



Scotland Cardiovascular Disease Factsheet

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This month in Scotland

1,500

people will die
from cardiovascular
disease ...

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

800k+

people are living
with cardiovascular
disease

850

hospital admissions
will be due to a
heart attack

570

people will die
from coronary
heart disease

30

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.

- There are estimated to be more than 800,000 people living with cardiovascular disease in Scotland. An ageing and growing population and improved survival rates from cardiovascular events could see these numbers rise still further.
- It's estimated that over 440,000 males and over 370,000 females in Scotland have CVD.



More than
800,000
people are living with
cardiovascular disease in Scotland

Prevalence of cardiovascular disease in the most deprived areas of Scotland is significantly higher than in the least deprived.

- It's forecast that the health burden of cardiovascular disease (CVD) will increase by 34% between 2019 and 2043 - the highest increase of all disease groups.
- Cardiovascular disease causes more than 1 in 4 (**28 per cent**) deaths in Scotland, or over 17,000 deaths each year - an average of nearly **50 people per day** or 1,500 per month.
- Around 5,200 people under the age of 75 in Scotland die from cardiovascular disease each year.
- Since the BHF was established the annual number of cardiovascular disease deaths in Scotland has fallen by nearly half. In 1961, over half of all deaths were attributed to CVD.

Linked conditions

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



28%

of all deaths in Scotland are
caused by cardiovascular
disease

That's nearly
50
people
each day

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)
SCOTLAND	17,444	5,195	800,000 +
England	137,572	37,723	7 million +
Wales / Cymru	9,260	2,660	400,000 +
Northern Ireland	4,416	1,330	230,000 +
UK total	169,205	47,257	8 million +

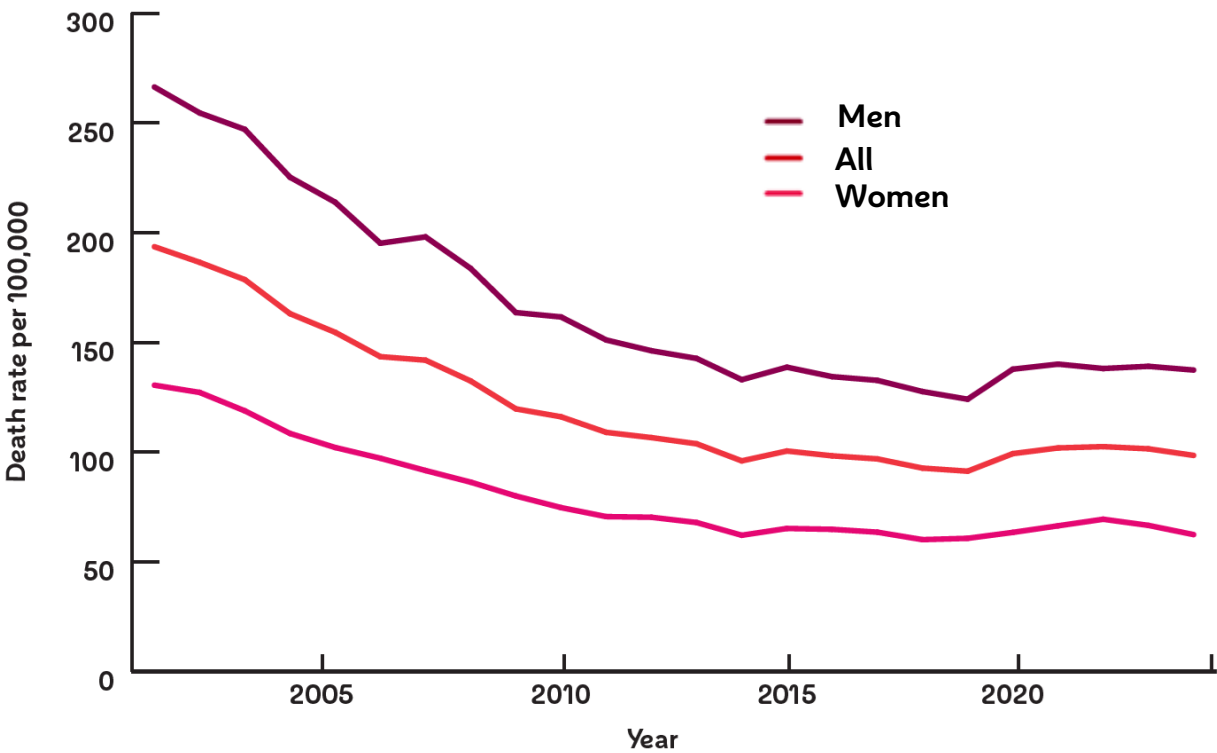
Deaths - BHF analysis of latest official statistics (ONS/NISRA/NRS); UK total includes non-residents (ONS data); ICD-10 codes I00-99, F01,Q20-8, C38.0, P29, G45
Living with CVD estimates based on latest Global Burden of Disease (GBD) estimates.

Death Rates

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

- Since 1961 the Scottish death rate from cardiovascular disease has declined by nearly **three quarters**. Death rates have fallen more quickly than the actual number of deaths because people in this country are now living longer.
- The latest (2022-24) premature (under 75) death rate for cardiovascular disease for Glasgow (133 per 100,000 people) is more than twice as high as for East Renfrewshire (63 per 100,000).
- Early death rates from cardiovascular disease (before the age of 75) are generally higher in Scotland than the rest of the UK.

Premature death rates from cardiovascular disease (CVD) Scotland



Scotland premature (under 75) cardiovascular disease (CVD) death rates 2022-24

Local Authority – Top Five	Under 75 Death Rate per 100,000 Population	Under 75 Annual Number of CVD Deaths
Glasgow City	132.7	649
North Lanarkshire	124.5	401
East Ayrshire	121.5	151
North Ayrshire	119.1	173
West Dunbartonshire	114.5	101

The Cost of Cardiovascular Disease

- NHS annual expenditure on CVD in Scotland is estimated at £950 million.
- CVD’s overall cost to the Scotland economy (including premature death, long-term care, disability and informal costs) is estimated to be £2.5 billion each year.

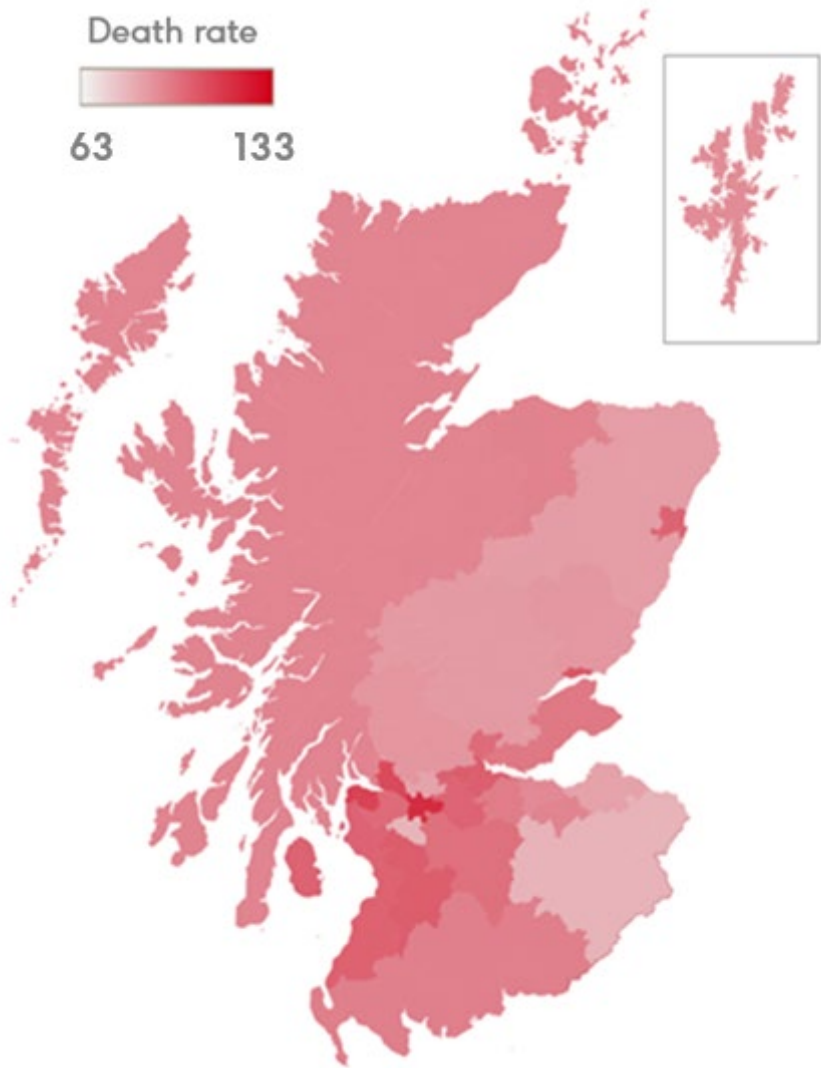
Linked conditions

- There are an estimated **910,000** people living with either a cardiovascular disease or diabetes in Scotland.
- There are an estimated **180,000** people living with a cardiovascular disease and diabetes in Scotland.

For more information consult the compendium on our website:

- Regional and local statistics

Premature cardiovascular disease (CVD) death rate by LA 2022-24



Heart Disease

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

- Heart diseases cause around one in six deaths in Scotland - that's around 11,000 deaths each year – or one death every 50 minutes.
- Around 3,800 people under the age of 75 in Scotland die from heart diseases each year.
- There are around 530,000 people living with heart disease in Scotland - an ageing and growing population could see these numbers rise further.

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

Coronary Heart Disease (CHD; 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).

- Coronary heart disease (CHD) is **one of Scotland's biggest killers**.
It is also the leading cause of death worldwide.
- CHD is responsible for around **6,900 deaths** in Scotland each year -that's an average of 19 deaths per day.
- In Scotland, one **in seven** men and **1 in 12** women die from coronary heart disease (one in nine overall).
- CHD kills more than twice **as many women** as breast cancer in Scotland: it even kills more women prematurely (before the age of 75).
- Since the BHF was established the annual number of CHD deaths in Scotland has fallen by more than half.

- CHD death rates are on average higher in Scotland than the rest of the UK.
- Around **2,800 people** under the age of 75 in Scotland die from CHD each year.
- There are around **220,000 people** in Scotland living with coronary heart disease – 140,000 men and 80,000 women.
- Coronary heart disease is the leading cause of heart attacks.

Prevalence of coronary heart disease in the most deprived areas of Scotland is over twice as high as in the least deprived.

Linked conditions

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

For more information please visit:

- Regional and local statistics
- Coronary Heart Disease

Top Five Causes of Death, Scotland 2024

Coronary Heart Disease
6,894

Dementia and Alzheimer's
6,612

Lung Cancer
3,652

Stroke
3,649

Lower Respiratory
3,429

Heart Attack (Myocardial Infarction, MI)

- There are around **10,000 hospital admissions** for heart attacks in Scotland each year: that's 28 admissions each day or 1 every 50 minutes.
- Around **150,000 people** alive in Scotland today have survived a heart attack.
- In the 1960s more than 7 out of 10 heart attacks in the UK were fatal. Today more than **7 out of 10 people survive**.



**Every
50 minutes**
in Scotland someone
is admitted to hospital
due to a heart attack

Atrial Fibrillation

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

- Around 130,000 people in Scotland 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 Scotland.

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 to one in five strokes.



Around 58,000
people in Scotland
have been diagnosed
with heart failure
by their GP

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 58,000 people in Scotland 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 country.

For more info, visit
our website:

- *Heart Failure*
- *Stroke*

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 **3,600 deaths** in Scotland each year.
- In Scotland there are around **12,500 hospital admissions** for stroke each year – that's an average of 35 per day or 1 every 40 minutes.
- Around **160,000 people** in Scotland have survived a stroke or transient ischaemic attack (TIA).
- **More than half** of stroke survivors in Scotland are under 75 years old.
- Prevalence of stroke in the most deprived areas of Scotland is more than twice that in the least deprived.

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.



For more info
please visit:

➤ *Vascular
dementia*

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 1,900 deaths each year in Scotland – 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 1 in 5 cases.
- Vascular dementia is estimated to affect at least **180,000** people in the UK.

Linked conditions

- People with a family history of coronary heart disease are significantly more 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.

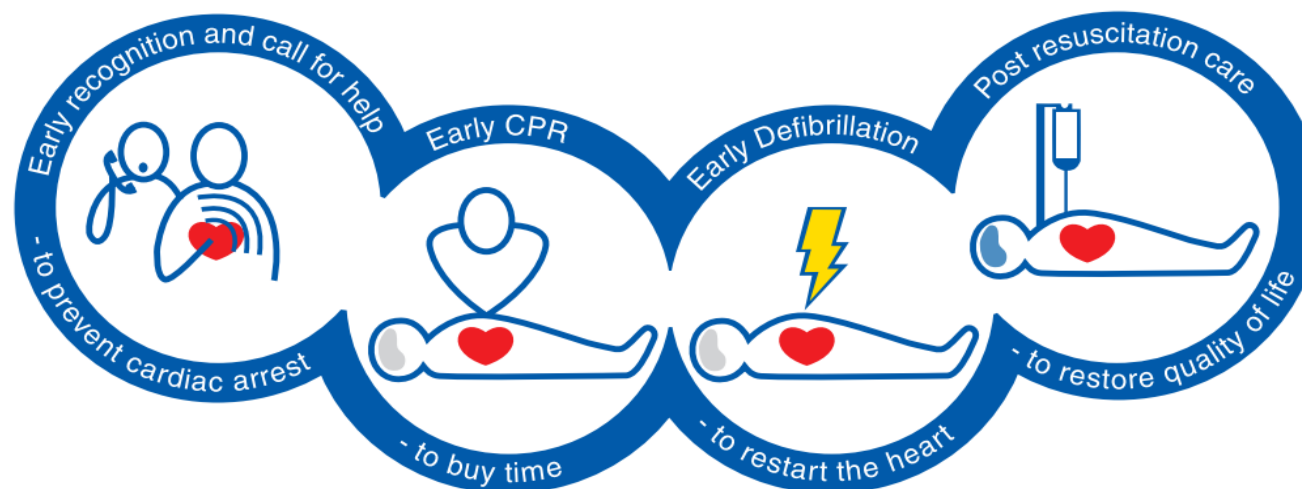
Out-of-Hospital Cardiac Arrest (OHCA)

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 around **3,800** out-of-hospital cardiac arrests (OHCAs) in Scotland each year.
- The OHCA survival rate in Scotland is less than 1 in 10.
- Every minute without cardiopulmonary resuscitation (CPR) and defibrillation reduces the chance of OHCA survival by up to 10 per cent.
- Early CPR and defibrillation can **more than double** the chances of OHCA survival.
- Public-access defibrillators (PADs) are only used in one in ten OHCAs in Scotland.
- Rates of OHCA survival are much lower in areas of greatest deprivation, but people in the most deprived areas of Scotland are twice as likely to have an out-of-hospital cardiac arrest.
- The Chain of Survival (below) is a sequence of steps that together maximise the chance of survival following cardiac arrest.



Less than 1 in 10
people survive an
out-of-hospital cardiac
arrest in Scotland



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 around 30 babies each month in Scotland - 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 **8 out of 10 survive to adulthood**.



30 babies a month are diagnosed with a congenital heart defect in Scotland

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 27,000 people in Scotland 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 22,000 people).
- Each week in the UK at least 12 young people (aged under 35) die from an undiagnosed heart condition.
- 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.



Around 50,000 people in Scotland have a gene variant that can cause an inherited heart-related condition

Risk Factors

Many different risk factors increase the likelihood of developing cardiovascular disease.

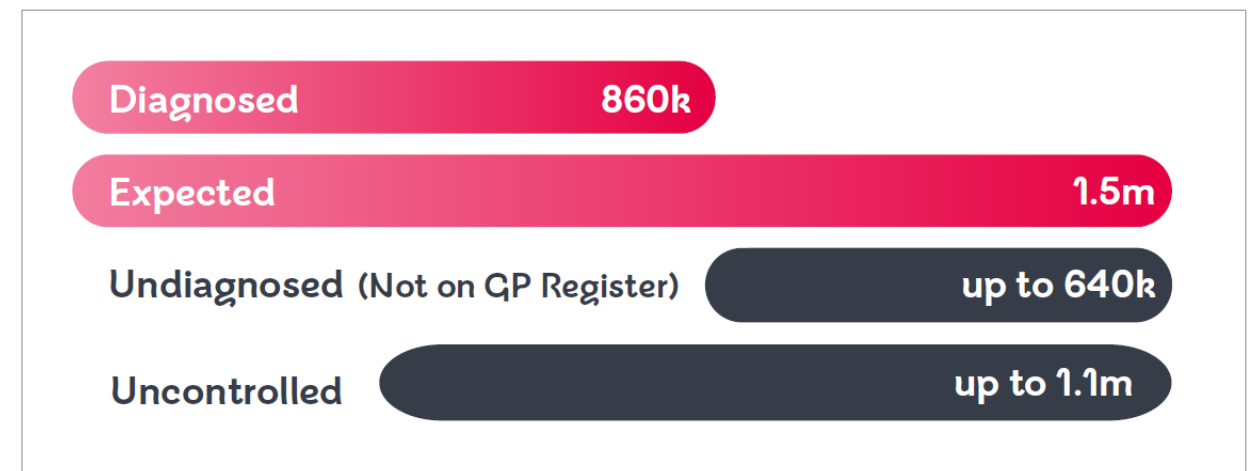
Around 75 per cent of Scotland's cardiovascular burden is associated with modifiable risk factors, which are often preventable.

High Blood Pressure (Hypertension)

- High blood pressure is the leading modifiable risk factor for cardiovascular disease in Scotland.
- An estimated **31 per cent of adults** in Scotland have high blood pressure (that's 1.5 million adults).
- Around 860,000 people are on their GP's hypertension register, but many of them will not be receiving effective treatment.
- As many as 640,000 adults with high blood pressure are undiagnosed.

Linked conditions

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



Over **50%** of heart attacks and strokes are associated with high blood pressure in Scotland



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 CVD.

- Around 370,000 adults in Scotland have been diagnosed with diabetes.
- There may be thousands more in Scotland with undiagnosed type 2 diabetes.
- Prevalence rates for diabetes in the most deprived areas of Scotland are nearly twice as high as those in the least deprived.
- Around 90 per cent of those diagnosed are living with type 2 diabetes and 10 per cent have either type 1 or rarer types.

High Cholesterol (Lipid Disorder)

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

Kidney Disease

- Impaired kidney function (renal failure or chronic kidney disease) is associated with 1 in 8 cardiovascular disease deaths in Scotland.
- It's estimated that more than one in ten people in Scotland have some degree of kidney disease. As many as 270,000 are in the severe, later stages of the condition.
- Cardiovascular and chronic 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
- In the UK, **one third** of adults with diabetes die from a cardiovascular disease



Around **370,000** adults have been diagnosed with diabetes in Scotland

For more about risk factors, visit our website:

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

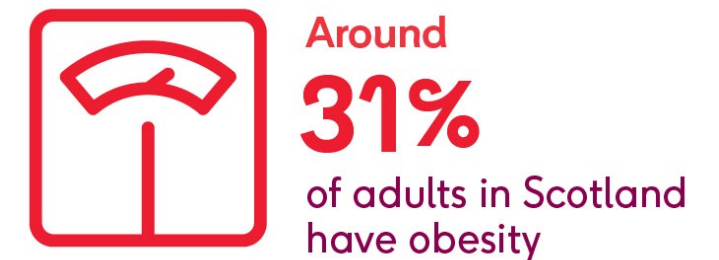
Smoking

- Up to **14 per cent** of adults smoke cigarettes in Scotland – that's around **630,000 adults**.
- There are at least **7,000** smoking-related deaths each year in Scotland.
- Each year around **2,000** deaths from cardiovascular disease in Scotland are attributable to smoking.



Overweight/Obesity

- An estimated **31 per cent** of adults in Scotland have obesity and in addition over a third (34 per cent) have a body-mass index (BMI) defined as overweight.
- **Around 1 in 3** (33 per cent) children in Scotland have a BMI defined as overweight or obese.
- In Scotland around **1 in 7** cardiovascular disease deaths are associated with a high body-mass index.



Diet and Exercise

- More than **a third** of adults in Scotland (38 per cent) do not achieve recommended levels of physical activity (150 minutes of moderate-intensity aerobic activity, or equivalent).
- Only around 1 in 5 adults in Scotland (20 per cent) eat the recommended five portions of fruit and veg per day.
- Diets low in fibre, nuts, seeds and wholegrains, and high in sugar, salt and fat, can also increase cardiovascular risk.
- Around **1 in 5** adults in Scotland (20 per cent) regularly exceed guidelines for daily alcohol intake; no level of use is without risk.



Other Risk Factors

- Poor air quality has a significant impact on cardiovascular health. Each year around **600 deaths** from cardiovascular disease in Scotland are attributable to particulate matter pollution.

Many other risk factors can affect cardiovascular risk including ageing, biological sex and gender, ethnicity, family history, COVID-19 (coronavirus), serious mental illness (SMI; psychosis, schizophrenia, bipolar affective disorder), sub-optimal temperature (cold and heat), radiation and lead exposure.

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 British Heart Foundation.

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

References

STATISTIC	REFERENCE
CARDIOVASCULAR DISEASE (CVD; HEART AND CIRCULATORY DISEASES)	
living with CVD deprived areas, with diabetes ~ deprived areas	BHF analysis of Global Burden of Disease (GBD 2025) estimates for England 2023 BHF estimate based on Scottish Health Survey ~ deprivation and comorbidities 2022 data
Forecast of CVD burden	ScotPHO (2022) The Scottish Burden of Disease (SBoD) study www.scotpho.org.uk/comparative-health/burden-of-disease/overview
CVD deaths/year (Scotland) [ICD-10 codes I00-I99, F01, G45, P29, Q20-Q28]	National Records of Scotland (NRS; 2025) Deaths, by gender, age and cause, 2024 www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/vital-events/general-publications/vital-events-reference-tables/2024
CVD deaths/year (UK)	BHF analysis of latest UK mortality statistics: ONS/NRS/NISRA (2024 data)
CVD prevalence (UK)	BHF analysis of Global Burden of Disease (GBD 2025) estimates for England 2023
CVD death rates; local death rates (Scotland)	BHF analysis of NRS (2022-24) mortality data for Scottish local authorities; map created in Tableau (NB local data ICD-10 I00-99 only)
CVD healthcare cost; economic (overall) cost	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
HEART DISEASES	
Deaths [ICD-10 I01; I03-52, Q20-6]	BHF analysis of NRS Scotland 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 (IHD); CORONARY ARTERY DISEASE (CAD))	
CHD was biggest killer Scotland; vs breast cancer ~ worldwide	National Records of Scotland (2025) Deaths, by gender, age and cause, 2024 www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/vital-events/general-publications/vital-events-reference-tables/2024 ~ Global Burden of Disease and World Health Organization, 2023 estimates
CHD death rates	BHF analysis of NRS (2022-24) mortality data
living with CHD; sex split	BHF analysis of Public Health Scotland GP data 2025 with adjustments for missing practices
Prevalence rates higher in deprived areas	BHF analysis of Scottish Government (2023) Scottish Health Survey 2022 data
<i>Linked conditions:</i> twice as likely to have a stroke	stroke.ahajournals.org/content/22/8/983
HEART ATTACK (MYOCARDIAL INFARCTION)	
heart attack hospital admissions / year	Public Health Scotland (2026) hospital data three-year average to 2024/25 (original data via correspondence)
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) NB Scottish MI hospital survival data is in PHS Scottish heart disease statistics series; older total Scottish case fatality rates in our 2012 compendium
MI survivors	BHF estimate based on Scottish Health Survey 2021 data using NRS population estimates

STATISTIC	REFERENCE
ATRIAL FIBRILLATION (AF)	
diagnosed with AF	BHF analysis of Public Health Scotland GP data 2025 with adjustments for missing practices
5 times more likely to have a stroke	Marini C, De Santis F, Sacco S, Contribution atrial fibrillation to.... www.ncbi.nlm.nih.gov/pubmed/15879330
Contributor to 1 in 5 strokes	Royal College of Physicians Sentinel Stroke National Audit Programme (SSNAP) [NB this audit does not include Scotland]
HEART FAILURE	
diagnosed prevalence - by GP	BHF analysis of Public Health Scotland GP data 2025 with adjustments for missing practices
Further diagnoses in secondary care - UK estimate including secondary care diagnoses over 50% higher	Conrad, N; Judge, A, Tran, J et al. Temporal trends and patterns in heart failure incidence: a population-based study of 4 million individuals, The Lancet, 2018; 391, 10120 www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)32520-5/fulltext?elsca1=tlpr
STROKE (CEREBROVASCULAR DISEASE)	
stroke deaths	National Records of Scotland (2025) Deaths, by gender, age and cause, 2024 www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/vital-events/general-publications/vital-events-reference-tables/2024
stroke hospital admissions	Public Health Scotland (2026) hospital data three-year average to 2024/25 (original data via correspondence)
stroke/TIA survivors (prevalence)	BHF analysis of Public Health Scotland GP data 2025 with adjustments for missing practices
u75 stroke survivors	BHF analysis of The Health Intelligence Network (THIN) prevalence data, IQVIA/IMRD 2018
prevalence rates higher in deprived areas	BHF analysis of Scottish Government (2023) Scottish Health Survey 2022 data
<i>Linked conditions:</i> People with heart failure are 2-3 times more likely to have a stroke.	stroke.ahajournals.org/content/42/10/2977
<i>Linked conditions:</i> Diabetes and stroke (x2)	www.ncbi.nlm.nih.gov/pmc/articles/PMC5298897/
VASCULAR DEMENTIA	
deaths; underestimate/diagnoses	National Records of Scotland (2025) Deaths, by gender, age and cause, 2024 www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/vital-events/general-publications/vital-events-reference-tables/2024 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/
UK prevalence	NHS England website www.nhs.uk/conditions/vascular-dementia
<i>Linked conditions:</i> People with a history of heart disease	[for heart attacks] www.ahajournals.org/doi/full/10.1161/circulationaha.117.029127 [for atherosclerosis] 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)	
OHCA volume/year; survival rate Deprivation/survival; PAD use	Scottish Ambulance Service (2026) Scottish Out-of-Hospital Cardiac Arrest Report 2024-25 www.scottishambulance.com/publications/Out-of-Hospital-Cardiac-Arrest-Annual-Report [volume is a three-year average to 2024/25 – NB these are OHCA events with resuscitation attempts only]
Every min & CPR doubles chances of survival	Resuscitation Council (2025) Resuscitation Guidelines 2025 www.resus.org.uk/professional-library/2025-resuscitation-guidelines/

STATISTIC	REFERENCE
CONGENITAL HEART DISEASE	
1:150 babies diagnosed	BHF estimate for Scotland based on NHS England (2024) NCARDRS congenital anomaly statistics: 2021 data https://digital.nhs.uk/data-and-information/publications/statistical/ncardrs-congenital-anomaly-statistics-annual-data/
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
Survival comparison (pre-BHF/today)	MacMahon BMJ https://heart.bmj.com/content/heartjnl/15/2/121.full.pdf and British Cardiac Society https://heart.bmj.com/content/88/suppl_1/i1
INHERITED (GENETIC) CONDITIONS	
with inherited heart condition; with gene variant	BHF estimate for Scotland 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 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 young, EP Europace NB see also Bhatia et al (2024) Understanding Cardiac & Sudden Death in Young Individuals, BMJ
RISK FACTORS	
Hypertension - High Blood Pressure	
Adults living with hypertension, control rates	BHF analysis of Scottish Government (to 2024) Scottish Health Survey 2023
Diagnosed numbers (at GP)	BHF analysis of Public Health Scotland GP data 2025 with adjustments for missing practices
Undiagnosed estimates	BHF estimate based on Scottish Health Survey findings and data from primary care registers
#1 modifiable risk factor in Scotland	Global Burden of Disease (GBD 2025) Scotland estimates 2023
<i>Linked conditions:</i> heart attacks strokes high blood pressure	Global Burden of Disease (GBD 2025) Scotland risk burden estimate 2023
Diabetes	
Adults with diagnosed diabetes ~ undiagnosed	BHF analysis of Public Health Scotland GP data 2025 with adjustments for missing practices Diabetes UK www.diabetes.org.uk/professionals/position-statements-reports/statistics
Prevalence rates higher in deprived communities	BHF analysis of Scottish Health Survey 2022 data
<i>Diabetes:</i> 2-3 times more likely to develop CVD, twice as likely to die from heart disease or stroke	circ.ahajournals.org/content/59/1/8.short www.ncbi.nlm.nih.gov/pmc/articles/PMC2809299/
<i>Diabetes:</i> In the UK, one third of adults with diabetes die from cardiovascular disease	National Diabetes Audit (NDA) Complications and Mortality Dashboard, data to 2022 – ratios vary by condition and diabetes type (NB Eng & Wales only) https://digital.nhs.uk/data-and-information/clinical-audits-and-registries/national-diabetes-audit/dashboards
Kidney Disease	
Kidney dysfunction/ CKD – associated deaths	Global Burden of Disease (GBD) (2025) Scotland mortality estimates 2023
Prevalence estimates	Kidney Research UK (2024) Chronic Kidney Disease: An Action Plan for Scotland www.kidneyresearchuk.org/wp-content/uploads/2024/11/KRUK-Chronic-Kidney-Disease-Scottish-Action-Plan.pdf NB Alternative prevalence estimate 190k - BHF analysis of Public Health Scotland GP data 2025 with adjustments for missing practices

STATISTIC	REFERENCE
RISK FACTORS (continued)	
Smoking	
adults smoking ~ number of cigarette smokers	Scottish Government (2025) Scottish Health Survey 2024 www.gov.scot/collections/scottish-health-survey/ BHF analysis using NRS population estimates; also ONS (2025) Annual Population Survey (APS) 2024 has 12% prevalence
smoking-related deaths; cardiovascular disease deaths	ASH Scotland https://ashscotland.org.uk/facts-statistics-information-briefings/ NB GBD has a higher total mortality count (9k/year) Global Burden of Disease (GBD) (2025) Scotland CVD mortality estimates 2023
smoking-related admissions	ASH Scotland https://ashscotland.org.uk/learn/facts-statistics/
Other risk factors	
Obesity, physical activity, 5-a-day, alcohol	Scottish Government (2025) Scottish Health Survey 2024 www.gov.scot/collections/scottish-health-survey/ NB results should not be compared directly with pre-pandemic data – also adult five-a-day is from 2021 survey (2024 data not cited)
Air pollution, high cholesterol, high-BMI mortality	Global Burden of Disease (GBD 2025) Scotland mortality estimates 2023

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