NIGERIA

RISK OF PREMATURE DEATH DUE TO NCDS (%)*

![Graph showing the risk of premature death due to NCDs in Nigeria.](image)

RISK FACTORS

- **Harmful use of alcohol**
  - Total alcohol per capita consumption, adults aged 15+ (litres of pure alcohol) 2016 13
- **Physical inactivity**
  - Physical inactivity, adults aged 18+ (%) 2016 25
- **Salt/Sodium intake**
  - Mean population salt intake, adults aged 20+ (g/day) 2010 7
- **Tobacco use**
  - Current tobacco smoking, adults aged 15+ (%) 2016 25
- **Raised blood pressure**
  - Raised blood pressure, adults aged 18+ (%) 2015 18
- **Diabetes**
  - Obesity, adults aged 18+ (%) 2016 8
- **Ambient air pollution**
  - Exceedance of WHO guidelines level for annual PM2.5 concentration (by a multiple of) 2016 5
- **Household air pollution**
  - Population with primary reliance on polluting fuels and technologies (%) 2016 >95

SELECTED ADULT RISK FACTOR TRENDS

- **Current tobacco smoking**
- **Obesity**
- **Raised blood pressure**

NATIONAL SYSTEMS RESPONSE

- **Drug therapy to prevent heart attacks and strokes**
- **Essential NCD medicines and basic technologies to treat major NCDs**

PROPORTIONAL MORTALITY*

- **11%** Cardiovascular diseases
- **12%** Other NCDs
- **4%** Cancers
- **63%** Communicable, maternal, perinatal and nutritional conditions
- **2%** Chronic respiratory diseases
- **8%** Injuries
- **1%** Diabetes

134 500 LIVES CAN BE SAVED BY 2025 BY IMPLEMENTING ALL OF THE WHO “BEST BUYS”

<table>
<thead>
<tr>
<th>MORTALITY*</th>
<th>NATIONAL TARGET SET</th>
<th>DATA YEAR</th>
<th>MALES</th>
<th>FEMALES</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Premature mortality from NCDs ✓</td>
<td>Total NCD deaths</td>
<td>2016</td>
<td>293 700</td>
<td>323 600</td>
<td>617 300</td>
</tr>
<tr>
<td>Risk of premature death between 30-70 years (%)</td>
<td>2016</td>
<td>21</td>
<td>24</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Suicide mortality ✗</td>
<td>Suicide mortality rate (per 100 000 population)</td>
<td>2016</td>
<td>-</td>
<td>-</td>
<td>10</td>
</tr>
</tbody>
</table>

2016 TOTAL POPULATION: 186 000 000
2016 TOTAL DEATHS: 2 128 000