**Ghana**

**Total population:** 27 410 000  
**Income group:** Lower middle

### Mortality*

#### Number of diabetes deaths

<table>
<thead>
<tr>
<th></th>
<th>males</th>
<th>females</th>
</tr>
</thead>
<tbody>
<tr>
<td>ages 30–69</td>
<td>1 290</td>
<td>1 100</td>
</tr>
<tr>
<td>ages 70+</td>
<td>820</td>
<td>1 190</td>
</tr>
</tbody>
</table>

#### Number of deaths attributable to high blood glucose

<table>
<thead>
<tr>
<th></th>
<th>males</th>
<th>females</th>
</tr>
</thead>
<tbody>
<tr>
<td>ages 30–69</td>
<td>1 860</td>
<td>1 790</td>
</tr>
<tr>
<td>ages 70+</td>
<td>1 150</td>
<td>1 990</td>
</tr>
</tbody>
</table>

#### Proportional mortality (% of total deaths, all ages)*

- **Cardiovascular diseases:** 18%
- **Cancers:** 5%
- **Respiratory diseases:** 2%
- **Diabetes:** 2%
- **Other NCDs:** 14%
- **Communicable, maternal, perinatal and nutritional conditions:** 51%
- **Injuries:** 8%

### Trends in age-standardized prevalence of diabetes

![Trends in age-standardized prevalence of diabetes](image)

### Prevalence of diabetes and related risk factors

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>males (%)</th>
<th>females (%)</th>
<th>total (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>4.6%</td>
<td>5.0%</td>
<td>4.8%</td>
</tr>
<tr>
<td>Overweight</td>
<td>21.5%</td>
<td>39.9%</td>
<td>30.8%</td>
</tr>
<tr>
<td>Obesity</td>
<td>4.9%</td>
<td>16.8%</td>
<td>10.9%</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>11.9%</td>
<td>17.0%</td>
<td>14.6%</td>
</tr>
</tbody>
</table>

### National response to diabetes

**Policies, guidelines and monitoring**

- Operational policy/strategy/action plan for diabetes: **Yes†**
- Operational policy/strategy/action plan to reduce overweight and obesity: **DK**
- Operational policy/strategy/action plan to reduce physical inactivity: **Yes†**
- Evidence-based national diabetes guidelines/protocols/standards: **Not available**
- Standard criteria for referral of patients from primary care to higher level of care: **Not available**
- Diabetes registry: **No**
- Recent national risk factor survey in which blood glucose was measured: **No**

### Availability of medicines, basic technologies and procedures in the public health sector

#### Medicines in primary care facilities

- **Insulin**
- **Metformin**
- **Sulphonylurea**

#### Procedures

- **Retinal photocoagulation**
- **Renal replacement therapy by dialysis**
- **Renal replacement therapy by transplantation**

#### Basic technologies in primary care facilities

- **Blood glucose measurement**
- **Oral glucose tolerance test**
- **HbA1c test**
- **Dilated fundus examination**
- **Foot vibration perception by tuning fork**
- **Foot vascular status by Doppler**
- **Urine strips for glucose and ketone measurement**

* DK = country responded "don't know"  
† = documentation not provided  
○ = not generally available  
● = generally available

* The mortality estimates for this country have a high degree of uncertainty because they are not based on any national NCD mortality data (see Explanatory Notes).

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