

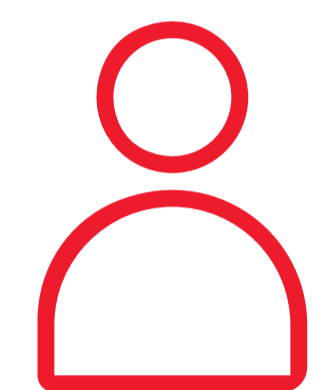



Birmingham - Met/B

Local cardiovascular disease statistics from British Heart Foundation

Health statistics give our staff, volunteers, supporters and healthcare professionals a sense of the scale of the challenges we face. The statistics here are based on official surveys and data sources - please see below for references.

This is a presentation of key heart statistics for this area. You can make any of them into a jpeg/image file by zooming in and using Snipping Tool or Microsoft Paint.

 Around **120,000** people are living with cardiovascular disease in Birmingham


 Around **36,000** people are living with coronary heart disease in Birmingham


 Around **11,000** people have been diagnosed with heart failure by their GP in Birmingham

 Cardiovascular disease kills **1 in 4** people in Birmingham

 Cardiovascular disease causes **200 deaths** each month in Birmingham

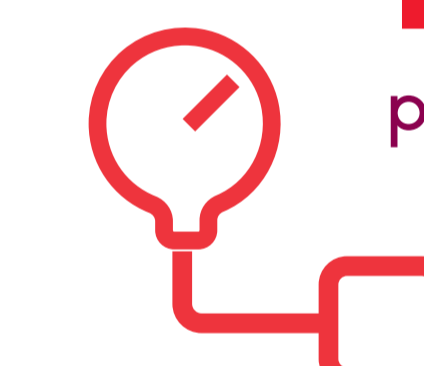
 **Every 4 hours** someone dies from cardiovascular disease in Birmingham

 There are around **19,000** stroke survivors in Birmingham

 Around **20,000** people have been diagnosed with atrial fibrillation in Birmingham

 Around **11,000** people have an inherited heart-related condition in Birmingham

 Around **100 babies** a year are diagnosed with a congenital heart defect in Birmingham

 Around **180,000** people in Birmingham have been diagnosed with high blood pressure

 Around **110,000** adults have been diagnosed with diabetes in Birmingham

 Around **29%** of adults in Birmingham have obesity

 Around **39%** of adults in Birmingham do not meet physical activity recommendations

 Around **14%** of adults smoke in Birmingham

Out-of-Hospital Cardiac Arrest (OHCA) Statistics (nation/region)

 There are around **4,100** out-of-hospital cardiac arrests each year in the West Midlands

 **Only 1 in 13 people** survive an out-of-hospital cardiac arrest in the West Midlands

REFERENCES/SOURCES - N.B. THE PANDEMIC DISRUPTED SURVEY SCHEDULES AND MANY METHODOLOGIES WERE REVISED AS A RESULT - FOR ANY QUERIES PLEASE CONTACT US
Prevalence [living with] cardiovascular disease - BHF estimates based on latest GP prevalence data; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland and latest health surveys with CVD fieldwork; NHS England/Scottish Government/Welsh Government plus nation-level estimates from Global Burden of Disease (GBD)
Prevalence [diagnosed with] coronary heart disease, heart failure, stroke/TIA, atrial fibrillation, diabetes, hypertension (high blood pressure) - BHF analysis of latest GP prevalence data; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
Deaths from cardiovascular disease (CVD) - BHF analysis of latest mortality statistics: Office for National Statistics (ONS)/National Records of Scotland (NRS)/Northern Ireland Statistics and Research Agency (NISRA)
Inherited heart-related conditions - BHF estimates derived from PHG Foundation, Heart to Heart report; updated to reflect revised FH/DCM prevalence estimates; latest ONS/NRS/NISRA population estimates
Babies diagnosed with congenital heart defects - BHF estimates based on NHS congenital anomaly statistics data (CARIS for Wales); with ONS/NRS/NISRA births data
Adults obesity [defined as body-mass index (BMI) of 30+] - OHID Fingertips (Active Lives Adult Survey), National Survey for Wales, Scottish Health Survey - ACORN estimates used where official surveys not available (e.g. Northern Ireland councils)
Adult physical inactivity [not meeting activity recommendations] - OHID Fingertips (reworked from Active Lives Adult Survey), National Survey for Wales, Scottish Health Survey (Northern Ireland survey data not available)
Adult smoking [regular cigarette smokers] - OHID Fingertips (APS data), National Survey for Wales, Scottish Health Survey and Northern Ireland Health Survey, ACORN estimates cited where official survey results are not available. Average data over most recent years.
Out-of-hospital cardiac arrest (OHCAs) - events where resuscitation attempted by ambulance staff - volumes and survival rates are only routinely published for England (monthly) and Scotland (annually) - NHS England Ambulance Quality Indicators; Scottish Ambulance Service, AACCE

Reviewed and updated Dec 2025.
Update due Summer 2026.

Other statistical publications:
<https://www.bhf.org.uk/statistics>
How you can help:
<https://www.bhf.org.uk/how-you-can-help>
For any queries about these statistics:
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