

FACTSHEET: Cardiovascular diseases in the UK

Globally...

- Cardiovascular diseases (CVDs), commonly referred to as heart disease or stroke, are the number 1 cause of death around the world
- 1 in 3 deaths globally are as result of CVD, yet the majority of premature heart disease and stroke is preventable¹
- In 2010 CVD cost US\$ 863 billion – this is estimated to rise by 22% to US\$ 1,044 billion by 2030.²

In the UK...

- Non-communicable diseases (NCDs), including CVDs, are estimated to account for 89% of total adult deaths in the UK
- CVDs account for 31% of these deaths
- Some of the CVD related risk factors in adults in the UK are outlined below:
 - Over a fifth (22%) of adults in the UK consume tobacco
 - 11.6 litres of pure alcohol consumed per person
 - Nearly a third (27.7%) hypertension which can increase risk of heart attack, heart failure, kidney disease or stroke
 - 26.9% adults in the UK are obese.

The impact of the risk factors³

- Around 100,000 smokers in the UK die from smoking-related causes each year
- Over a quarter of women in the UK regularly exceed national guidelines for daily alcohol intake
- Up to half of those living with hypertension in the UK are not receiving treatment
- An estimated 30% of children in the UK are overweight or obese.

Did you know?³

- Around 425 people die every day – or one every three minutes - in the UK as a result of CVDs
- The economic burden of CVD, including indirect costs from premature death and disability, is estimated to be over £15 billion each year in the UK. Healthcare costs alone are estimated at up to £11 billion per year
- Coronary heart disease is the UK's single biggest killer; most heart disease deaths are caused by heart attack
- Coronary heart disease kills more than twice as many women as breast cancer.

Sources: World Health Organization (WHO) unless specified in footnotes below

¹ Institute for Health Metrics and Evaluation (IHME). The Global Burden of Diseases, Injuries and Risk Factors Study 2010 (GBD 2010). Generating Evidence, Guiding Policy Report

² World Economic Forum, The Global Economic Burden of Non-communicable Diseases, Harvard School of Public Health, 2011

³ British Heart Foundation, CVD Statistics – UK factsheet, updated April 2016