



England Cardiovascular Disease Factsheet

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BHF Health Analytics Team
healthinsights@bhf.org.uk

Today in England

380

people will die
from cardiovascular
disease ...

... around
100 of them
will be
younger than **75**

7m+

people are living
with cardiovascular
disease

220

hospital admissions
will be due to a
heart attack

140

people will die
from coronary
heart disease

12

babies will be
diagnosed with
a heart defect

Quick Links

Cardiovascular Disease	Cost of CVD	Coronary Heart Disease	Heart Attack
Atrial Fibrillation	Heart Failure	Stroke	Vascular Dementia
Cardiac Arrests (OHCA's)	Congenital Heart Disease	Inherited Conditions	CVD Risk Factors

Cardiovascular Disease (Heart & Circulatory Diseases)

Cardiovascular disease (CVD) is an umbrella term for a range of conditions affecting the heart and blood vessels. These can include diseases which are inherited or that a person is born with, as well as those that develop later, such as coronary heart disease, atrial fibrillation, heart failure, stroke and vascular dementia.

- It's estimated that there are more than 7 million people living with cardiovascular disease in England – at least 3.7 million men and more than 3.4 million women.
- An ageing and growing population and improved survival rates from cardiovascular events could see these numbers rise still further.
- Cardiovascular disease causes just over a quarter (**26 per cent**) of all deaths in England; that's around **140,000 deaths** each year – an average of 380 people each day or one death every four minutes.
- Around 38,000 people under the age of 75 in England die cardiovascular disease (CVD) each year.



7million+
are living with cardiovascular
disease in England

Working-age adults in North West England are 60% more likely to die from cardiovascular disease than those in South East England.

- Since the BHF was established the annual number of deaths from cardiovascular disease (CVD) in England has **fallen by nearly half**.
- In 1961, more than half of all deaths in England that year were attributed to CVD (264,192 deaths).

Linked conditions

Around **80 per cent** of people with cardiovascular disease have at least one other condition

Deaths from and numbers living with cardiovascular disease (CVD)

Nation	No. of People Dying from CVD (2024)	No. of People Under 75 Years Old Dying from CVD (2024)	Estimated Number of People Living with CVD (latest estimate)
ENGLAND	137,572	37,723	7 million +
Scotland	17,444	5,195	800,000 +
Wales / Cymru	9,260	2,660	400,000 +
Northern Ireland	4,416	1,330	230,000 +
UK total	169,205	47,257	8 million +

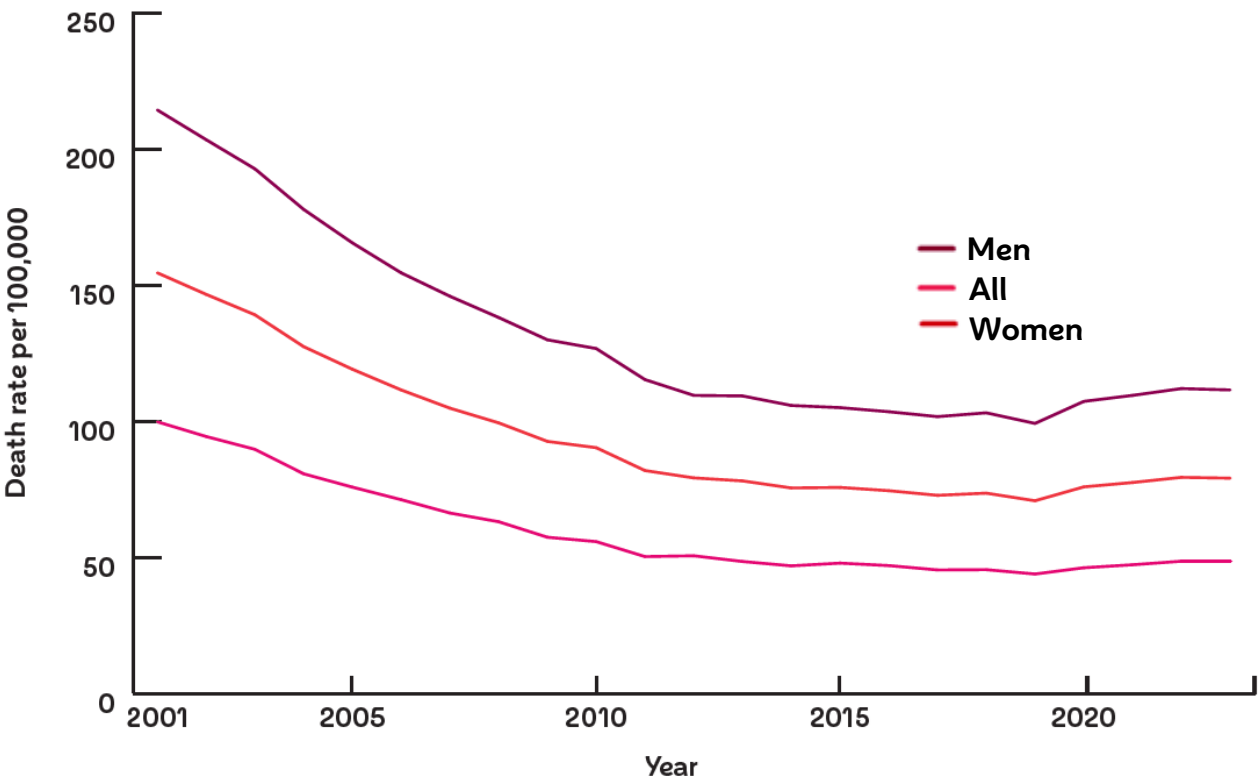
Deaths - BHF analysis of latest official statistics (ONS/NISRA/NRS); UK total includes non-residents (ONS data); ICD-10 codes I00-99, F01,Q20-8, C38.0, P29, G45
Living with CVD estimates based on latest Global Burden of Disease (GBD) estimates.

Death Rates

Death rates take the age structure (demography) of local areas into account to reveal the real differences in statistics. This is very important when there are big variations in the age profile of communities across the UK.

- Since 1961 the English death rate from cardiovascular disease (CVD) has fallen by **three quarters**. Death rates have fallen more quickly than the actual number of deaths because people in this country are now living longer.
- The premature (under 75) CVD death rate for Blackpool in Lancashire (135 per 100,000 people) in 2021-23 was over three times higher than for Hart in Hampshire (42 per 100,000 people).
- Early deaths from CVD (before the age of 75) are most common in the north of England, and lowest in the south.

Premature death rates from cardiovascular disease (CVD), England



England premature (under 75 years) death rates from cardiovascular disease, 2021-23

Top Six LAs	Location	Under 75 CVD Death Rate per 100,000 people	Under 75 Annual Number of CVD Deaths
Blackpool	Lancashire, NW	134.5	181
Kingston upon Hull	East Riding Yorkshire, Y&H	119.8	258
Manchester	Greater Manchester, NW	119.1	380
Nottingham	Nottinghamshire, EM	118.7	240
Preston	Lancashire, NW	118.5	135

The cost of cardiovascular disease (CVD)

- Healthcare costs relating to cardiovascular disease (CVD) in England are estimated at £10 billion each year.
- CVD’s cost to the wider economy in England (including premature death, long-term care, disability and informal costs) is estimated to be £24 billion each year.

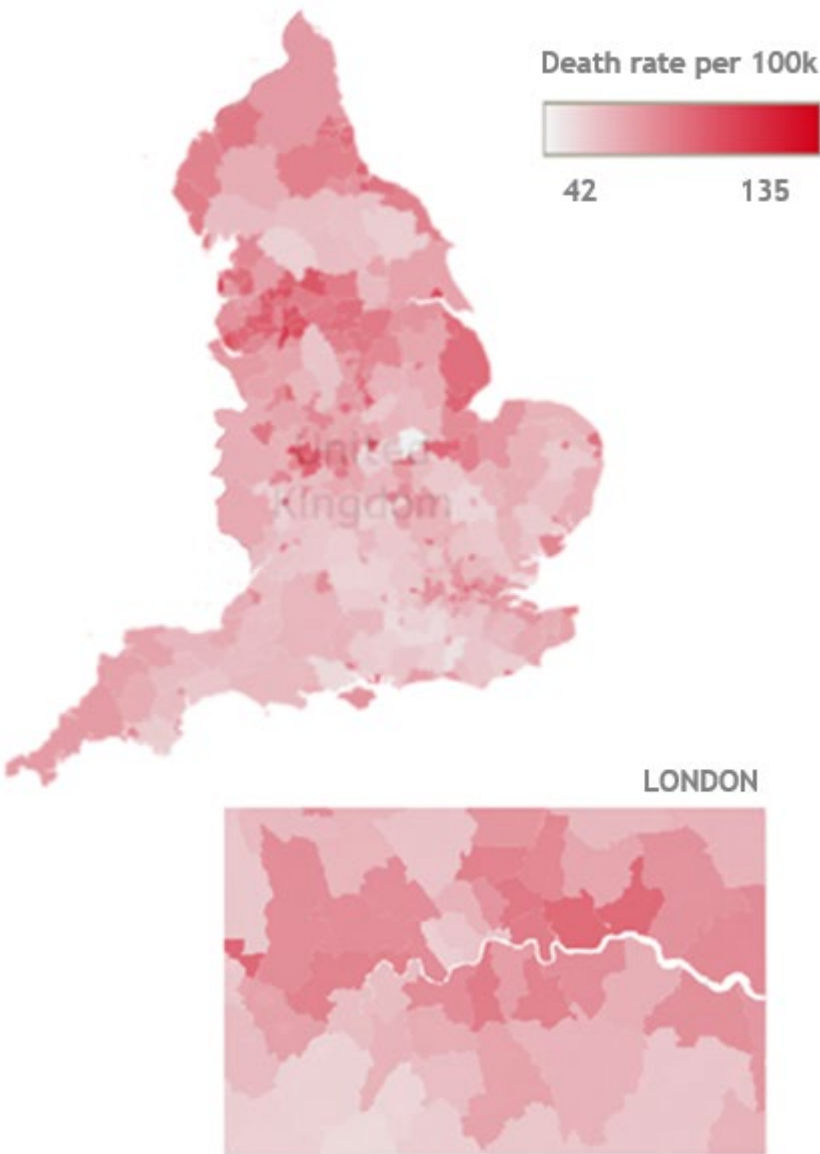
The total annual healthcare cost of cardiovascular disease in England in England is around

£10
BILLION

For more information please consult the compendium on our website:

➤ Regional and local statistics

Premature cardiovascular disease (CVD) death rate by LA 2021-23



Heart Disease

This is a broad term for conditions which affect the heart.

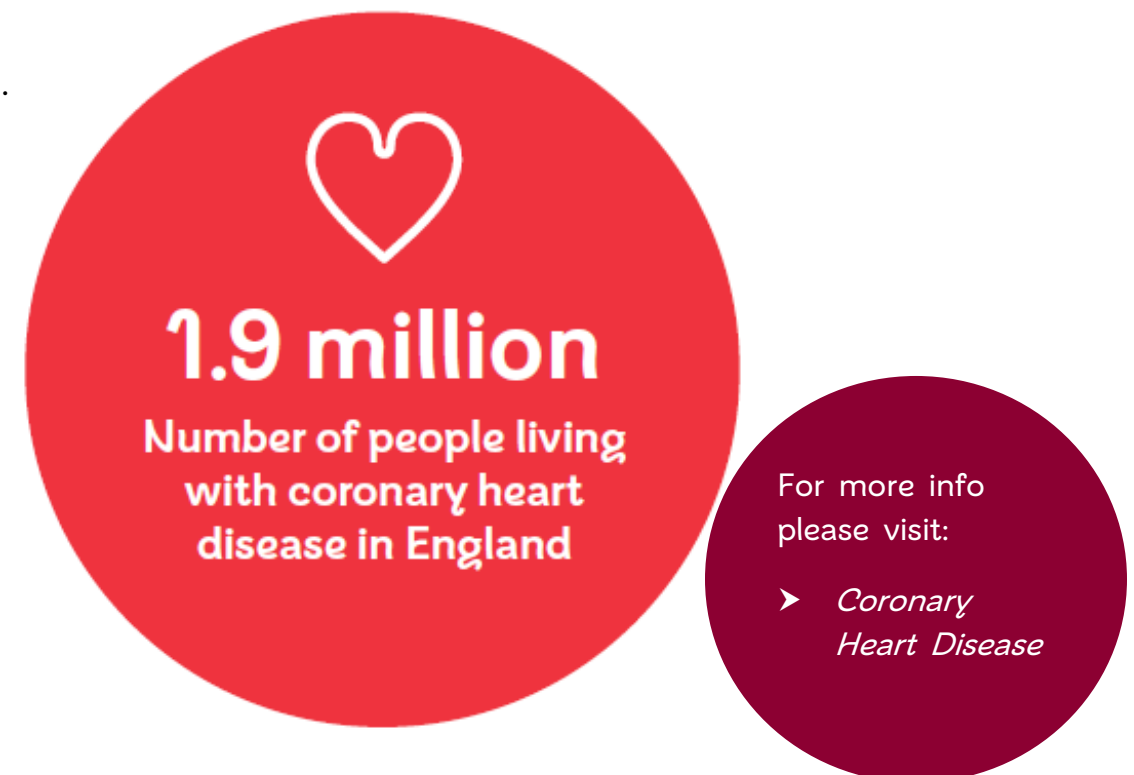
- Heart diseases cause around one in six deaths in England - that's around 90,000 deaths each year – or one death every six minutes.
- Around 28,000 people under the age of 75 in England die from heart diseases each year.
- There are around 4.6 million people living with heart disease in England - an ageing and growing population could see these numbers rise further.

ICD-10 codes included here: I01; I03-52, Q20-26

Coronary Heart Disease (Ischaemic Heart Disease)

Coronary heart disease (CHD) is sometimes called ischaemic heart disease (IHD) or coronary artery disease (CAD). It occurs when coronary arteries become narrowed by a build-up of atheroma, a fatty material within their walls. The pain or discomfort felt from such narrowing is called angina and if a blockage occurs it can cause a myocardial infarction (heart attack).

- Around 1.9 million people are living with coronary heart disease (CHD) in England.
- CHD is one of England's leading causes of death and the single biggest cause of **premature death** (before the age of 75).
- In England, one in eight men and one in 16 women die from coronary heart disease (one in 11 deaths overall).
- Coronary heart disease (CHD) is responsible for around **50,000 deaths** in England each year, that's an average of 140 people each day, or one death around every ten minutes.



- Around **19,000** people under the age of 75 in England die from CHD each year.
- The premature (under 75) death rate for CHD for Blackpool (78 per 100,000) in 2021-23 was four times higher than that for Fareham in Hampshire (19).
- CHD kills nearly twice as many women in England as breast cancer – it even kills more women prematurely (before their 75th birthday).
- Since the BHF was established the annual number of CHD deaths in England has fallen by more than half.
- Coronary heart disease is the leading cause of heart attacks.
- Around 90 per cent of CHD burden in England is associated with modifiable risk factors, which are often preventable.



**Every
10 minutes**
someone in England
dies from coronary
heart disease

Linked conditions

- People with coronary heart disease, or who have had a heart attack, are **twice as likely** to have a **stroke** as those who haven't.

Heart Attack (Myocardial Infarction, MI)

- There are around **80,000 hospital admissions** in England each year for heart attacks: that's around 220 each day or 1 every six minutes.
- In the 1960s more than **seven out of ten** heart attacks in the UK were fatal. Today more than seven out of ten people **survive**.
- However, research shows significant differences in survival rates across England.
- An estimated **1.1 million people** alive in England today have survived a heart attack.



**Every
6 minutes**
someone in England
is admitted to hospital
due to a heart attack

Atrial Fibrillation (AF)

Atrial fibrillation is one of the most common forms of abnormal heart rhythm (arrhythmia) and a major cause of stroke.

- More than **1.4 million people** in England have been diagnosed with atrial fibrillation.
- Atrial fibrillation is often asymptomatic, frequently undetected and undiagnosed, meaning that there are likely to be tens of thousands more affected by the condition across England.

Heart Failure

Heart failure occurs when the heart is not pumping blood around the body as well as it should, most commonly when the heart muscle has been damaged – for example, after a heart attack.

- Around **700,000 people** in England have been diagnosed with heart failure by their GP.
- In England up to 80 per cent of heart failure diagnoses are made in hospital, despite 40 per cent of patients having symptoms that should have triggered an earlier assessment.
- Estimates which include diagnoses at hospital show there are thousands more people living with the condition across the country.

For more info
please visit:

- *Heart Attacks*
- *Atrial Fibrillation*

Linked conditions

- People with AF are up to five times more likely to have a stroke if their risk is not managed effectively
- AF is a contributing factor in one in five strokes in England



Around 700,000 people in England have been diagnosed with heart failure by their GP

Stroke (Cerebrovascular Disease)

A stroke occurs when the blood supply to part of the brain is cut off, causing brain cells to become damaged. A transient ischaemic attack (TIA) is also known as a mini stroke and is caused by a temporary disruption in the blood supply to part of the brain.

- Strokes is one of England's biggest killers, causing around **27,000 deaths** each year.
- In England around **120,000 hospital admissions** are due to stroke each year.
- Around **1.2 million people** in England have survived a stroke or TIA.
- In England around **two thirds** of stroke survivors are discharged from hospital with some level of disability.

For more info
please visit:

- *Heart Failure*
- *Stroke*

Linked conditions

- People with heart failure are 2-3 times more likely to have a stroke.
- People with diabetes in England are up to four times more likely to be admitted to hospital with a stroke.

Vascular Dementia

Vascular dementia happens when there's a problem with the blood supply to an area of your brain. The cells in the affected area of your brain don't get enough oxygen or nutrients and start to die. This leads to symptoms such as concentration problems and personality changes.

- Vascular dementia causes around **11,000 deaths** each year England – numbers could be higher as it can be difficult to diagnose the different types of dementia.
- Vascular dementia is the second most common type of dementia, seen in at least one in five cases.
- Vascular dementia is estimated to affect at least **180,000 people** in the UK.

Linked conditions

- People with a history of heart diseases are at least **twice as likely** to develop vascular dementia
- Vascular dementia accounts for **three quarters** of dementia cases in stroke survivors
- People with diabetes are **2-3 times** more likely to develop vascular dementia

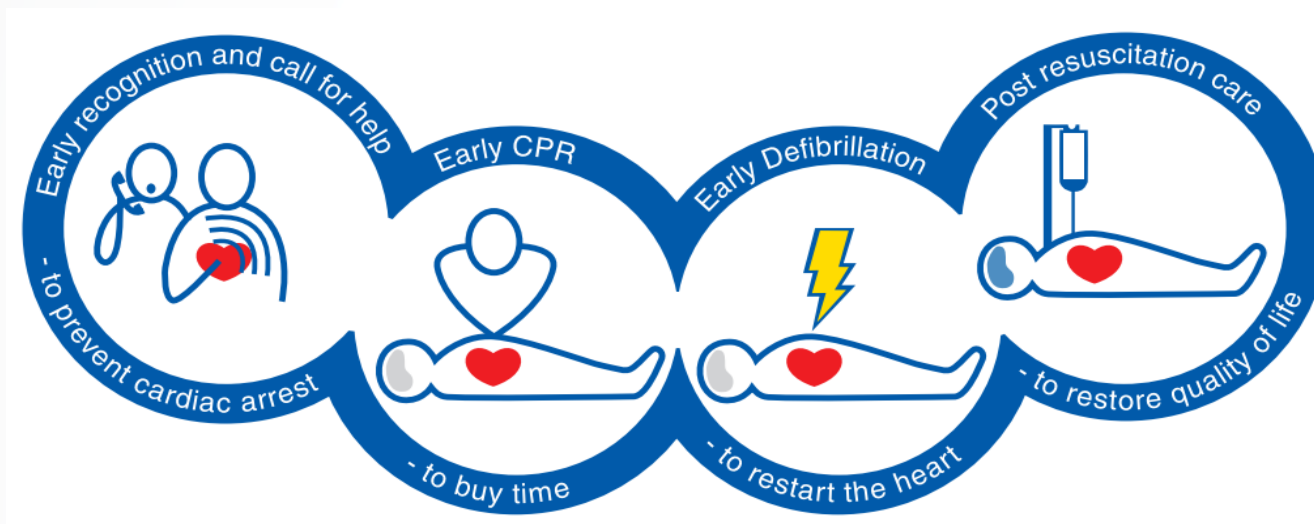
For more info
please visit:

- *Vascular dementia*

Out-of-Hospital Cardiac Arrest (OHCA)

Cardiac arrest is a critical medical emergency, where the heart stops pumping blood around the body. Unless treated immediately, it leads to death within minutes.

- There are over 30,000 out-of-hospital cardiac arrests (OHCAs) in England each year.
- The overall OHCA survival rate in England is just one in ten.
- Every minute without cardiopulmonary resuscitation (CPR) and defibrillation reduces the chance of OHCA survival by up to ten per cent.
- Early CPR and defibrillation can **more than double** the chances of OHCA survival.
- Public-access defibrillators (PADs) are used in less than ten per cent of OHCAs in England.
- The Chain of Survival (below) is a sequence of steps that together maximise the chance of survival following cardiac arrest.



There are
over **30,000**
out-of-hospital
cardiac arrests in
England each year

For more info
please visit:

➤ *Cardiac
arrest*

Congenital Heart Disease

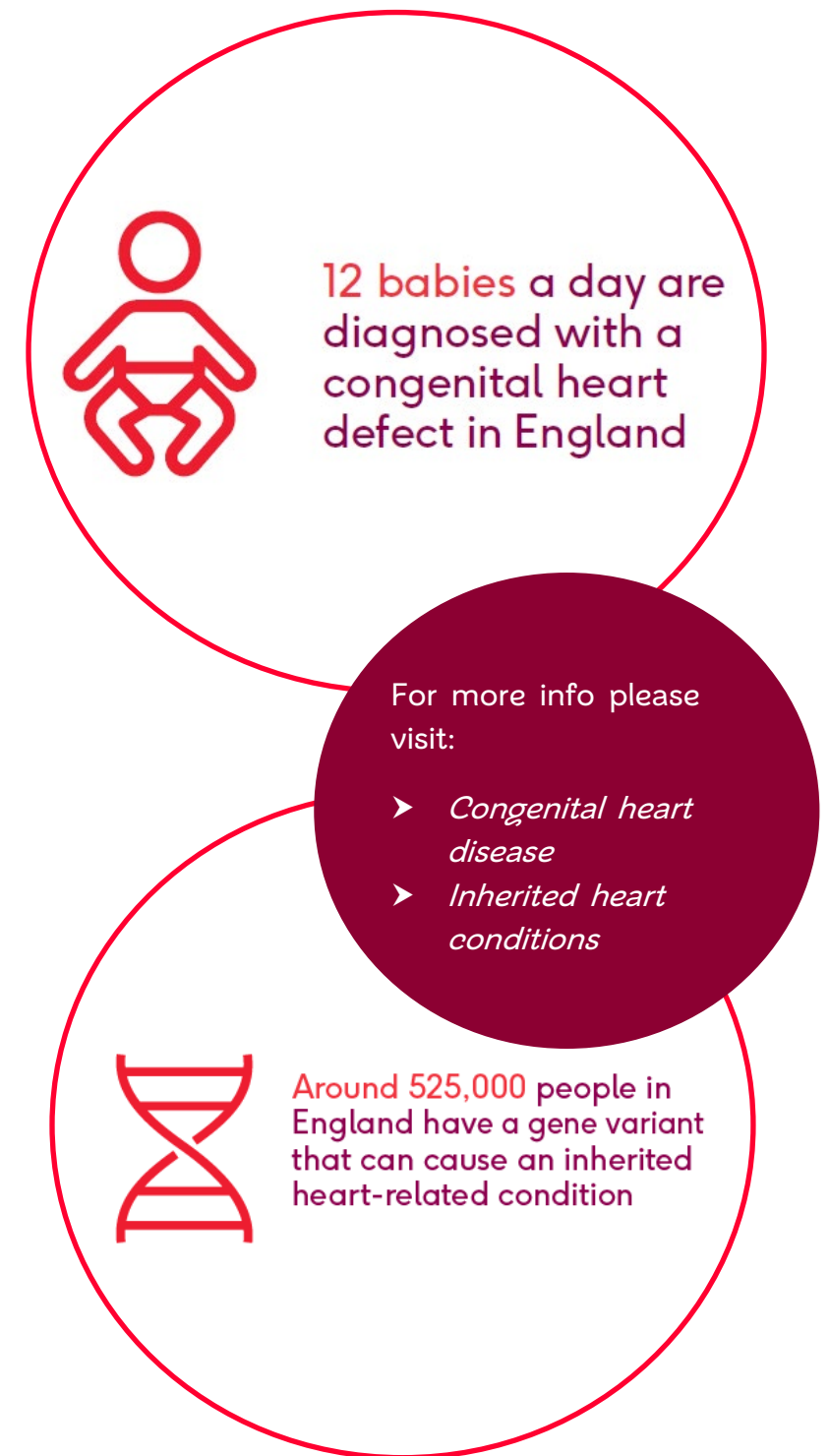
Congenital heart disease is a heart condition or defect that develops in the womb before a baby is born.

- Heart defects are diagnosed in at least one in 150 births - that's an average of **12 babies** each day in England - with more diagnoses later in life.
- Estimates suggest that in total as many as 1-2 per cent of the population may be affected.
- Before the BHF existed, the majority of babies diagnosed with a severe heart defect in the UK did not survive to their first birthday. Today, thanks to research, more than **eight out of ten survive** to adulthood.
- Today in England there are more adults than children living with congenital heart disease.

Inherited (Genetic) Conditions

These are conditions which can be passed on through families, affect people of any age and may be life-threatening.

- An estimated 285,000 people in England have an inherited heart condition - these include hypertrophic cardiomyopathy (HCM; one in 500 people), dilated cardiomyopathy (DCM) and arrhythmogenic cardiomyopathy (ACM).
- There are other conditions which can affect the cardiovascular system, with an unusually high risk of developing heart disease or dying suddenly at a young age, including familial hypercholesterolaemia (FH; one in 250, or up to 235,000 people).
- Using high-intensity statins can reduce cholesterol levels by half. For many people with FH this will be reduced to a safe level, lowering their risk of death from heart disease.
- Each week in England at least ten younger people (aged under 35) die from an undiagnosed heart condition.



Risk Factors

These risk factors can increase the likelihood of developing cardiovascular disease (CVD).

Around 70 per cent of England's cardiovascular burden is associated with modifiable risk factors, which are often preventable.

High Blood Pressure

- High blood pressure is the leading modifiable risk factor for cardiovascular disease in England, and is linked to over 60,000 cardiovascular deaths each year.
- An estimated **30 per cent of adults** in England have high blood pressure and most are not receiving effective treatment.
- More than 9.7 million people in England are on their GP's hypertension register.

Diabetes

Diabetes is a condition in which blood sugar levels are elevated over a prolonged period of time. This results in damage to the inner lining of blood vessels. Consequently, diabetes is a significant risk factor for cardiovascular disease (CVD).

- More than **4.1 million** adults in England have been diagnosed with diabetes.
- Around 90 per cent of those diagnosed are living with type 2 diabetes and 10 per cent have either type 1 or rarer types.
- It's estimated that over one million people in England are living with undiagnosed type 2 diabetes.

Around **50%**



of heart attacks and strokes are associated with high blood pressure in England

Linked conditions

- Adults with diabetes in England are **3-5 times more likely** to have a cardiovascular hospital admission, and also **3-5 times more likely** to die from cardiovascular disease (versus those without diabetes).
- In England, an estimated 29 per cent of people with heart failure also have diabetes, rising to 37 per cent for those admitted to hospital.
- In England, diabetes is associated with an estimated 1 in 10 cardiovascular deaths.



More than **4.1 million** adults have been diagnosed with diabetes in England

High Cholesterol (Lipid Disorders)

- High blood cholesterol is a significant risk factor for developing cardiovascular disease – it's estimated that more than **half (53 per cent) of adults** in England have cholesterol levels above national guidelines (above 5mmol/L).
- Around one in nine adults in England have low HDL cholesterol and one in twenty have a high risk-cholesterol ratio.

Kidney Disease

- It's estimated that as many as one in five (22 per cent) adults (aged 35+) in England have some level of kidney (renal) disease – with a significant number undiagnosed.
- More than 2.4 million adults in England have been diagnosed with stage 3 chronic kidney disease or higher.
- Impaired kidney function (renal failure) is associated with 1 in 10 cardiovascular deaths in England.
- Cardiovascular conditions such as heart failure can also be a risk factor for chronic kidney disease. Cardiovascular disease and kidney disease share many of the same risk factors.

For more information, visit our website:

- *High Blood Pressure (Hypertension)*
- *High Cholesterol*
- *Diabetes*

Smoking

- Around one in eight adults smoke cigarettes in England – that's at least 5 million adults.
- In England at least **60,000 deaths** each year can be attributed to smoking-related causes.
- It's estimated that as many as **14,000 deaths** in England each year from cardiovascular disease can be attributed to smoking.



Around
1 in 8
adults smoke
in England

Overweight/Obesity

- An estimated **29 per cent** of adults in England have obesity and in addition more than one third (35 per cent) have a BMI defined as overweight.
- Around **40 per cent** of adults have a waist circumference defined as very high (greater than 102cm in men and 88cm in women).
- It's estimated that **27 per cent** of children in England have a BMI defined as overweight or obese.
- In England around **1 in 9** cardiovascular deaths are associated with a high body-mass index.



Around
29%
of adults in England
have obesity

Diet and Exercise

- An estimated **33 per cent** of adults in England do not meet current physical activity recommendations (150 minutes of moderate-intensity activity each week, or equivalent).
- Only **29 per cent** of adults and **19 per cent** of children in England consume the recommended five portions of fruit and vegetables per day.
- **Nearly one in four** (24 per cent) of adults in England exceed national guidelines for weekly alcohol intake; no level of use is without risk.

Around
33%



of adults in England do not meet
physical activity recommendations

Other Risk Factors

- Poor air quality has a significant impact on cardiovascular health. It's estimated that each year around **7,500 deaths** from cardiovascular disease in England are attributable to particulate matter pollution.
- Many other risk factors can affect cardiovascular risk including ageing, biological sex and gender, ethnicity, family history, serious mental illness (SMI; psychosis, schizophrenia, bipolar affective disorder), sub-optimal temperature (cold and heat).

About the British Heart Foundation (BHF)

Far too many of us have felt the pain of losing someone we love to cardiovascular disease, the world's biggest killer. With your support, British Heart Foundation (BHF) powers groundbreaking research to save and improve lives.

Since 1961, your support has helped us fund scientific breakthroughs that are keeping more families together today, from pacemaker technology and portable defibrillators to proving that statins can help save lives. And with your support, our ambitions for the years to come are even bolder.

Every three minutes someone loses their life to cardiovascular disease in the UK. We're dedicated to powering advances in cardiovascular science and healthcare that will bring us closer to the day that everyone has a healthier heart for longer. But we can't do it without your support. Together, the next breakthroughs in preventing, diagnosing and treating cardiovascular disease are in reach.

Find out more at bhf.org.uk

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This factsheet is compiled by the British Heart Foundation.

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Other factsheets - Global, UK, Scotland, Wales, and Northern Ireland.

For any queries please contact healthinsights@bhf.org.uk and we will do our best to help



We are the
BIGGEST
independent funder of
cardiovascular research
in England

References

STATISTIC	REFERENCE
CARDIOVASCULAR DISEASE (CVD; HEART AND CIRCULATORY DISEASES)	
CVD deaths, men/women (England) [ICD-10 codes I00-I99, C38.0, F01, G45, P29, Q20-Q28]	Nomis - Office for National Statistics (ONS; 2025) - Deaths registered by cause, sex and age, 2024 www.nomisweb.co.uk/datasets/mortsa
CVD deaths/year (UK)	BHF analysis of latest UK mortality statistics: ONS/NRS/NISRA (2024 data)
CVD prevalence (UK / England / 4N); modifiable risk factors associated with CVD	BHF analysis of Global Burden of Disease (GBD) estimates for England 2023 – published Nov 2025
CVD ASDRs (all ages)	BHF analysis of Office for Nation Statistics (ONS) Nomis data (2021-23)
CVD ASDRs (premature death rates); England CVD map	Office for Health Improvement & Disparities (OHID) Fingertips – 2021-23 mortality data; map made in Tableau (NB local data ICD-10 I00-99 only)
Working-age adult CVD mortality (ages 20-64) North West versus South East	BHF (2025) Analysis of Office for Nation Statistics (ONS) Nomis 2023 mortality data
CVD economic cost ~ healthcare costs / year	Shih (2025) Economic Burden of Cardiovascular Disease in the UK 2021/22 estimates (EHJ-QCCO; following BHF placement) https://academic.oup.com/ehjqcco/advance-article/doi/10.1093/ehjqcco/qcaf011/8038270
<i>Linked conditions:</i> 81% people with CVD have one other condition	Tran et al. Patterns and temporal trends of comorbidity among adult patients with incident cardiovascular disease in the UK between 2000 and 2014: A population-based cohort study. PLoS Med. 2018; 15(3):e1002513. https://doi.org/10.1371/journal.pmed.1002513 PMID: 29509757
HEART DISEASES	
Deaths [ICD-10 I01; I03-52, Q20-6, C38.0, P29.0-29.2; P29.4]	BHF analysis of ONS Nomis 2024 mortality data
Heart disease prevalence	BHF estimate based on mortality and hospital admissions data for the above ICD-10 codes
CORONARY HEART DISEASE (CHD; ISCHAEMIC HEART DISEASE)	
CHD ASDRs (death rates); England CHD map	Office for Health Improvement & Disparities (OHID) Fingertips – 2021-23 mortality data; map created in Tableau
prevalence - living with CHD	NHS England (2025) Quality & Outcomes Framework prevalence data 2024/25
modifiable risk factors associated with CHD	BHF analysis of Global Burden of Disease (GBD) estimates for England 2023 – published Nov 2025
HEART ATTACK (MYOCARDIAL INFARCTION, MI)	
hospital admissions	NHS England (to 2023/24) Hospital Episode Statistics recent annual average
More than 7/10 people survive heart attack – variant ~ 1960s estimate	Myocardial infarction total case fatality rates - spatial analysis of linked hospitalisation and mortality data (England only) www.thelancet.com/journals/lanpub/article/PIIS2468-2667(22)00108-6/fulltext ~ Goldacre's 2003 paper on myocardial infarction (Oxon)
1.1m MI survivors	Health Survey for England 2017 and ONS population estimates https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2017

STATISTIC	REFERENCE
ATRIAL FIBRILLATION (AF)	
Diagnosed with AF	NHS England (2025) Quality & Outcomes Framework prevalence data 2024/25
5 times more likely to have a stroke	Marini C, De Santis F, Sacco S, Contribution atrial fibrillation to incidence and outcome of ischemic stroke: results from a population-based study. www.ncbi.nlm.nih.gov/pubmed/15879330
Contributor to 1 in 5 strokes	Sentinel Stroke National Audit Programme (SSNAP). England, Wales & Northern Ireland National clinical audit annual results portfolio 2023-24. www.strokeaudit.org/results/Clinical-audit/National-Results.aspx [casemix tab]
HEART FAILURE (HF)	
Diagnosed with heart failure by GP	NHS England (2025) Quality & Outcomes Framework prevalence data 2024/25
80% diagnoses in hospital	Bottle et al (2018) Routes to diagnosis of heart failure (England). Heart. https://heart.bmj.com/content/104/7/600
STROKE (CEREBROVASCULAR DISEASE)	
stroke deaths	Nomis - Office for National Statistics (ONS; 2025) - Deaths registered by cause, sex and age, 2024 www.nomisweb.co.uk/datasets/mortsa
stroke hospital admissions	NHS England (2024) Hospital Episode Statistics recent annual average
stroke/TIA survivors	NHS England (2025) Quality & Outcomes Framework prevalence data 2024/25
survivors discharged with disability	Sentinel Stroke National Audit Programme (SSNAP). National clinical audit annual results portfolio - select Annual; sheet J www.strokeaudit.org/results/Clinical-audit/National-Results.aspx
<i>Linked conditions:</i> CHD / heart > stroke; heart failure > stroke	http://stroke.ahajournals.org/content/22/8/983 http://stroke.ahajournals.org/content/42/10/2977
<i>Linked conditions:</i> Diabetes > admitted with stroke	National Diabetes Audit (NDA) Complications and Mortality Dashboard, data to 2022 – ratios vary by condition and diabetes type https://digital.nhs.uk/data-and-information/clinical-audits-and-registries/national-diabetes-audit/dashboards
VASCULAR DEMENTIA	
deaths; underestimate/diagnoses	Nomis - Office for National Statistics (ONS; 2025) - Deaths registered by cause, sex and age, 2024 www.nomisweb.co.uk/datasets/mortsa Alzheimer's Society www.alzheimers.org.uk/about-dementia/types-dementia/diagnosis-vascular-dementia
dementia types; 1 in 5 cases vascular	Alzheimer's Research (2024) www.alzheimersresearchuk.org/news/vascular-dementia-explained/
prevalence (UK estimate)	NHS England website www.nhs.uk/conditions/vascular-dementia
<i>Linked conditions:</i> People with a history of heart disease are at least twice as likely to develop vascular dementia	www.ncbi.nlm.nih.gov/pmc/articles/PMC2924456/
<i>Linked conditions:</i> ¾ cases in stroke survivors	www.ncbi.nlm.nih.gov/pmc/articles/PMC3235558/
<i>Linked conditions:</i> People with diabetes are 2-3 times more likely to develop vascular dementia	www.ncbi.nlm.nih.gov/pmc/articles/PMC2174783/
OUT-OF-HOSPITAL CARDIAC ARREST (OHCA)	
30k+ OHCA's/year, 10% survival	NHS England (2025). Ambulance Quality Indicators www.england.nhs.uk/statistics/statistical-work-areas/ambulance-quality-indicators/
Every min & CPR increased survival Public-access defibrillator (PAD) use	Resuscitation Council (2025) Resuscitation Guidelines 2025 www.resus.org.uk/professional-library/2025-resuscitation-guidelines/ see also University of Warwick (2025), Out-of-Hospital Cardiac Arrest Outcomes Registry Epidemiology Report https://warwick.ac.uk/fac/sci/med/research/ctu/trials/ohcao/publications/epidemiologyreports/

STATISTIC	REFERENCE
CONGENITAL HEART DISEASE	
1:150 babies diagnosed	NHS England (2024) NCARDRS congenital anomaly statistics: 2021 data ~ BHF estimates https://digital.nhs.uk/data-and-information/publications/statistical/ncardrs-congenital-anomaly-statistics-annual-data/
Survival comparison (pre-BHF/today)	MacMahon BMJ (http://heart.bmj.com/content/heartjnl/15/2/121.full.pdf) and British Cardiac Society https://heart.bmj.com/content/88/suppl_1/i1
1-2% prevalence	Various estimates including Hoffman & Kaplan, JACC –19 per 1,000 includes BAVs which will eventually need cardiologic care (www.sciencedirect.com/science/article/pii/S0735109702018867)
adult versus child prevalence	Child estimate range (live birth incidence of 1:150 to 1% of population) at 75k -120k; adult estimates (NHS England) at more than 4 in 1,000 ~ 180k+ www.england.nhs.uk/wp-content/uploads/2018/08/Congenital-heart-disease-specification-adults.pdf
INHERITED (GENETIC) CONDITIONS	
285k inherited heart conditions; 525K with gene variant	BHF estimates for England derived from PHG Foundation, <i>Heart to Heart: inherited cardiovascular conditions services</i> (2009); updated to reflect revised FH/DCM prevalence estimates NB only one third of the burden of dilated cardiomyopathy (DCM) is thought to be inherited – that proportion is included here
1:250 with familial hypercholesterolaemia (FH)	NB average recent estimated prevalence is 1:250 but our preferred reference reports 1:273 Wald et al, NEJM 2016 (www.nejm.org/doi/full/10.1056/NEJMoa1602777)
1:500 with hypertrophic cardiomyopathy (HCM)	Priori et al, Task Force on Sudden Cardiac Death ESC (eurheartj.oxfordjournals.org/content/ehj/22/16/1374.full.pdf)
Sudden cardiac deaths under-35s	Cardiac Risk in the Young (www.c-r-y.org.uk/statistics) based on Papadakis et al (2009) Magnitude of sudden cardiac death in the young, EP Europace NB see also Bhatia et al (2024) Understanding Cardiac & Sudden Death in Young Individuals, BMJ
RISK FACTORS	
High Blood Pressure	
High blood pressure prevalence	NHS England (2024) Health Survey for England 2022 part 2
Hypertension diagnosed prevalence	NHS England (2025) Quality & Outcomes Framework prevalence data 2024/25
High BP #1 modifiable risk factor; mortality CVD risk	Global Burden of Disease (GBD) (2025) mortality and morbidity burden estimates for 2023 for England Vasan et al NEJM 2001 (http://www.ncbi.nlm.nih.gov/pubmed/11794147/)
<i>Linked conditions:</i> Around 50% of heart attacks and strokes are associated with high blood pressure	Global Burden of Disease (GBD) (2025) risk burden estimate 2023 for England
Diabetes	
Adults diagnosed with diabetes ~ 1m undiagnosed	NHS England (2025) Quality & Outcomes Framework prevalence data 2024/25 Diabetes UK (2025) www.diabetes.org.uk/about-us/news-and-views/30-people-living-type-2-diabetes-england-are-undiagnosed-ons-analysis-shows
<i>Linked conditions:</i> In the UK, one third of adults with diabetes die from cardiovascular disease (CVD); x3 x5 more likely – CVD admissions and deaths	National Diabetes Audit (NDA) Complications and Mortality Dashboard, annual data to 2023 – ratios vary by condition and diabetes type https://digital.nhs.uk/data-and-information/clinical-audits-and-registries/national-diabetes-audit/dashboards
<i>Linked conditions:</i> 29% with heart failure patients have diabetes; 37% of those admitted to hospital	The Health Improvement Network (THIN)/IQVIA (2019) Extract from primary care data, UK 2018 – previously reported in BHF's 2020 compendium; NICOR (2025) Heart Failure Audit 2023/24 https://www.nicor.org.uk/national-cardiac-audit-programme/heart-failure-audit-nhfa (Eng & Wal data)

STATISTIC	REFERENCE
Kidney Disease	
Prevalence of kidney disease	NHS England (2024) Health Survey for England 2022 part 2 https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2/kidney-disease
stage 3+ CKD diagnoses	NHS England (2025) Quality & Outcomes Framework prevalence data 2024/25
Associated mortality burden	Global Burden of Disease (GBD) (2025) England mortality estimates 2023
Other Risk Factors	
Adult high cholesterol prevalence	BHF analysis of Health Survey for England 2022 part 2 (NHS England 2024)
Adult smoking prevalence; 12% 5m+ smokers	BHF estimate (survey average); rates: ONS Annual Population Survey (APS 10.4%; 20224); alternative estimates:- GP Patient Survey (GPPS 13.1%; 2024) Health Survey for England 2022 (NHS England 2024) 12.7%, QOF (NHS England 2025) 13.5% 2024/25
Smoking deaths	Global Burden of Disease (GBD) (2025) England mortality estimates 2023 – CVD/year = 14k smoking and 16k tobacco (including second-hand smoke) alternatively: OHID Local Tobacco Profiles – CVD deaths are an aggregate of heart disease and stroke 2017 to 2019 (36k over three years) https://fingertips.phe.org.uk/mortality-profile#page/1/gid/1938133058/ati/15/iid/93823/age/1/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1 [updates are not anticipated]
Obesity & BMI, 5-a-day, alcohol	BHF analysis of Health Survey for England 2022 (NHS England 2024) NB some statistics should not be compared with pre-pandemic data (changes of methodology)
Physical activity (PA)	OHID Fingertips adapted from Sports England Active Lives Survey 2023/24 (NB the original report uses a narrower definition of PA)
Air pollution	Global Burden of Disease (GBD) (2025) England mortality estimates 2023 NB see also particulate matter pollution UK estimates from WHO and COMEAP (neither updated recently)
CVD deaths associated with high BMI	Global Burden of Disease (GBD) (2025) England mortality estimates 2023 - NB obesity is not specified but high BMI is a standard indicator for the condition

For any queries please contact healthinsights@bhf.org.uk and we will do our best to help