



**British Heart
Foundation
Northern Ireland**

Cardiovascular Disease Factsheet

August 2025

**Our vision is a world where everyone
has a healthier heart for longer.**

This month in Northern Ireland

350

people will die
from cardiovascular
disease ...

... around

90 of them
will be
younger than **75**

225k

people are living
with cardiovascular
disease

310

hospital admissions
will be due to a
heart attack

130

people will die
from coronary
heart disease

13

babies will be
diagnosed with
a heart defect

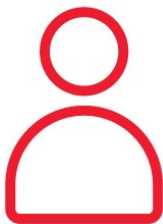
Quick Links

Cardiovascular Disease	Cost of CVD	Coronary Heart Disease	Heart Attack
Atrial Fibrillation	Heart Failure	Stroke	Vascular Dementia
Cardiac Arrests (OHCAs)	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.

- Cardiovascular disease (CVD) causes nearly a **quarter** (24 per cent) of all deaths in Northern Ireland, or around **4,200 deaths each year** – an average of 12 people each day.
- Around 1,100 people under the age of 75 in Northern Ireland die from cardiovascular disease each year.
- Since the 1960s, age-standardised CVD death rates in Northern Ireland have fallen by **three quarters**.
- Death rates have fallen more quickly than the actual number of deaths because people in Northern Ireland are now living longer.
- There are an estimated 225,000 people living with cardiovascular disease in Northern Ireland - an ageing and growing population and improved survival rates from cardiovascular events could see these numbers rise still further.



Around
225,000
people are living with cardiovascular disease in Northern Ireland

Linked conditions

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

Deaths from and numbers living cardiovascular disease (CVD)

Nation	No. of People Dying from CVD	No. of People Under 75 Years Old Dying from CVD	Estimated Number of People Living with CVD (latest estimate)
Northern Ireland (2023)	4,227	1,133	225,000

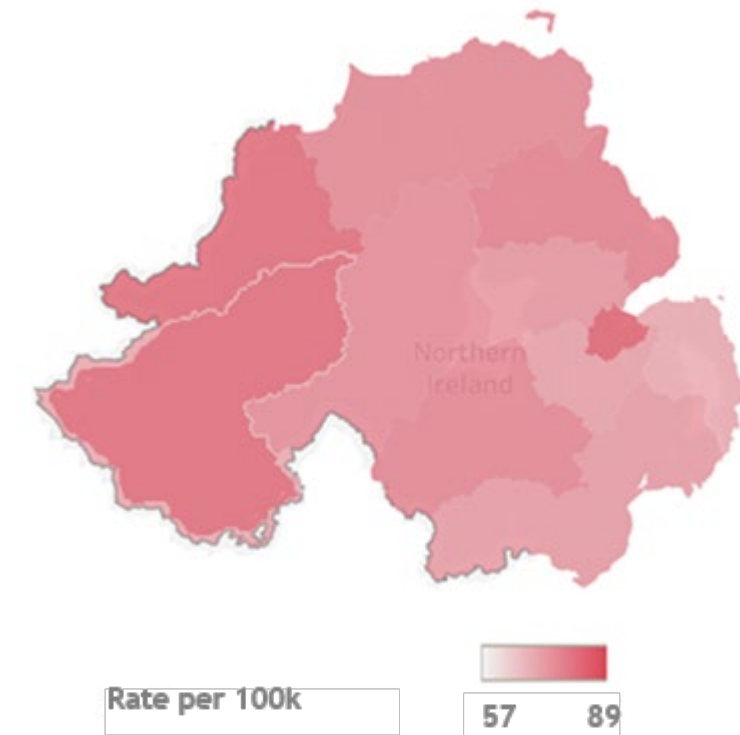
Deaths BHF analysis from latest official statistics (NISRA); ICD-10 codes I00-99, F01,Q20-8, P29, G45
Living with CVD estimates by BHF - based on latest health surveys and GP patient data

- Premature death rates from cardiovascular disease (before the age of 75) in Northern Ireland are broadly similar to those for England.
- Death rates take the age structure (demography) of local areas into account to reveal the real differences in statistics. This is especially important when there are big variations in the age profile of communities across the country.
- The latest premature (under 75) death rate for CVD in Belfast (89 per 100,000 people in 2020/22) is 60% higher than Armagh, Banbridge & Craigavon (57).
- Other statistics and rankings for cardiovascular deaths can be found on [our website](#)

NI premature (under 75 years) death rates, cardiovascular disease (CVD) 2021-23

Local Authority	Under 75 CVD Death Rate per 100,000 Population	Under 75 Annual Number of CVD Deaths
Belfast	89.4	232
Derry City and Strabane	71.1	92
Fermanagh and Omagh	70.3	75
Mid and East Antrim	68.0	88
Causeway Coast and Glens	67.8	88
Antrim and Newtownabbey	65.6	82
Mid Ulster	60.8	70
Newry, Mourne and Down	60.6	95
Ards and North Down	58.6	96
Lisburn and Castlereagh	57.1	72
Armagh City, Banbridge & Craigavon	56.8	102

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



Cost of Cardiovascular Disease (CVD)

- NHS annual expenditure on CVD in Northern Ireland is estimated at £290 million.
- CVD's overall cost to the Northern Ireland economy (including premature death, disability, long-term care and informal costs) is estimated to be £750 million each year.

Heart Disease

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

- Heart diseases cause around one in six deaths in Northern Ireland - that's around 2,800 deaths each year – or one death every 180 minutes.
- More than 800 people under the age of 75 in Northern Ireland die from heart disease each year.
- There are around 150,000 people living with heart disease in Northern Ireland - an ageing and growing population could see these numbers rise further.

ICD-10 codes included here: I01; I03-52, Q20-6, C38.0, P29.0-29.2; P29.4

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 76,000 people are living with CHD in Northern Ireland - at least 49,000 men and up to 26,000 women.
- CHD is one of Northern Ireland's leading causes of death and it is also the **leading cause of death worldwide**.
- In Northern Ireland, 1 in 9 men and more than 1 in 15 women die from coronary heart disease (1 in 11 overall).
- CHD is responsible for around **1,500 deaths** in Northern Ireland each year, or an average of four deaths each day.
- Around **500** people under the age of 75 in Northern Ireland die from CHD each year.
- CHD kills nearly twice as many women in Northern Ireland as breast cancer.

Linked conditions

- Individuals with coronary heart disease, or who have had a heart attack, are **twice as likely** to have a **stroke**.

For more info
please visit:

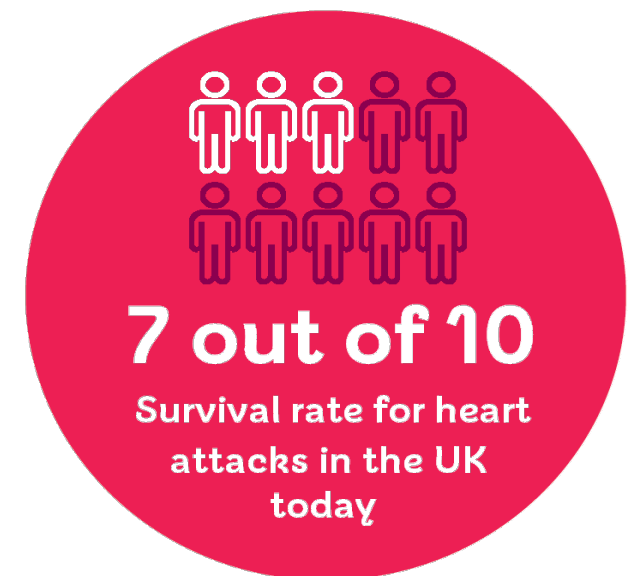
➤ *Coronary
Heart Disease*



Coronary heart disease is one of the leading causes of death in Northern Ireland

Heart Attack (Myocardial Infarction, MI)

- Coronary heart disease is the leading cause of heart attacks.
- There are around **3,700 hospital admissions** for heart attack in Northern Ireland each year: that's 10 each day or one every 140 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.



Every 140 minutes
someone in Northern Ireland is admitted to hospital due to a heart attack

Atrial Fibrillation (AF)

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

- Around **49,000 people** in Northern Ireland have been diagnosed with atrial fibrillation.
- Atrial fibrillation is often asymptomatic, frequently undetected and undiagnosed, meaning that there are likely to be thousands more affected by the condition across Northern Ireland.

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 to one in five strokes

For more info please visit:

- *Heart Attacks*
- *Atrial Fibrillation*

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 23,000 people in Northern Ireland have been diagnosed with heart failure by their GP.
- Estimates which include diagnoses at hospital show there are thousands more people living with the condition across the nation.

For more info
please visit:

- *Heart Failure*
- *Stroke*



Around 23,000 people in Northern Ireland 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 cause around 850 deaths in Northern Ireland each year.
- In Northern Ireland there are around 1,200 hospital admissions for stroke each year.
- More than 42,000 people living in Northern Ireland today have survived a stroke or transient ischaemic attack (TIA).
- Half of stroke survivors in Northern Ireland are under the age of 75.

Linked conditions

- People with heart failure are 2-3 times more likely to have a stroke.
- People with diabetes are twice as likely to have a stroke as people without diabetes

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 hundreds of deaths each year in Northern Ireland – and numbers could be higher as it can often be difficult to diagnose the different types of dementia.
- Vascular dementia is the second most common type of dementia, seen in up to 1 in 5 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.

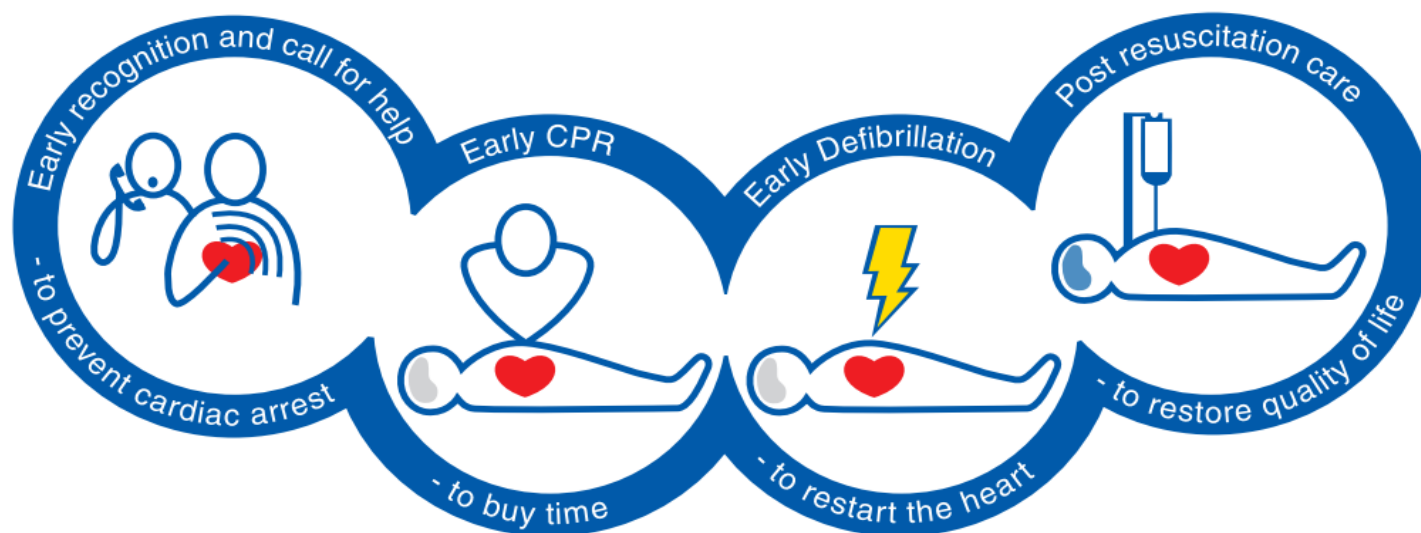
- There are 1,400 out-of-hospital cardiac arrests (OHCAs) in Northern Ireland each year.
- Less than 1 in 10 people survive an out-of-hospital cardiac arrest in Northern Ireland.
- Every minute without cardiopulmonary resuscitation (CPR) and defibrillation reduces the chance of survival by up to 10 per cent.
- Early CPR and defibrillation can **more than double** the chances of survival.
- It's estimated that public-access defibrillators (PADs) are used in less than 10 per cent of OHCAs.
- The Chain of Survival (below) is a sequence of steps that together maximise the chance of survival following cardiac arrest.



There are around **1,400** out-of-hospital cardiac arrests in Northern Ireland 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 **1 in 150 births** - that's an average of 13 babies each month in Northern Ireland - 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.



Around
13 babies a month
are diagnosed with a
congenital heart
defect in Northern Ireland

For more info please
visit:

- *Congenital heart disease*
- *Inherited heart conditions*

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 9,500 people in Northern Ireland have an inherited heart condition - - these include hypertrophic cardiomyopathy (HCM; 1 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; 1 in 250, or 7,600 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 the UK at least 12 young people (aged under 35) die from an undiagnosed heart condition.



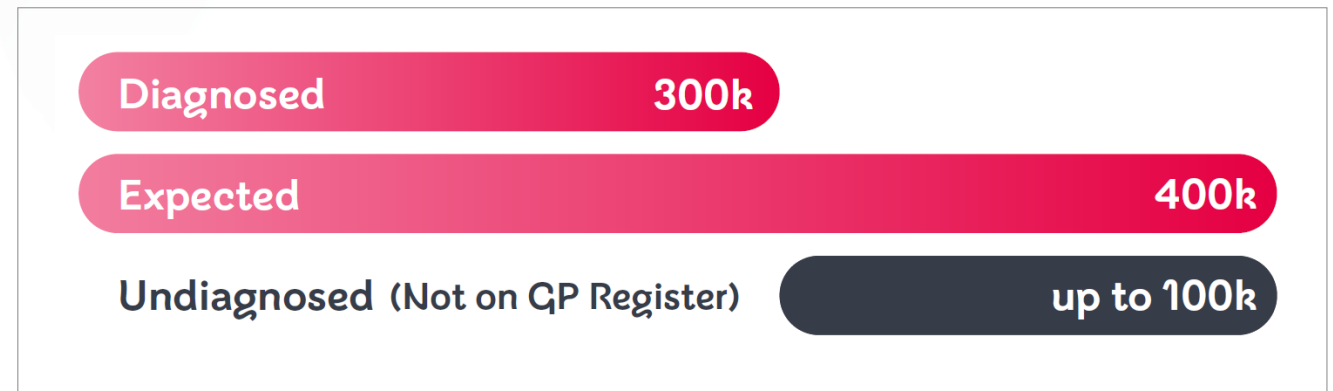
☐ Around **17,500 people** in
Northern Ireland have a faulty
gene that can cause an inherited
☐ heart-related condition

Risk Factors

Many different risk factors can increase your likelihood of developing cardiovascular disease (CVD).

High Blood Pressure (Hypertension)


- High blood pressure is the leading modifiable risk factor for cardiovascular disease in Northern Ireland.
- An estimated **400,000 people** in Northern Ireland have hypertension
- Around 300,000 people are on their GP's hypertension register, meaning up to 100,000 people in Northern Ireland could be undiagnosed.



Linked conditions

- More than half of heart attacks and strokes in Northern Ireland are associated with high blood pressure

Around **300,000**
people in Northern Ireland
have been diagnosed with
high blood pressure



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 an important risk factor for cardiovascular disease (CVD).

- Nearly **120,000** adults in Northern Ireland 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 other rarer types.
- It's estimated that **thousands of people** across Northern Ireland are likely to have undiagnosed type 2 diabetes.

High Cholesterol (Lipid Disorders)

- High blood cholesterol is a significant risk factor for developing cardiovascular disease.
- **Around 1 in 5 deaths** from cardiovascular disease in Northern Ireland are associated with high LDL (low-density lipoprotein) cholesterol.

Kidney Disease

- Impaired kidney function (renal failure) is associated with 1 in 9 cardiovascular disease deaths in Northern Ireland.
- Around 80,000 adults in Northern Ireland are living with chronic kidney disease (CKD) – stage 3 or higher.
- 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.

Linked conditions

- Adults with diabetes are **2-3 times** more likely to develop CVD, and are **nearly twice as likely** to die from heart disease or stroke as those without diabetes
- In the UK, **one third** of adults with diabetes die from a heart or circulatory disease

For more information, visit our website:

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

Smoking

- Around **one in seven adults** (13 per cent) smoke cigarettes in Northern Ireland– around 200,000 adults
- Up to **2,300** deaths each year in Northern Ireland are attributable to smoking-related causes
- Around **18,000** hospital admissions are attributed to smoking each year.



Overweight/Obesity

- An estimated **28 per cent** of adults in Northern Ireland have obesity and in addition more than a third (36 per cent) have a body-mass index (BMI) defined as overweight.
- More than a quarter (26 per cent) of children in Northern Ireland have a BMI defined as overweight or obese.
- In Northern Ireland around 1 in 9 cardiovascular disease deaths are associated with a high body-mass index.

Diet and Exercise

- An estimated **45 per cent** of adults in Northern Ireland do not achieve recommended levels of physical activity.
- **Nearly three in five** (59 per cent) of adults in Northern Ireland do not eat the recommended five portions of fruit and vegetables per day.
- Around **one in six** (16 per cent) adults in Northern Ireland regularly exceed guidelines for weekly alcohol intake; no level of use is without risk



Other Risk Factors

- Each year up to **330 deaths** in Northern Ireland are attributable to air pollution, with a significant impact on cardiovascular health.

Many other risk factors can significantly increase 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

More BHF Health Statistics

Including exclusive content and local statistics bhf.org.uk/statistics

This factsheet is compiled by British Heart Foundation.

Last reviewed and updated August 2025.

Statistics are the latest available from Northern Ireland and UK health and statistical agencies
Other factsheets: Global, UK, England, Scotland, Wales.

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 Northern Ireland

References

STATISTIC	REFERENCE
CARDIOVASCULAR DISEASE (CVD; HEART AND CIRCULATORY DISEASES)	
CVD deaths/year [ICD-10 codes I00-I99, C38.0, F01, G45, P29, Q20-Q28]	Northern Ireland, Statistics and Research Agency (NISRA) (2024) – Deaths by sex, age and cause 2023 www.nisra.gov.uk/statistics/births-deaths-and-marriages/registrar-general-annual-report
CVD ASDRs (death rates)	BHF analysis of NISRA (2021-23) mortality data; map created in Tableau (NB local data ICD-10 I00-99 only)
225k living with CVD	BHF estimate based on latest Quality & Outcomes Framework prevalence data from Northern Ireland Department of Health and UK health surveys
CVD healthcare cost; economic cost / 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 J, Norton R, Conrad N, Rahimian F, Canoy D, Nazarzadeh M, 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 NISRA (Northern Ireland) 2023 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 (IHD); CORONARY ARTERY DISEASE (CAD))	
CHD ASDRs (death rates)	BHF analysis of NISRA mortality data
CHD biggest killer worldwide	World Health Organization and Global Burden of Disease 2021 global mortality estimates
living with CHD ~ by sex	Northern Ireland Department of Health (2025) - Disease Prevalence Data 2024/25 https://www.health-ni.gov.uk/publications/202425-raw-disease-prevalence-trend-data-northern-ireland ~ BHF estimates based on THIN/GBD data
HEART ATTACK (MYOCARDIAL INFARCTION, MI)	
heart attack admissions	DHNI Hospital Information Branch (to 2023/24). Acute episode based activity recent annual average
More than 7/10 people survive heart attack ~ 1960s estimate	Myocardial infarction total case fatality rates - spatial analysis of linked hospitalisation and mortality data (England analysis) www.thelancet.com/journals/lanpub/article/PIIS2468-2667(22)00108-6/fulltext ~ Goldacre's 2003 paper on myocardial infarction (Oxon)
ATRIAL FIBRILLATION (AF)	
diagnosed with AF	Northern Ireland Department of Health (2025) - Disease Prevalence Data 2024/25 https://www.health-ni.gov.uk/publications/202425-raw-disease-prevalence-trend-data-northern-ireland
x5 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). National clinical audit annual results portfolio (audit covers England, Wales & Northern Ireland) www.strokeaudit.org/results/Clinical-audit/National-Results.aspx [select Annual]

STATISTIC	REFERENCE
HEART FAILURE (HF)	
diagnosed with heart failure	Northern Ireland Department of Health (2025) - Disease Prevalence Data 2024/25 https://www.health-ni.gov.uk/publications/202425-raw-disease-prevalence-trend-data-northern-ireland
STROKE (CEREBROVASCULAR DISEASE)	
stroke deaths	Northern Ireland, Statistics and Research Agency (NISRA) (2024) – Deaths by sex, age and cause 2023 www.nisra.gov.uk/statistics/births-deaths-and-marriages/registrars-general-annual-report
hospital admissions	DHNI Hospital Information Branch (to 2023/24). Acute episode based activity recent annual average
prevalence stroke/TIA survivors	Northern Ireland Department of Health (2025) - Disease Prevalence Data 2024/25 https://www.health-ni.gov.uk/publications/202425-raw-disease-prevalence-trend-data-northern-ireland
u75 stroke survivors	BHF analysis of The Health Intelligence Network (THIN) prevalence data, IQVIA/IMRD 2018
<i>Linked conditions:</i> CHD or heart attack more than twice as likely to have a stroke	http://stroke.ahajournals.org/content/22/8/983
<i>Linked conditions:</i> People with heart failure are 2-3 times more likely to have a stroke.	http://stroke.ahajournals.org/content/42/10/2977
<i>Linked conditions:</i> People with diabetes are twice as likely to have a stroke as people without diabetes	www.ncbi.nlm.nih.gov/pmc/articles/PMC5298897/
VASCULAR DEMENTIA	
NI deaths; underestimate/diagnoses	Northern Ireland, Statistics and Research Agency (NISRA) (2024) – deaths by sex, age and cause 2023 Alzheimer's Society www.alzheimers.org.uk/about-dementia/types-dementia/diagnosis-vascular-dementia
dementia types; up to 1 in 5 cases are vascular	Alzheimer's Society www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/demography
180k prevalence (UK)	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)	
1,400 OHCA/survival less than 1 in 10 [updated statistics are not in the public domain]	Association of Ambulance Chief Executives (AACE) (2024) Out-of-Hospital Cardiac Arrest (OHCA) and Health Inequalities https://aace.org.uk/wp-content/uploads/2024/06/AACE-and-NHS-Charities-Together-Out-of-hospital-cardiac-arrest-and-health-inequalities-report-updated.pdf DHNI, Community Resuscitation Strategy Northern Ireland, 2014 www.health-ni.gov.uk/publications/community-resuscitation-strategy-and-reports
Every min & CPR increases survival Public access defibrillator (PAD) use	Resuscitation Council (2021) Resuscitation Guidelines 2021 www.resus.org.uk/library/2021-resuscitation-guidelines see also University of Warwick (2024), Out-of-Hospital Cardiac Arrest Outcomes Registry Epidemiology Report 2023 (England data) https://warwick.ac.uk/fac/sci/med/research/ctu/trials/ohcao/publications/epidemiologyreports/ Scottish Government (2024) Out-of-Hospital Cardiac Arrest Report (www.scottishambulance.com/publications/Out-of-Hospital-Cardiac-Arrest-Annual-Report/)

STATISTIC	REFERENCE
CONGENITAL HEART DISEASE	
1:150 babies diagnosed	BHF estimate for NI based on NHS England (2024) NCARDS congenital anomaly statistics https://digital.nhs.uk/data-and-information/publications/statistical/ncards-congenital-anomaly-statistics-annual-data/ncards-congenital-anomaly-statistics-report-2020
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
INHERITED (GENETIC) CONDITIONS	
9.5k inherited heart conditions; 17.5k with gene variant	BHF NI estimate derived from PHG Foundation, Heart to Heart: inherited cardiovascular conditions services (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 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
RISK FACTORS	
Hypertension - High Blood Pressure	
Adults high BP #1 modifiable risk factor diagnosed hypertension	BHF estimate based on UK health survey data Global Burden of Disease (GBD) (2024) risk burden estimate for CVD in Northern Ireland Northern Ireland Department of Health (2025) - Disease Prevalence Data 2024/25 https://www.health-ni.gov.uk/publications/202425-raw-disease-prevalence-trend-data-northern-ireland
<i>Linked conditions:</i> Around 50% of heart attacks and strokes are associated with high blood pressure	Global Burden of Disease (GBD) UK risk burden estimate – UK and Northern Ireland
Diabetes	
adults diagnosed with diabetes ~ undiagnosed	Northern Ireland Department of Health (2025) - Disease Prevalence Data 2024/25 https://www.health-ni.gov.uk/publications/202425-raw-disease-prevalence-trend-data-northern-ireland Diabetes UK www.diabetes.org.uk/professionals/position-statements-reports/statistics
<i>Linked conditions:</i> Adults with diabetes are 2-3 times more likely to develop CVD, and are nearly twice as likely to die from heart disease or stroke	www.ncbi.nlm.nih.gov/pubmed/20609967 www.ncbi.nlm.nih.gov/pmc/articles/PMC2809299/ www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)60484-9/fulltext
<i>Linked conditions:</i> In the UK, one third of adults with diabetes die from a heart or circulatory disease	National Diabetes Audit (NDA) Complications and Mortality Dashboard, data to 2022 – ratios vary by condition and diabetes type (Eng & Wales data) https://digital.nhs.uk/data-and-information/clinical-audits-and-registries/national-diabetes-audit/dashboards

STATISTIC	REFERENCE
Kidney Disease (CKD)	
impaired kidney function- attributable deaths	Global Burden of Disease (GBD) (2024) Northern Ireland estimates
adults diagnosed with CKD Stage 3 and above	Northern Ireland Department of Health (2025) - Disease Prevalence Data 2024/25 https://www.health-ni.gov.uk/publications/202425-raw-disease-prevalence-trend-data-northern-ireland Diabetes UK www.diabetes.org.uk/professionals/position-statements-reports/statistics
Other Risk Factors	
adults 13% smoke ~ 200k cigarette smokers	DHNI/NISRA Health Survey Northern Ireland: first results 2023/24 and BHF analysis using NISRA population estimates www.health-ni.gov.uk/topics/health-survey-northern-ireland – also 13% from ONS Annual Population Survey 2023 (UK/4N survey)
particulate matter pollution - attributable deaths	Global Burden of Disease (GBD) (2024) Northern Ireland estimates
smoking deaths	NI Direct estimate www.nidirect.gov.uk/articles/smoking – NB GBD has an alternative estimate
hospital admissions from smoking-related causes	Tobacco Control Northern Ireland 2015; Public Health Agency
obesity/BMI, 5-a-day, alcohol, physical activity (PA)	Health Survey Northern Ireland: first results 2023/24 NB many indicators have not been updated during the pandemic years (e.g. child BMI last included in 2019/20) www.health-ni.gov.uk/topics/health-survey-northern-ireland

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