

Cancer Association of South Africa (CANSA)



Fact Sheet on a Health Profile of South Africa and Related Information

Introduction

According to the World Health Organization (WHO), South Africa is a dynamic and complex country. A middle-income nation that has dedicated substantial resources to health and human capital investments, South Africa has a progressive Constitution that guarantees the right to health care and vibrant civil society.

[Picture Credit: South Africa]



National Health Insurance (NHI) is the central means by which the government aims to achieve universal coverage, under the principles of social solidarity and equity elaborated in the National Development Plan. To implement NHI, the government is revitalising service delivery, changing the way that health services are financed, ensuring the provision of primary care, improving access to qualified human resources for health, and ensuring the availability of quality assured medical products.

Life Expectancy

Life expectancy has increased due to innovations and rapid scale-up of HIV/AIDS and Tuberculosis (TB) treatment and care, and expanded access to immunisations. According to this **Rapid Mortality Surveillance Report 2013**, issued by the Medical Research Council's Burden of Disease Research Unit, South Africa's life expectancy has escalated to 62 years in 2013 – an increase of 8.5 years since the low in 2005.

Life expectancy and adult mortality					
INDICATOR	2009	2010	2011	2012	2013
Life expectancy at birth Total	57.1	58.5	60.5	61.3	62.2
Life expectancy at birth Male	54.6	56.0	57.8	58.5	59.4
Life expectancy at birth Female	59.7	61.2	63.2	64.0	65.1
Adult mortality (45q15) Total	46%	43%	40%	38%	36%
Adult mortality (45q15) Male	51%	48%	46%	44%	42%
Adult mortality (45q15) Female	40%	38%	35%	32%	30%

Maternal and child mortality					
INDICATOR	2009	2010	2011	2012	2013
Under-5 mortality rate (U5MR) per 1 000 live births	56	52	40	41	41
Infant mortality rate (IMR) per 1 000 live births	39	35	28	27	29
Neonatal mortality rate ¹ (<28 days) per 1 000 live births	14	13	13	11	11
INDICATOR	2008	2009	2010	2011	
Maternal mortality ratio ² (MMR) per 1 000 live births	281	302	267	197	

1. Based on adjusted DHIS data from NDOH
2. Based on adjusted cause of death data from Stats SA

(Medical Research Council).

Incidence of HIV and Tuberculosis

HIV incidence among youth (15-24 years) is 1.49 %, and incidence in the general population is 1.07% (2012). Two in three TB patients also have HIV. South Africa has one of the highest TB incidence rates in the world (1 per 100 of the population). Susceptible TB Treatment Success Rates is 80%. South Africa also contributes about 17% of the global burden of reported Multi-drug Resistant Tuberculosis (MDR-TB). National roll-out of rapid molecular diagnostics (GeneExpert) ensures early detection of drug resistant cases, National DR-TB Survey is ongoing to ascertain the burden of DR-TB. Diagnosis and management of drug resistant cases account for nearly half of the TB budget, and treatment success rates are 40% for MDR-TB and 18% for XDR-TB.

Maternal and Child Health

Progress in maternal and child health has been hindered by the HIV and tuberculosis epidemics, and the performance of the health system.

[Picture Credit: Maternal and Child Health]



Efforts to accelerate prevention interventions are underway, including the prevention of maternal to child transmission of HIV. Important reductions have occurred in under-five and infant mortality (it was 42 and 30 per 1 000 live births by 2011), although these rates are higher in comparison with other countries of similar socioeconomic status. Maternal mortality ratios remain high, at 333 deaths per 100 000 live births. Immunisation remains critical to improving child health. The government currently has eleven antigens on its national immunisation schedule, including rotavirus and Pneumococcal Conjugate Vaccine, which has markedly reduced child morbidity and mortality. A national HPV campaign was launched in March 2014.

Non-Communicable Diseases

Approximately two in five deaths are attributable to non-communicable diseases. Some 40% of mortality from non-communicable conditions among men occurred before the age of 60 years - and is, therefore, considered premature. Second to non-communicable conditions is the burden of mortality and disability from violence and injuries. In particular, a rapid increase in motor vehicles has led to increases in road traffic accidents that now account for more than one-quarter of deaths due to injuries.

Tobacco and Alcohol Use

For nearly two decades, tobacco use declined as a result of strong legislation and policies to control tobacco consumption. The WHO FCTC was ratified in 2005. However, smoking rates are among the highest in the continent (16.2%). Harmful alcohol consumption is the third most important risk factor contributing to non-communicable diseases, injuries, and communicable diseases. Alcohol use is a major underlying factor in injuries and road traffic accidents. Patterns of harmful use exist among those who drink. Harmful and excessive alcohol consumption also contributes to non-communicable conditions, and can also accelerate the progression of infectious diseases.

Overweight and Obesity

Overweight and obesity pose major nutritional challenges. More than seven in ten women above 35 years old are overweight. A contributing factor is the rapidly increasing consumption of packaged foods high in calories, saturated fats, animal proteins, sugars, and salt. In addition, physical activity levels are low. Approximately half of adults are physically inactive, and two in five schoolchildren do not participate in sufficient physical activity.



[Picture Credit: Obesity]

Quality of Life

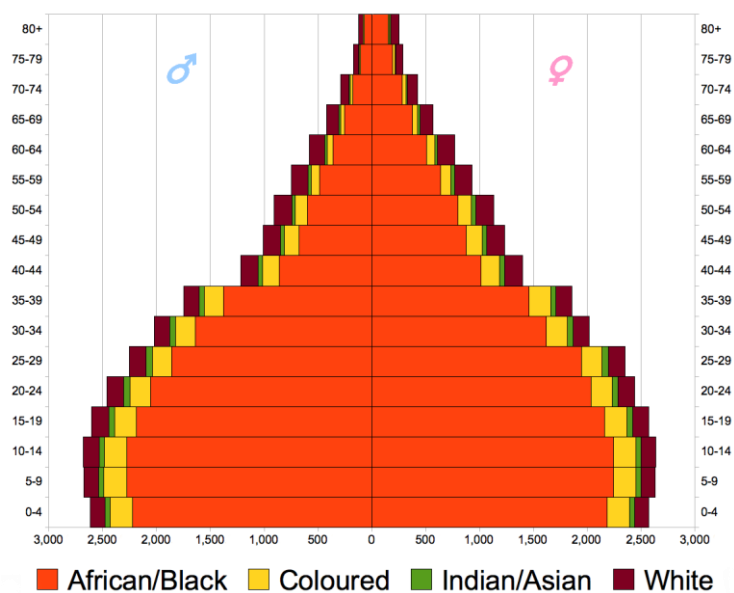
Improvement in the sustainable development sector has resulted in improved quality of life. Access to improved water sources is nearly universal. However, coal is used as a cheap source of energy for industry, and thus South Africa ranks as the highest greenhouse gas emitter in the continent. Climate change is one of the key priorities of Government, who views mitigation as a means to ensure an internationally competitive lower carbon economy. (World Health Organization).

South African Population Pyramid 2011

The demographics of South Africa encompasses about 50 million people of diverse origins, cultures, languages, and religions.

[Picture Credit: Population Pyramid 2011]

Even though the population of South Africa has increased in the past decade (primarily due to immigration), the country had an annual population growth rate of -0.051% in 2010 where the birth rate is higher than the death rate but there is a net emigration rate. South Africa is home to an estimated 5 million illegal immigrants, including some 3 million Zimbabweans. A series of anti-immigrant riots (xenophobia) occurs sporadically (Academic Dictionaries and Encyclopedias).



The South African Population - 2011 Census

South Africa is a nation of diversity, with nearly 54-million people and a wide variety of cultures, languages and religious beliefs.

Population Group	Estimated Number (Thousands) 2014	% of total
Black	43 334	79,2%
White	4 555	8,9%
Coloured	4 772	8,9%
Asian/Indian	1 342	2,5%
Other	280	0,5%

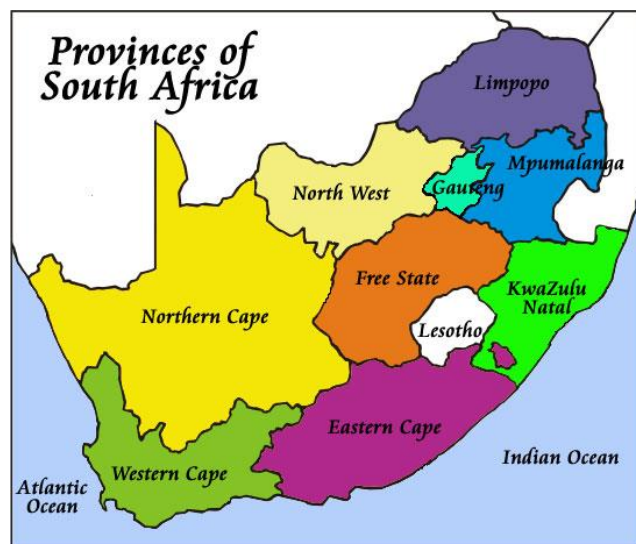
(South Africa Info).

Provinces

The provinces of Gauteng and KwaZulu-Natal account for 42% of South Africa's population, with Gauteng taking top spot as the most populous province from KwaZulu-Natal: 12.3 million people (23,7%) live in Gauteng, while 10.3 million (19.8%) live in KwaZulu-Natal.

They are followed by the Eastern Cape with 6.56-million (12.7%), the Western Cape with 5.82-million (11.3%), Limpopo with 5.4-million (10.4%), Mpumalanga with 4.04-million (7.8%), North West with 3.51- million (6.8%), and Free State with 2.75-million (5.3%).

[Picture Credit: Provinces]



Although the Northern Cape is the largest province, at almost a third of South Africa's land area, it is an arid region with the smallest population – only 1.15-million people, or 2.2% of the total.

Mid-year Population Estimates by Province 2014 (thousands)		
Province	Population	% of total
Eastern Cape	6 787	12,7%
Free State	2 787	5,3%
Gauteng	12 915	23,7%
KwaZulu-Natal	10 694	19,8%
Limpopo	5 630	10,4%
Mpumalanga	4 229	7,8%
Northern Cape	1 167	2,2%
North West	3 676	6,8%
Western Cape	6 116	11,3%
TOTAL	54 002	100%

(South Africa Info).

Population Groups

The Black population is made up of four broad groupings:

- The Nguni, comprising the Zulu, Xhosa, Ndebele and Swazi people
- The Sotho-Tswana, who include the Southern, Northern and Western Sotho (Tswana people)
- The Tsonga
- The Venda

White South Africans include:

- Afrikaners, descendants of Dutch, German and French Huguenot who came to the country from the 17th century onwards.
- English-speakers, descendants of settlers from the British Isles who came to the country from the late 18th century onwards.
- Immigrants and descendants of immigrants from the rest of Europe, including Greeks, Portuguese, Eastern European Jews, Hungarians and Germans.

"Coloured" South Africans (the label is contentious) are a people of mixed lineage descended from slaves brought to the country from east and central Africa, the indigenous Khoisan who lived in the Cape at the time, indigenous Africans and whites. The majority speak Afrikaans.

Khoisan is a term used to describe two separate groups, physically similar in being light-skinned and small in stature. The Khoi, who were called Hottentots by the Europeans, were pastoralists and were effectively annihilated; the San, called Bushmen by the Europeans, were hunter-gatherers. A small San population still lives in South Africa.

The majority of South Africa's Asian population is Indian in origin, many of them descended from indentured workers brought to work on the sugar plantations of what was then Natal in the 19th century. They are largely English-speaking, although many also retain the languages of their origins. There is also a significant group of Chinese South Africans. (South Africa Info).

Languages

South Africa is a multilingual country. Its new democratic constitution, which came into effect on 4 February 1997, recognises 11 official languages, to which it guarantees equal status. These are:

- Afrikaans
- English
- isiNdebele
- isiXhosa
- isiZulu
- Sesotho sa Leboa
- Sesotho
- Setswana
- siSwati
- Tshivenda
- Xitsonga

Besides the official languages, scores of others – African, European, Asian and more – are spoken in South Africa, as the country lies at the crossroads of southern Africa.

According to the 2011 census, isiZulu is the most common home language, it is spoken by just over 20% of the population. It is followed by isiXhosa at 16%, Afrikaans at 13.5%. and English and Setswana each at 8.2%. The number of people who speak English as a first language has increased by more than 1-million, to 4.9-million people, or 9.6% of the

population. Sepedi is the home language of 9.1% of South Africans, followed by Setswana at 8%, Sesotho at 7.6%, and Xitsonga at 4.5%.

South African Languages		
Language	Number of Speakers	% of total
Afrikaans	6 855 082	13,5%
English	4 892 623	9,6%
isiNdebele	1 090 223	2,1%
isiXhosa	8 154 258	16,0%
isiZulu	11 587 374	22,7%
Sepedi	4 618 576	9,1%
Sesotho	3 849 563	7,6%
Setswana	4 067 248	8,0%
Sign Language	234 655	0,5%
siSwati	1 297 046	2,5%
Tshivenda	1 209 388	2,4%
Xitsonga	2 277 148	4,5%
Other	828 258	1,6%

(South Africa Info).

South African Health Risk Factors 2010

According to the World Health Organization (WHO) a risk factor is any attribute, characteristic or exposure of an individual that increases the likelihood of developing a disease or injury. Some examples of the more important risk factors are underweight, unsafe sex, high blood pressure, tobacco and alcohol consumption, and unsafe water, sanitation and hygiene.

(World Health Organization).

The following health risk factors were identified:

Alcohol

South Africa is the 'drunkest' country on the African continent, but still falls well short as an international contender for most inebriated country.

According to a report by the World Health Organization (WHO) South Africa consumed 11.0 litres of pure alcohol per capita in 2010, tipping South Africa as the African country who consumes the most alcohol per capita.

(The Citizen).

Smoking

According to World Life Expectancy, the following percentages of men and women were tobacco smokers in 2010:

Male 27,5%

Female 09,1%

(World Life Expectancy)

Obesity

South Africa has the highest overweight and obesity rate in sub-Saharan Africa: seven out of 10 women and four out of 10 men have significantly more body fat than what is deemed

healthy, according to a ground breaking new study published in the medical journal, the *Lancet*.

These results correlate with a 2011 health survey conducted by pharmaceutical company GlaxoSmithKline that pronounced South Africa “the third-fattest nation in the world” and a Medical Research Council study, which found that 61% of the South African population is overweight or obese. This is almost double the global rate of nearly 30%, according to the *Lancet* study.

The *Lancet* study, which was conducted by the Institute for Health Metrics and Evaluation at the University of Washington, was a first-of-its-kind analysis of data between 1980 and 2013 from 188 countries.

It found that the rise in global obesity rates over the past three decades “has been rapid, substantial and widespread, presenting a major public health epidemic in both the developed and developing world”.

Of the 70% of overweight South African women, 42% are obese, according to the study. The authors define overweight as a weight-to-height ratio greater than or equal to 25, but lower than 30, while the ratio for obesity is considered higher than 30 (Medical Research Council).

Infant Mortality

In South Africa, the infant mortality rate was 33.3 deaths per 1 000 live births in 2012. The HIV/AIDS epidemic is one of the main reasons for the persistence of high infant mortality rates in South Africa. According to UNICEF, 50% of HIV positive infants die of HIV-related diseases by their second birthday. (OECD Health Statistics 2014).

Percentage Distribution of Deaths by Main Group of Underlying Cause of Death (CD-10)

Cause of Death:	2007	2008	2009	2010	2011
Certain infectious and parasitic diseases (A00 - B99)	25,4	26,4	25,0	24,8	23,1
Neoplasms (C00 – D48)	5,8	5,9	6,3	6,7	7,3
Diseases of the blood and immune mechanism (D50 – D89)	3,2	3,1	2,9	2,6	2,5
Endocrine, nutritional and metabolic diseases (E00 – E90)	4,9	4,8	5,1	5,6	5,6
Mental and behavioural disorders (F00 – F99)	0,3	0,3	0,3	0,3	0,3
Diseases of the nervous system (G00 – G99)	2,7	2,7	2,7	2,7	2,9
Diseases of the eye and adnexa (H00 – H59)	0,0	0,0	0,0	0,0	0,0
Diseases of the circulatory system (I00 – I99)	13,7	13,9	14,7	15,2	16,2
Diseases of the respiratory system (J00 – J99)	13,8	13,1	13,1	12,4	11,9
Diseases of the digestive system (K00 – K93)	2,6	2,6	2,5	2,5	2,6
Diseases of the skin and subcutaneous tissue (L00 – L99)	0,2	0,2	0,2	0,2	0,2
Diseases of the musculoskeletal system, et (M00 – M99)	0,3	0,3	0,4	0,4	0,4
Diseases of the genitourinary system (N00 – N99)	1,4	1,4	1,5	1,6	1,7
Pregnancy, childbirth and puerperium O00 – O99)	0,3	0,3	0,3	0,3	0,2
Perinatal conditions (P00 – P96)	2,1	2,1	2,3	2,0	2,0
Congenital malformations (Q00 – Q99)	0,3	0,3	0,3	0,3	0,4
Symptoms and signs not elsewhere classified (R00 – R99)	13,9	13,6	13,7	13,5	13,6
External causes of morbidity and mortality (V01 – Y98)	9,0	9,0	8,7	8,9	9,1
Total	100,0	100,0	100,0	100,0	100,0
Total number	604 360	595 624	579 711	543 856	505 803

(Stats in Brief 2014)

Top Fifty (50) Causes of Death in South Africa for 2010

The top fifty (50) causes of death (death rate in brackets – per 100 000 of the population) for South Africa for 2010 were as follows:

01.	HIV/Aids (555.73)	26.	Birth Trauma (8.67)
02.	Influenza & Pneumonia (140.42)	27.	Maternal Conditions (8.08)
03.	Diarrhoeal Diseases (84.56)	28.	Suicide (7.38)
04.	Stroke (83.42)	29.	Malnutrition (7.15)
05.	Coronary Heart Disease (71.02)	30.	Lymphomas (7.01)
06.	Diabetes Mellitus (66.67)	31.	Other Injuries (6.79)
07.	Hypertension (45.13)	32.	Alzheimers / Dementia (6.62)
08.	Tuberculosis	33.	Epilepsy (6.53)
09.	Violence (29.07)	34.	Oral Cancer (5.83)
10.	Lung Disease (27.77)	35.	Pancreatic Cancer (5.35)
11.	Breast Cancer (23.38)	36.	Congenital Anomalies (5.15)
12.	Road Traffic Accidents (20.17)	37.	Fire (4.84)
13.	Lung Cancers (19.56)	38.	Skin Cancers (4.14)
14.	Meningitis (18.30)	39.	Schistosomiasis (4.13)
15.	Oesophageal Cancer (18.22)	40.	Liver Disease (3.89)
16.	Asthma (16.43)	41.	Peptic Ulcer (3.84)
17.	Low Birth Weight (15.18)	42.	Bladder Cancer (3.56)
18.	Colorectal Cancer (13.18)	43.	Stomach Cancer (3.49)
19.	Inflammatory / Heart (11.34)	44.	Skin Disease (3.22)
20.	Anaemia (11.20)	45.	Leukaemia (3.14)
21.	Liver Cancer (11.09)	46.	Other Neoplasms (2.81)
22.	Kidney Disease (10.39)	47.	Upper Respiratory Disease (2.67)
23.	Prostate Cancer (9.55)	48.	Syphilis (2.93)
24.	Endocrine Disorders (9.29)	49.	Hepatitis B (2.11)
25.	Cervical Cancer (8.96)	50.	Falls (2.03)

(World Life Expectancy)

Health Care Resources and Activities

Skilled and motivated health workers in sufficient numbers at the right place and at the right time are critical to deliver effective services and improve health outcomes (WHO 2010). However, a shortage of qualified health workers in rural areas is common in both developed and developing countries. In most developing countries in the world more than half of their populations live in rural areas.

Globally, rural areas are served by only 38% of the total nursing workforce and by less than 25% of the total physician workforce (World Health Organization).

In 2012, South Africa had only 0.7 physicians per 1 000 population.

There were also only 1.1 nurses per 1 000 population in South Africa in 2012. (OECD Health Statistics).

Number of Cell Phone Subscribers 2012

According to the World Health Organization the South African population owned 131 cell phones per 100 of the population. (World Health Organization).

Population Distribution in South Africa 2013

The population distribution within South Africa is as follows:

Population living in urban areas	64%
Population living in rural areas	36%

Disclaimer

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Obesity

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