



UK Cardiovascular Disease Factsheet

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Today in the UK

460

people will die
from cardiovascular
disease (CVD)...

... around

130

younger
than

of them
will be

75

8m+

people are living
with cardiovascular
disease (CVD)

270

hospital admissions
will be due to a
heart attack

170

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 (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 over 8 million people living with cardiovascular disease in the UK – over 4 million males and over 4 million females.
- An ageing and growing population and improved survival rates from cardiovascular events could see these numbers rise still further – we forecast that there could be up to 1 million more people living with cardiovascular disease in the UK by 2030, and up to 2 million more than today by 2040.
- We estimate that in the UK more than half of us will develop a cardiovascular condition in our lifetime.
- Twice as many people are living with cardiovascular disease in the UK than with cancer and Alzheimer's disease combined.
- Cardiovascular disease causes around a quarter (26 per cent) of all deaths in the UK; that's around 170,000 deaths a year, or 460 each day – one every three minutes.
- Around 47,000 people under the age of 75 in the UK die from cardiovascular disease each year.
- Since the BHF was established the annual number of deaths cardiovascular disease in the UK has **fallen by nearly half**.
- In 1961, more than half of all deaths in the UK were attributed to cardiovascular disease (320,000 deaths).



8 million+
people are living with
cardiovascular disease in the UK

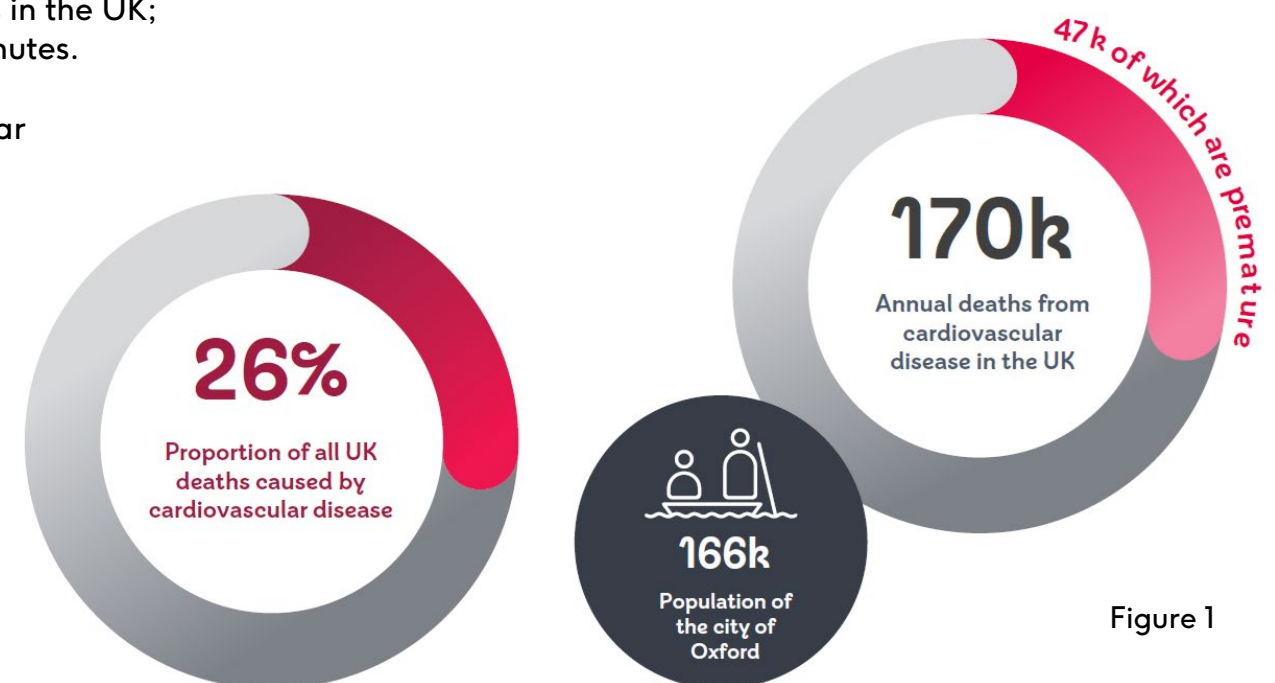


Figure 1

Linked conditions

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

Deaths from and numbers living with cardiovascular disease

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 Nomis 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) data.

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 UK's age-standardised death rate from cardiovascular disease (CVD) has declined 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, England (136 per 100,000 people; 2022/24) was more than three times that of Wealden in East Sussex, England (43 per 100,000).
- Early death rates from cardiovascular disease (before the age of 75) are highest in the north of England, central Scotland and the south of Wales, and lowest in the south of England.

Premature death rates from cardiovascular disease, UK, 2001 to 2024

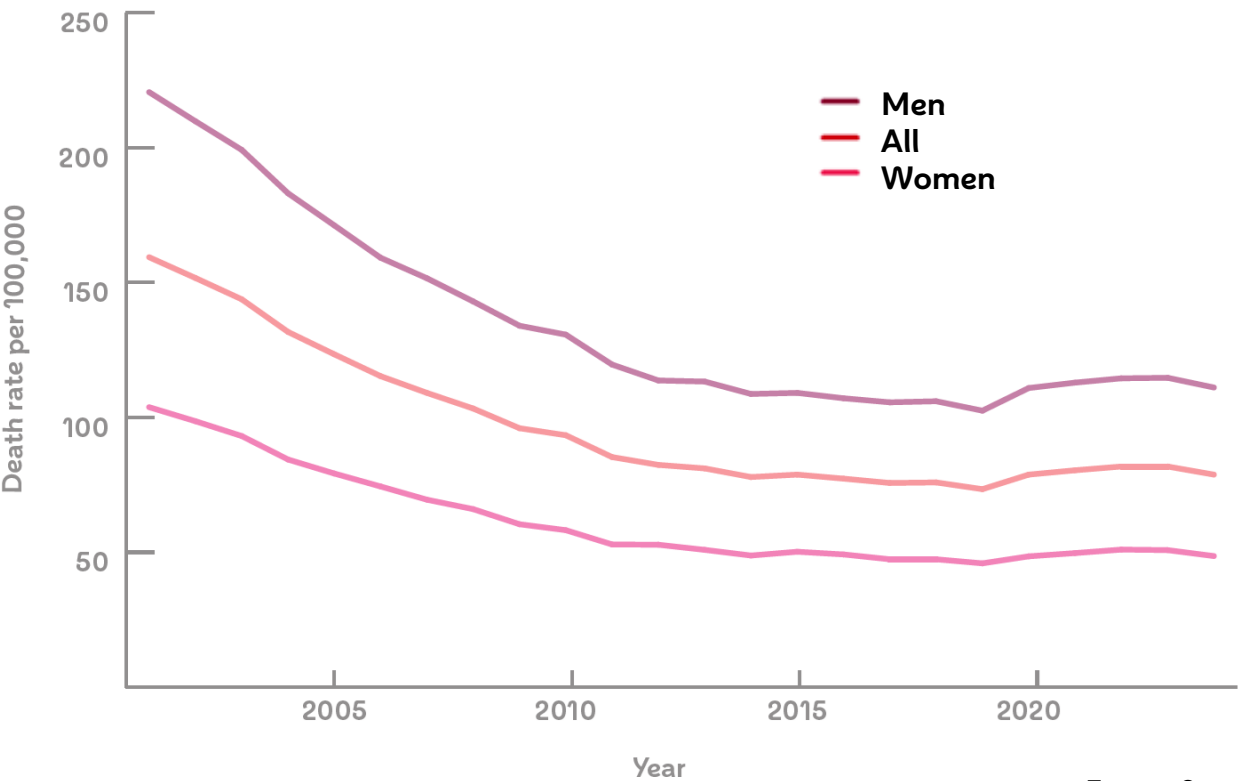
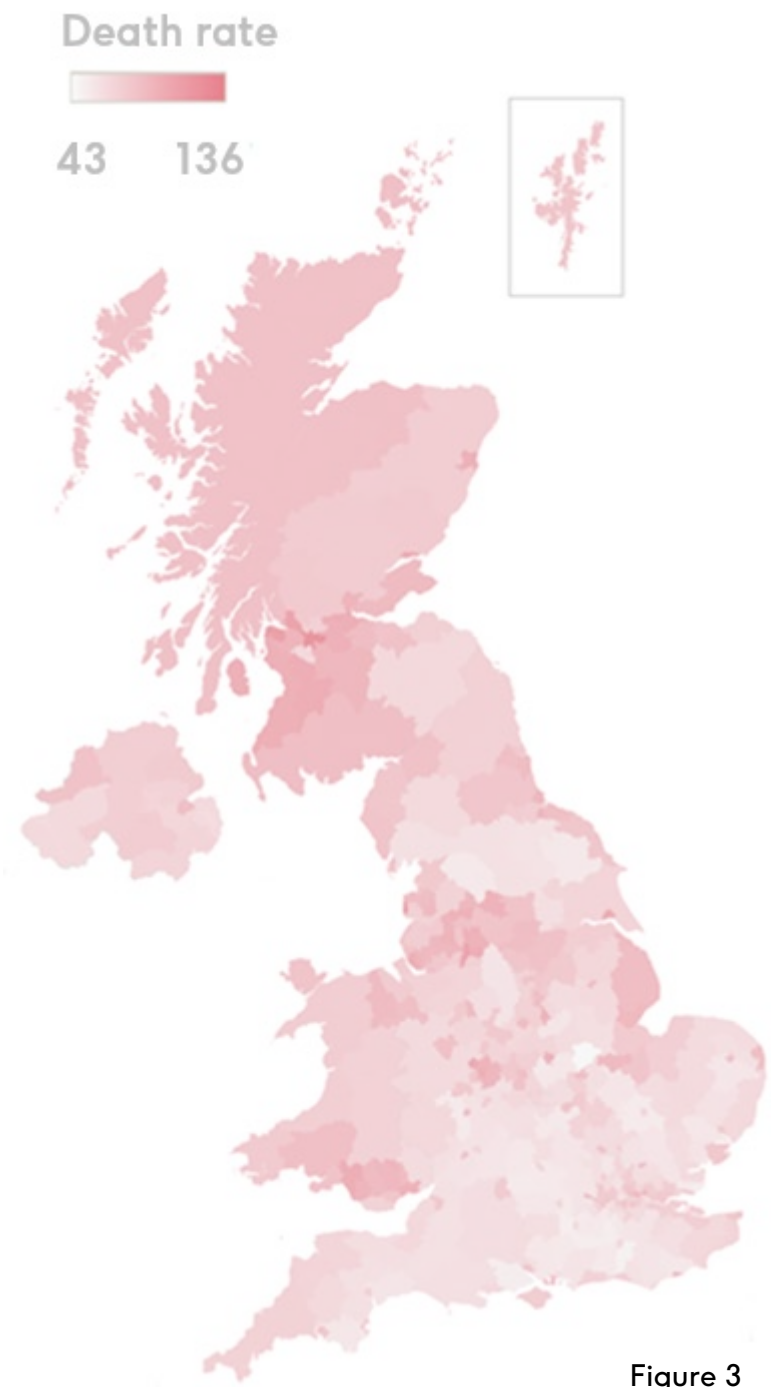


Figure 2

Top five UK premature cardiovascular disease (CVD) death rates 2022-24

Local Authority	Location	Under 75 Death Rate per 100,000 People	Under 75 Annual Number of CVD Deaths
Blackpool	North West England	136.1	183
Glasgow City	Scotland	132.7	649
Kingston Upon Hull	Yorkshire & Humber	125.3	270
North Lanarkshire	Scotland	124.5	401
East Ayrshire	Scotland	121.5	151

UK premature CVD death rate by local authority 2022-24



The cost of cardiovascular disease (CVD)

- Healthcare (NHS) costs relating to cardiovascular disease are estimated at £12 billion each year.
- CVD’s cost to the UK economy (including premature death, long-term care, disability and informal costs) is estimated to be £29 billion each year.

The total annual healthcare cost of cardiovascular disease in the UK is around



For more information please consult the compendium on our website:

➤ Regional and local statistics

Figure 3

Heart Disease

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

- Heart diseases cause around one in six deaths in the UK - that's around 110,000 deaths each year – or one death every 5 minutes.
- Around 36,000 people under the age of 75 in the UK die from heart diseases each year.
- There are around 5 million people living with heart disease in the UK - 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).

- CHD is one of the UK's leading causes of death.
- CHD is the **leading cause of premature death** in the UK (before the age of 75).
- CHD is responsible for **around 63,000** deaths in the UK each year, an average of 170 people each day, or one death every eight minutes.
- In the UK, **one in eight** men (the single biggest male killer) and **one in 15** women die from coronary heart disease.
- CHD kills around twice as many women in the UK as breast cancer – it even kills more women prematurely (before the age of 75).



**Every
8 minutes**
someone in the UK
dies from coronary
heart disease

- Around **24,000** people under the age of 75 in the UK die from CHD each year.
- CHD death rates are highest in Scotland and the north of England.
- Since the BHF was established the annual number of CHD deaths in the UK has **fallen by more than half**.
- There are **2.3 million** people in the UK living with CHD – around 1.5 million men and more than 800,000 women.

Around 90 per cent of CHD burden in the UK is associated with modifiable risk factors, which are often preventable.

Top Five Single Biggest Killers in the UK, 2024

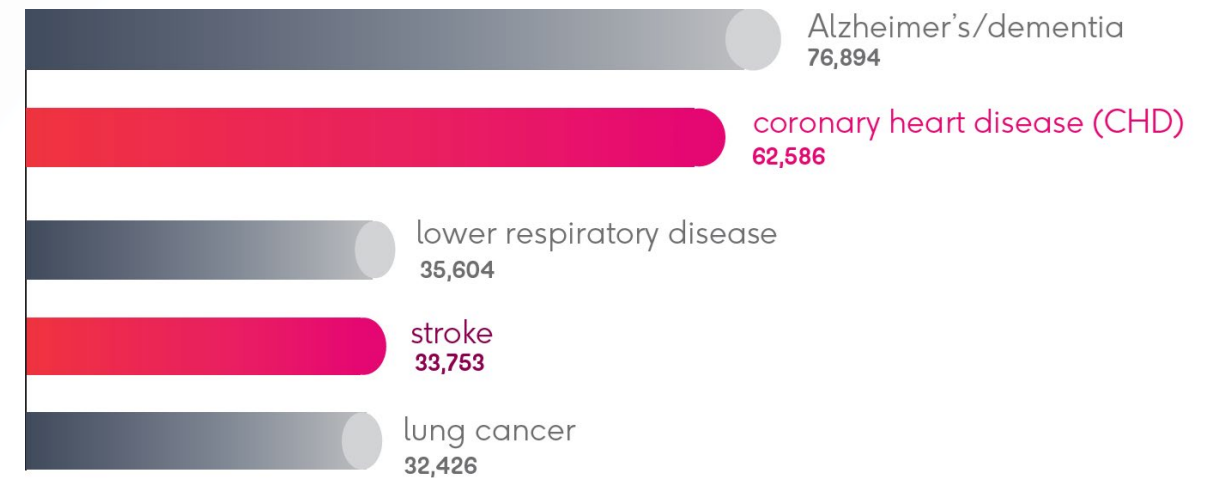


Figure 4



2.3 million

Number of people living
with coronary heart
disease in the UK

For more information
please visit:

- *Regional and local statistics*
- *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**.

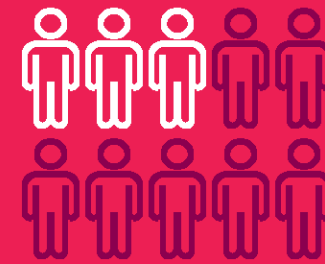
Heart Attack (Myocardial Infarction)

- In the UK around 100,000 hospital admissions each year are due to heart attacks; that's 270 admissions each day or **one every five 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**.
- It is estimated that **around 1.4 million** people alive in the UK today have survived a heart attack – around one million men and 400,000 women.



**Every
5 minutes**

someone is admitted
to a UK hospital due
to a heart attack



7 out of 10

**Survival rate for heart
attacks in the UK
today**

For more info
please visit:

- *Heart Attacks*
- *Atrial
Fibrillation*

Atrial Fibrillation

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

- Around 1.7 million people in the UK have been diagnosed with atrial fibrillation, but a significant proportion of them are not treated effectively.
- 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 the UK.

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 the UK.

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.



People with heart failure are **2-3 times more likely** to have a stroke

- In total it's estimated that **over one million people** in the UK have heart failure.
- There are at least **200,000 new diagnoses** of heart failure every year in the UK.
- More than **820,000 people** in the UK are on their GP's heart failure register.
- Research suggests that up to **80 per cent** of heart failure diagnoses in England are made in hospital, despite **40 per cent** of patients having symptoms that should have triggered an earlier assessment.

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.



- Stroke is one of the UK's biggest killers, causing around **34,000 deaths** each year.
- There are more than **100,000 strokes** in the UK each year. That's a stroke at least every five minutes.
- At least **1.5 million people** in the UK have survived a stroke or transient ischaemic attack (TIA).
- Around one in four strokes in the UK occur in people of working age.
- Stroke is the single biggest cause of **severe disability** in the UK.

Linked conditions

- People with heart failure or coronary heart disease are **2-3 times more likely** to have a stroke.
- People with diabetes are up to **four times more likely** to be admitted to hospital with a stroke.

For more info please visit:

- *Heart Failure*
- *Stroke*

Nearly **80 per cent** of stroke burden in the UK is associated with modifiable risk factors, which are often preventable.

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 14,000 deaths** each year in the UK – 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 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.

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.

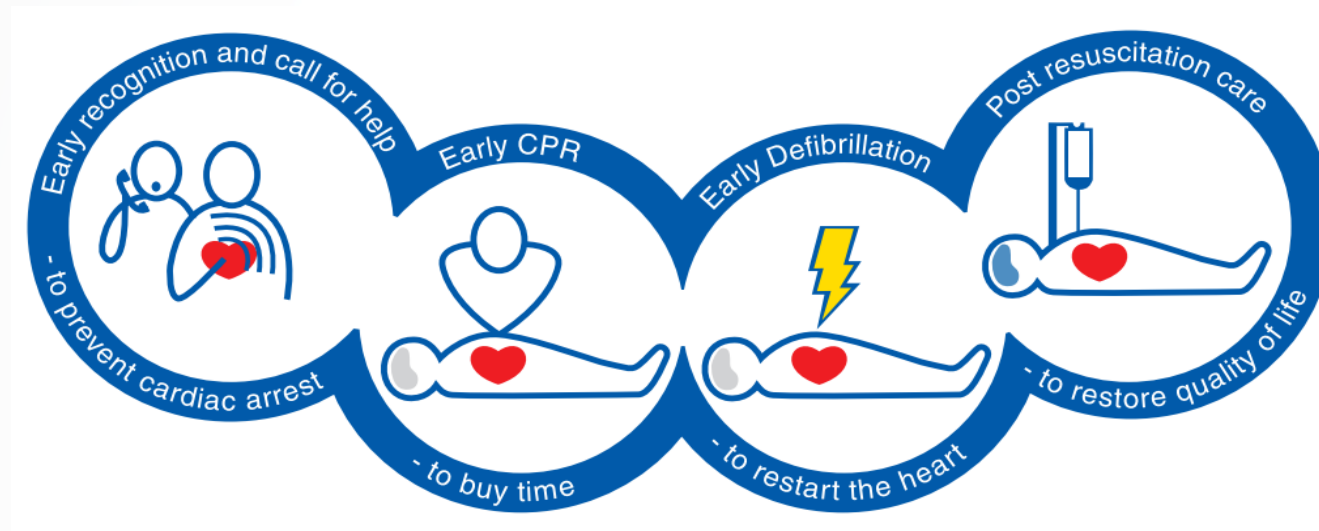
- There are **more than 40,000** out-of-hospital cardiac arrests (OHCAs) in the UK each year.
- The estimated OHCA survival rate in the UK is **less than one in ten**.
- Every minute without cardiopulmonary resuscitation (CPR) and defibrillation reduces the chance of OHCA survival by up to ten per cent.
- Early CPR and defibrillation can **more than double** the chances of OHCA survival.
- It's estimated that public-access defibrillators (PADs) are used in less than ten per cent of OHCAs in the UK.
- The **Chain of Survival** (below) is a sequence of steps that together maximise the chance of survival following cardiac arrest.



There are more than **40,000** out-of-hospital cardiac arrests in the UK 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 day in the UK – with more diagnoses later in life. Estimates suggest as many as 1-2 per cent of the population may be affected.
- Heart defects are the most common congenital anomaly in babies born in the UK.
- Heart disease is the biggest cause of perinatal and infant mortality from congenital anomalies in the UK.
- 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 the UK there are more adults than children living with congenital heart disease.



13 babies a day are diagnosed with a congenital heart defect in the UK

For more info visit:

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

Inherited (Genetic) Conditions

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

- An estimated 340,000 people in the UK 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 a higher risk of dying suddenly at a young age, including familial hypercholesterolaemia (FH; 1 in 250, or 270,000 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 the UK at least 12 young people (aged under 35) die from an undiagnosed heart condition.



Around 620,000 people in the UK have a gene variant that can cause an inherited heart-related condition

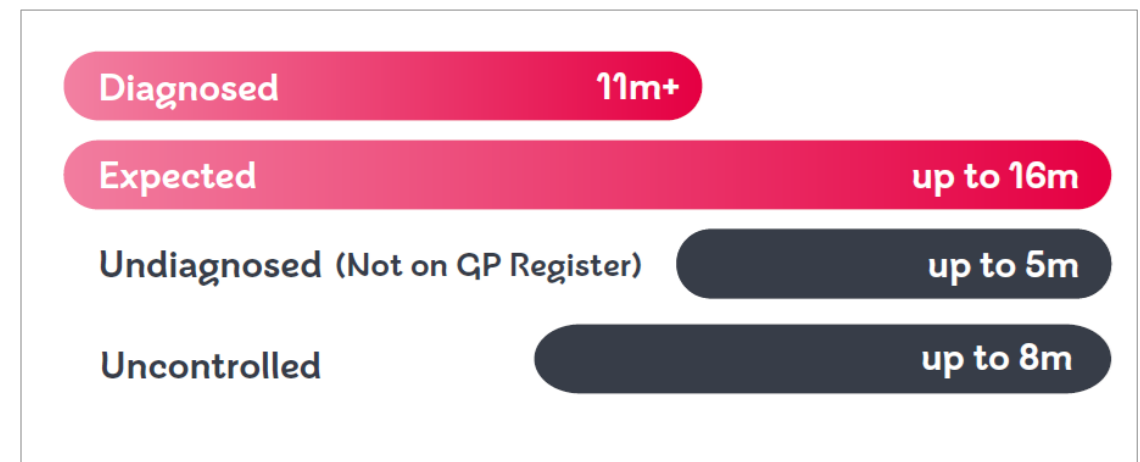
Risk Factors

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

Around 70 per cent of the UK'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 the UK, and is linked to around 80,000 cardiovascular deaths each year.
- An estimated **30 per cent of adults** in the UK have high blood pressure – that's around **16 million** adults – up to half of them are not receiving effective treatment.
- More than **11 million** people in the UK have been diagnosed with high blood pressure by their GP – meaning up to **5 million** adults could be undiagnosed.
- In the UK, it's estimated that **up to 8 million** people are living with undiagnosed or uncontrolled high blood pressure.



Linked conditions

- Around **50 per cent** of heart attacks and strokes are associated with high blood pressure in the UK

For more info,
visit:

➤ *High BP*



Around

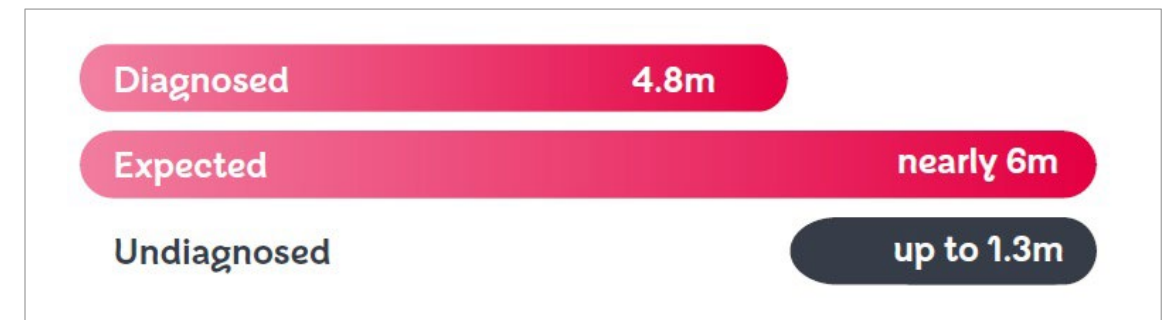
30%

of adults have
high blood pressure
in the UK

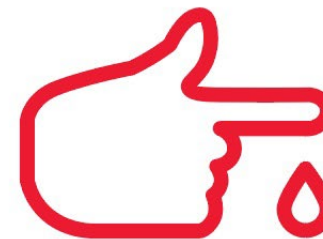
Diabetes

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.

- It's estimated that nearly 6 million people have diabetes in the UK.
- Around 4.8 million adults in the UK 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 as many as 1.3 million people in the UK are likely to have undiagnosed type 2 diabetes.



Nation	Adults diagnosed with diabetes
England	4.1 million
Scotland	360,000
Wales	220,000
Northern Ireland	120,000
UK	4.8 million



In the UK **one third** of adults with diabetes die from cardiovascular disease

Linked conditions

- Adults with diabetes 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 the UK, an estimated 29 per cent of people with heart failure also have diabetes, rising to 37 per cent for those admitted to hospital.
- In the UK, diabetes is associated with an estimated 1 in 10 cardiovascular deaths.

For more info,
visit our website:

➤ *Diabetes*

High Cholesterol (Lipid Disorders)

- High LDL (bad) cholesterol is associated with around 1 in 5 cardiovascular disease deaths in the UK.
- It's estimated that around half of adults in the UK are living with cholesterol levels above national guidelines total cholesterol (greater than 5mmol/L) but many people living with cardiovascular disease will have an even lower target cholesterol level.

Kidney Disease

- Impaired kidney function (renal failure) is associated with around 1 in 10 cardiovascular disease deaths in the UK.
- It's estimated that around 7.2 million people in the UK are living with chronic kidney disease (CKD) – around 2.8 million of them have 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.

Overweight & Obesity

- Around three in ten (**30 per cent**) adults in the UK have obesity and in addition more than one in three (**36 per cent**) have a body-mass index (BMI) defined as overweight.
- It's estimated that more than one in four children (**26 per cent**) in the UK have a BMI defined as overweight or obese.
- In the UK around 1 in 9 cardiovascular deaths are associated with a high body-mass index – that's over 21,000 each year.

Smoking

- **Around 1 in 8** adults smoke cigarettes in the UK – that's 6-7 million adults.
- In the UK it's estimated that at least **80,000** deaths each year can be attributed to smoking-related causes.
- It's estimated that as many as **18,000 deaths** in the UK each year from cardiovascular disease can be attributed to smoking.

For more info, visit our website:

- *High Cholesterol*
- *Kidney Failure*
- *Smoking*



Around
1 in 8
adults smoke
in the UK

Diet & Physical Activity

- Only **around three in ten** adults in the UK consume the recommended minimum five portions of fruit and vegetables per day.
- Diets low in fibre, nuts, seeds and wholegrains, and high in sugar, salt and fat, can also increase cardiovascular risk.
- Around **a quarter of adults** in the UK exceed national guidelines for weekly alcohol intake; no level of use is without risk.
- **Around one in three** (32 per cent) of adults in the UK do not achieve recommended levels of physical activity (150 minutes of moderate intensity activity each week, or 75 minutes of vigorous activity).
- Research suggests that being physically active can reduce cardiovascular risk by up to **35 per cent**.

Air Pollution

- It's estimated that at least **9,000** cardiovascular (CVD) deaths in the UK are attributable to particulate matter pollution (PMP) each year.

Other Risk Factors

Other 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 (excess cold and heat)
- Radiation and lead exposure



of adults in the UK do not meet physical activity recommendations

For further information on the effect of sex and ethnicity on cardiovascular risk, please see BHF's *Bridging Hearts* report.

This report also includes a section on serious mental illness.

➤ *Bridging Hearts*

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.

We are the **biggest independent funder** of cardiovascular research in the UK.

Find out more at bhf.org.uk

More BHF Health Statistics

Including additional content and local statistics
Please visit [our website](https://bhf.org.uk)

This factsheet compiled by British Heart Foundation, July 2026.

Other factsheets - England, Scotland, Wales, Northern Ireland, Global.

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 the UK

References

STATISTIC	REFERENCE
CARDIOVASCULAR DISEASE (CVD; HEART AND CIRCULATORY DISEASES)	
CVD deaths, u75/men/women - Figs 1 & 2: CVD deaths [ICD-10 codes I00-I99, C38.0, F01, G45, P29, Q20-Q28]	BHF analysis of ONS Nomis (England & Wales), NRS (Scotland) and NISRA (Northern Ireland) 2024 mortality data
Numbers living with CVD	BHF analysis of Global Burden of Disease (GBD) estimates for UK 2023 – published Nov 2025
CVD prevalence projections	BHF (2024) UK forecasts based on ONS population projections and latest CVD demographic profile (i.e. assumes unchanged epidemiology)
CVD lifetime prevalence	BHF (2020) UK estimate based on patient, health and population data (ONS, GBD, IQVIA and health surveys)
Cancer and Alzheimer's combined prevalence (c.4.2m)	[cancer c.3.5m] www.macmillan.org.uk/about-us/latest-news/news-and-stories/change-is-needed-3-5-million [Alzheimer's – up to 70% of all dementias = c.700k] www.alzheimers.org.uk/about-us/news-and-media/facts-media
CVD ASDRs (premature u75 death rates) Fig 3	BHF analysis of OHID (England) ONS Nomis (Wales), NRS (Scotland) and NISRA 2021-23 mortality data (NB local data ICD-10 I00-99 only);
CVD economic cost ~ healthcare costs	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 health 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 UK 2000-2014: 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 (England & Wales), NRS (Scotland) and NISRA (Northern Ireland) 2024 mortality data (some splits missing for SCO/NI)
Heart disease prevalence	BHF UK 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 deaths, vs breast cancer, prem deaths; Fig 4	BHF analysis of latest UK mortality statistics: ONS/NRS/NISRA (2024 data)
#1 killer worldwide	Global Burden of Disease and World Health Organization, 2023 & 2021 mortality estimates
living with CHD	BHF analysis of QOF/QAIF/GP prevalence data to 2024/25; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
HEART ATTACK (MYOCARDIAL INFARCTION, MI)	
hospital admissions	UK hospital statistics 2024/25 data; NHS England/Public Health Scotland/NHS Wales/DH Northern Ireland
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)
survived MI	BHF analysis of national health survey prevalence data and ONS population estimates
up to 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 www.ncbi.nlm.nih.gov/pubmed/15879330
Associated with 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]

STATISTIC	REFERENCE
ATRIAL FIBRILLATION (AF)	
diagnosed with AF ~ not treated effectively	BHF analysis of QOF/QAIF/GP prevalence data to 2024/25; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland – QOF achievement data (England/Northern Ireland only)
up to 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 www.ncbi.nlm.nih.gov/pubmed/15879330
Associated with 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 by GP	BHF analysis of QOF/QAIF/GP prevalence data to 2024/25; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
diagnoses/year	Conrad, N; Judge, A, Tran, J et al. Temporal trends and patterns in heart failure incidence The Lancet, 2018; 391, 10120 www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)32520-5/
prevalence (includes undiagnosed estimate)	British Society of Heart Failure (BSH) correspondence/estimate (June 2023)
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, CBVD)	
UK stroke deaths	BHF analysis of latest UK mortality statistics: ONS/NRS/NISRA (2024 data)
strokes/ year	Stroke Association estimate for UK based on SSNAP audit data
stroke/TIA survivors	BHF analysis of QOF/QAIF/GP prevalence data to 2024/25; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
1 in 4 at working age; #1 severe disability	Stroke Association (2018) State of the nation: Stroke statistics [archive not available] – 2016 edition www.mynewsdesk.com/uk/stroke-association/documents/state-of-the-nation-stroke-statistics-54459
<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	
UK deaths; underestimate/diagnoses	BHF analysis of latest UK mortality statistics: ONS/NRS/NISRA (2024 data) 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 website www.nhs.uk/conditions/vascular-dementia
<i>Linked conditions:</i> family history	[heart attack] www.ahajournals.org/doi/full/10.1161/circulationaha.117.029127 [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> with diabetes	www.ncbi.nlm.nih.gov/pmc/articles/PMC2174783/

STATISTIC	REFERENCE
OUT-OF-HOSPITAL CARDIAC ARREST (OHCA)	
UK OHCA/year; less than 10% survival NB all statistics are for resus attempts only (i.e. fewer than half of OHCA's attended) volumes and survival rates only routinely published for England & Scotland	NHS England (2026) Ambulance Quality Indicators (www.england.nhs.uk/statistics/statistical-work-areas/ambulance-quality-indicators/) Scottish Government (2025) Out-of-Hospital Cardiac Arrest Report to 2023/24 www.scottishambulance.com/publications/Out-of-Hospital-Cardiac-Arrest-Annual-Report/ 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
Every min & CPR more than doubles survival Public-access defibrillator (PAD) use	Resuscitation Council (2025) Resuscitation Guidelines 2025 www.resus.org.uk/professional-library/2025-resuscitation-guidelines/ [cites UK 43k annual volume] see also University of Warwick (2025), Out-of-Hospital Cardiac Arrest Outcomes Registry Epidemiology Report (England) https://warwick.ac.uk/fac/sci/med/research/ctu/trials/ohcao/publications/epidemiologyreports/ and Scottish Government report; link above
CONGENITAL HEART DISEASE	
1:150 babies diagnosed; ranking #1, mortality	NHS England (2024) NCARDRS congenital anomaly statistics: 2021 data ~ BHF UK estimate 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 (http://heart.bmj.com/content/heartjnl/15/2/121.full.pdf) and British Cardiac Society https://heart.bmj.com/content/88/suppl_1/i1
UK adult versus child prevalence	Child estimate range (live birth incidence of 1:150 to 1% of population) at 100k -150k; adult estimates (NHS England) at more than 4 in 1,000 ~ 200k+ www.england.nhs.uk/wp-content/uploads/2018/08/Congenital-heart-disease-specification-adults.pdf
INHERITED (GENETIC) CONDITIONS	
340k inherited heart conditions; 620k UK with faulty gene	BHF UK estimate derived from PHG Foundation, <i>Heart to Heart: inherited cardiovascular conditions services</i> (2009); updated to reflect revised prevalence estimates – see Wald et al (FH - 2016; below) and Tayal & Prasad (DCM - 2017) NB only one third of the burden of dilated cardiomyopathy (DCM) is estimated to be inherited – that proportion is included here
1:250 with familial hypercholesterolaemia (FH)	NB average recent prevalence estimate 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 (http://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 (hypertension) estimate	BHF analysis of UK surveys (NHS England/ Scottish Government/StatsWales/DH Northern Ireland) and ONS UK population estimates
Diagnosed hypertension (in primary care/by GP)	BHF analysis of QOF/QAIF/GP prevalence data to 2024/25; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
High BP/CVD risk	Vasan et al NEJM 2001 (www.ncbi.nlm.nih.gov/pubmed/11794147/)
<i>Linked conditions:</i> Around half of heart attacks and strokes are associated with high blood pressure	Global Burden of Disease (GBD 2025) UK risk burden estimate 2023 (also #1 modifiable risk factor)

STATISTIC	REFERENCE
RISK FACTORS (continued) - Diabetes	
adults diagnosed with diabetes	BHF analysis of QOF/QAIF/GP prevalence data to 2024/25; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
estimated prevalence; undiagnosed	Diabetes UK (2025) www.diabetes.org.uk/about-us/about-the-charity/our-strategy/statistics
<i>Linked conditions:</i> In the UK, one third of adults with diabetes die from a heart or circulatory disease (CVD); x3 x5 more likely – CVD admissions and deaths	National Diabetes Audit (NDA) Complications & Mortality Dashboard, annual data to 2023 – ratios vary by condition / diabetes type (Eng & Wal data) 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 (E&W data)
High Cholesterol (Lipid Disorders)	
Raised cholesterol	BHF estimates – data only available from NHS England (Health Survey for England 2024); not available for other UK nations
Mortality risk (LDL cholesterol)	Global Burden of Disease (GBD; 2025) 2023 UK estimates
Kidney Disease (CKD)	
Mortality risk (renal failure)	Global Burden of Disease (GBD; 2025) 2023 UK estimates
CKD UK prevalence; risk factors	Kidney Research UK www.kidneyresearchuk.org/kidney-health-information/about-kidney-disease/am-i-at-risk/
CKD prevalence stages 3-5	BHF analysis of QOF/QAIF/GP prevalence data to 2024/25; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
Air Pollution	
cardiovascular disease deaths per year attributable to particulate matter pollution (PMP)	Global Burden of Disease (GBD; 2025) 2023 UK estimates NB World Health Organization (WHO) (2022) had a higher estimate for the UK = 14k for 2019 – dataset now retired
Other Risk Factors	
80k annual deaths linked to smoking-related causes 18k+ CVD-related smoking deaths	BHF UK estimates based on OHID Local Tobacco Profiles plus Scottish Government, NHS Wales & NI Direct sources – NB GBD is 77k (80k tobacco) Global Burden of Disease (GBD; 2025) 2023 UK estimates – NB 20k estimate for tobacco includes secondhand smoke
Mortality and high body-mass index (BMI); diet	Global Burden of Disease (GBD 2025) 2023 UK estimates – NB obesity is not specified but high BMI is a standard indicator for the condition
Obesity and overweight, physical activity (PA), 5-a-day, alcohol, smoking prevalence	BHF analysis of UK health surveys (NHS England/Scottish Government/Welsh Government/DH Northern Ireland/NISRA)
Physical inactivity risk	Office for Health Improvement & Disparities (OHID) Fingertips https://fingertips.phe.org.uk/profile/physical-activity

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