

FACTSHEET: Cardiovascular diseases in Argentina

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 Argentina...

- Non-communicable diseases (NCDs), including CVDs, are estimated to account for 81% of total adult deaths in Argentina
- CVDs account for over a third (35%) of these deaths
- Some of the CVD related risks factors in adults in Argentina are outlined below:
 - Nearly a quarter (23%) of the population smoke tobacco
 - 9.3 litres of pure alcohol consumed per person
 - Just over a quarter (25.1%) have hypertension which can increase risk of heart attack, heart failure, kidney disease or stroke
 - Nearly a third (29.7%) of adults in Argentina are obese.

Research shows...

- **Low physical activity is responsible for 17% of cardiovascular deaths in Argentina.**³
Presented at the Argentine Society of Cardiology Congress in October 2015, the research study showed:
 - The effects of low physical activity were greater in women of all ages; reasons cited included because they exercise less than men and having multiple 'occupations' - at work and home, including time spent caring for the health of other family members
 - 30 minutes of brisk walking 5 days a week would reduce cardiovascular mortality at any age, but especially in women and those younger than 70
 - The researchers concluded the need for more state policies to encourage people to become more physically active; also to educate them about the benefits, including improvements to the length and quality of life.
- Deaths from heart attacks have decreased by 44% over the last 15 years in Argentina.⁴ This reduction is attributed to greater use of treatment and medication. The research also found that there were significantly fewer (55%) smokers between 1996 and 2011.
- However, in the same 15 year period, there was a also a 30% increase in patients with high cholesterol levels and a 53% increase in patients with hypertension; both of which are known risk factors for cardiovascular diseases.

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 <https://www.escardio.org/The-ESC/Press-Office/Press-releases/Last-5-years/low-physical-activity-responsible-for-17-of-cardiovascular-deaths-in-argentina>

⁴ <http://www.escardio.org/The-ESC/Press-Office/Press-releases/Last-5-years/Argentina-heart-attack-death-rate-nearly-halved-over-15-years>