leading African countries, 1990–2015

High fasting plasma glucose
High body-mass index
Diet low in whole grains
Low physical activity
Diet low in nuts and seeds

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*Democratic Republic of the Congo