

Country Disease Outlook

Cameroon

August 2023



World Health
Organization

African Region

Background

The Republic of Cameroon is a country in the west Central Africa region. It is bordered by Central African Republic, Chad, Equatorial Guinea, Gabon, Republic of Congo and Nigeria. It is a lower-middle income country with a GDP per capita of US\$ 1,667 (2021) and has a population of 27.2 million (2021).

Key points

- ◆ Cameroon has a high burden of communicable and non-communicable disease (NCDs), with the latter making up 38% of deaths in 2019.
- ◆ Cameroon slightly improved its child survival rates between 2015 and 2021, however it is far from meeting the SDG targets for neonatal or under-five mortality rates.
- ◆ Cameroon had 388,358 people receiving antiretroviral therapy in 2021 and has not yet achieved the 95-95-95 goals for HIV, reaching 83-85-85 in 2021.
- ◆ Cameroon is endemic for five NTDs amenable to preventive chemotherapy through mass drug administration (MDA). In 2022, 78.2% of the 24.9 million people targeted were reached with MDA.
- ◆ Cameroon has not yet met the 90% target coverage rates for vaccination in children, reaching only 69% with the third dose of DTP-containing vaccine and 62% with the first dose of measles-containing vaccine in 2021. There were an estimated 182,913 under-immunised children and 130,978 zero-dose children in 2021, therefore the country should urgently consider the implementation of appropriate catch-up vaccination strategies to protect these cohorts of children from vaccine-preventable diseases and reduce the probability of outbreaks in the future.

UHC/CN

Universal Health Coverage/Communicable
and Non-communicable Diseases
WHO Regional Office for Africa





2019

38%

of deaths due to NCDs

Broad disease outlook

The country has a high burden of both communicable (such as malaria, tuberculosis, HIV/AIDS) and non-communicable disease (NCDs). The latter was estimated to have caused 38% of deaths in 2019.

Communicable diseases

Malaria

Malaria remains a public health problem in Cameroon with an estimated 6.7 million cases in 2021 (with incidence rate of 245.1 cases per 1,000), resulting in 13,839 deaths. Cameroon's malaria incidence rate has been fairly steady since 2015 and the country is off track to meet the targets set by the Global Technical Strategy for Malaria.

Tuberculosis and HIV/AIDS

In 2021, incidence of tuberculosis for Cameroon was 164 cases per 100,000 people. The mortality rate of TB cases (all forms, excluding HIV coinfection) has decreased slightly since 2015, changing from 31 to 30 per 100,000 population in 2021. The TB mortality rate among HIV-positive people has decreased from 31 to 14 in the same period.

Cameroon has not met any of the 95-95-95 goals:

- ▲ 82.3% of people living with HIV that know their status
- ▲ 84.9% of people living with HIV who know their status are on treatment.
- ▲ 84.5% of people living with HIV and on treatment who are virally suppressed.

Approximately 388,358 people were receiving anti-retroviral treatment in 2021.

Neglected tropical diseases

Cameroon was endemic for five of the NTDs amenable to preventive chemotherapy through mass drug administration (MDA), namely lymphatic filariasis, soil-transmitted helminthiasis, schistosomiasis, and trachoma. In 2022, 78.2% of the 24.9 million people targeted were reached with MDA.

Other notable NTDs that remain endemic are Buruli ulcer, human Africa trypanosomiasis (*gambiense*), leishmaniasis (cutaneous and visceral), leprosy, taeniasis and cysticercosis, and rabies. yaws, snakebite envenomation, mycetoma and ectoparasites.

Non-communicable diseases

NCDs are a significant health problem in Cameroon. The age-standardised mortality rate across four major NCDs (Cardiovascular Disease, Chronic Respiratory Disease, Cancer and Diabetes) was 841 per 100,000 in males and 652 in females in 2021.

Cameroon has implemented initial efforts on the NCD progress indicators related to NCD policy and plans tobacco taxes, tobacco smoke free/pollution and tobacco health warnings, however progress has been more limited on NCD guidelines, tobacco media campaigns, alcohol advertising restrictions, salt policies, trans fats policies, marketing to children and physical activity guidelines.

Childhood Immunization

Cameroon's coverage rates of vaccination in children have historically been suboptimal. In 2021, the third dose of DTP-containing vaccine was 69%, while the measles vaccination coverage for the first dose was 62%.

In 2021, there were an estimated 283,142 under-immunised children and 219,207 zero-dose children. Cameroon should consider the implementation of appropriate catch-up vaccination strategies to protect these cohorts of children from vaccine-preventable diseases and reduce the probability of outbreaks in the future.

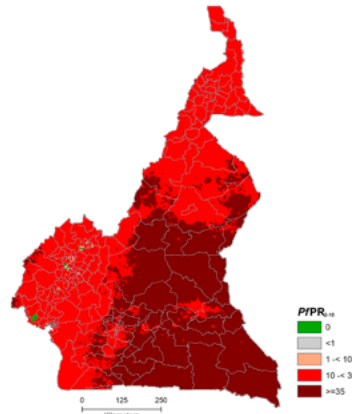
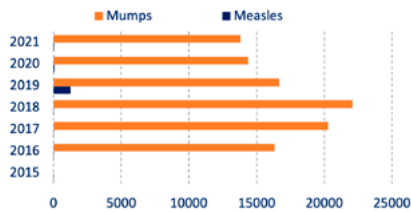
Child survival

Based on the UN Inter-agency Group for Child Mortality Estimation (UN IGME) estimates, the under-5 mortality rate has fallen from 88 to 70 per 1,000 live births between 2015 and 2021, remaining well above the SDG target of 25 per 1,000 live births. Similarly, the neonatal mortality rate decreased from 29 to 26 per 1,000 live births in the same period, exceeding the SDG target of 12.

MALARIA

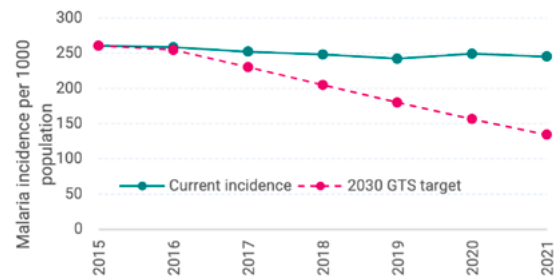
POPULATION AT RISK IN 2022	TOTAL MALARIA CASES IN 2021	TOTAL MALARIA DEATHS IN 2021
27.2 million	6.7 million	13,839

ITN use in children under five years 59.8% and 17.1% use of ACTs among those with fever for whom care was sought and received a finger or heel prick



Plasmodium falciparum malaria prevalence in children in Cameroon. Estimates from the Malaria Atlas project

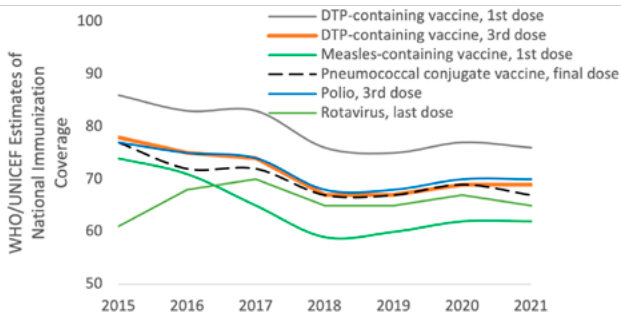
Malaria incidence in Cameroon since 2015 compared to GTS targets shows that the country is not on track for GTS targets



Zero dose 219,207 **Under-immunized 283,142**

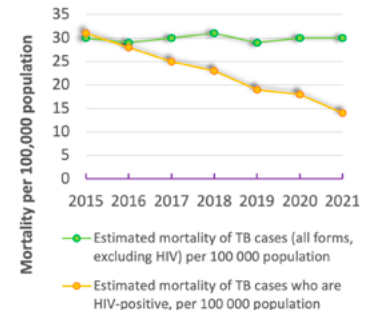
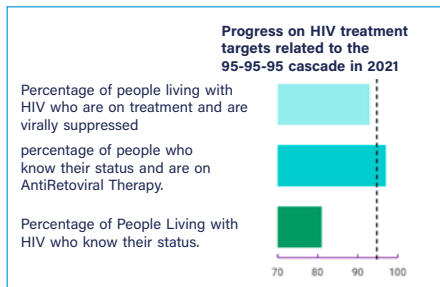
WUENIC estimates show that vaccination coverage remains low in Cameroon. Mumps remain a major public health problem in Cameroon.

EXPANDED PROGRAMME ON IMMUNIZATION IN CHILDREN



HIV AND TUBERCULOSIS

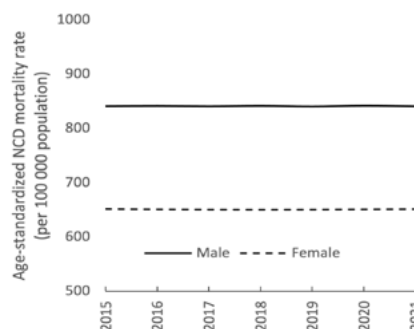
- 388,358** people receiving antiretroviral therapy in 2021
- 83%** Treatment success rate for HIV-positive TB cases
- 51%** of children (aged < 5 years) household contacts of bacteriologically-confirmed TB cases on preventive treatment
- 16%** Domestic funding for TB
- 12.3%** Domestic funding for HIV



- Indicator 1 - Targets
- Indicator 2 - CRV Mortality
- Indicator 3 - Surveys
- Indicator 4 - NCD policy and Plan
- Indicator 5A - Tobacco taxes
- Indicator 5B - Tobacco smoke free/polution
- Indicator 5C - Tobacco health warning
- Indicator 5D - Tobacco advertising ban
- Indicator 5E - Tobacco media campaign
- Indicator 6A - Alcohol availability
- Indicator 6B - Alcohol advertising restrictions
- Indicator 6C - Alcohol taxes
- Indicator 7A - Salt policies
- Indicator 7B - Trans fats policies
- Indicator 7C - Marketing to children
- Indicator 8 - Physical activity awareness
- Indicator 9 - NCD guidelines

NCD PROGRESS INDICATORS

- Achieved**
- Partially achieved**
- Not achieved/Unknown**



NEGLECTED TROPICAL DISEASES

- Endemic NTDS requiring Preventive Chemotherapy (PC)**
- Lymphatic filariasis (Eliminated)
 - Soil-transmitted helminthiasis
 - Schistosomiasis
 - Trachoma
 - Onchocerciasis (non-endemic)

PC-NTDs treatment in 2020
 15.1 million targeted for MDA
 13.5 Million treated with MDA

OTHER MAJOR NTDS

- Human Africa trypanosomiasis (*gambiense*)
- Leishmaniasis (cutaneous and visceral)
- Buruli ulcer
- Taeniasis and cysticercosis
- Leprosy
- Rabies