
**Diabetes**

All ages diabetes DALYs rates, 2015

- **SOUTH AFRICA**
  - 2,047.5 per 100,000
- **SWAZILAND**
  - 1,919.3 per 100,000
- **MAURITIUS**
  - 3,865.9 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

**Cardiovascular diseases (CVD)**

All ages CVD DALYs rates, 2015

- **SUDAN**
  - 5,069.4 per 100,000
- **CENTRAL AFRICAN REPUBLIC**
  - 6,244.6 per 100,000
- **LESOTHO**
  - 5,368.3 per 100,000

**CVD DALYs rates for leading African countries, 1990–2015**

**Top five global risk factors for CVD, 1990–2015**

1. High systolic blood pressure
2. High total cholesterol
3. Flash high in sodium
4. Diet low in whole grains
5. High body-mass index
6. Smoking
7. High fasting plasma glucose
8. High body-mass index
9. Diet low in whole grains

*Democratic Republic of the Congo*