



**British Heart  
Foundation**

# UK Factsheet

January 2025

**Our vision is a world free from the  
fear of heart and circulatory diseases.**

# Today in the UK

**480**

people will die  
from a heart or  
circulatory disease ...

... around

**130**

younger  
than

of them  
will be

**75**

**7.6m+**

people are living  
with a heart or  
circulatory disease

**270**

hospital admissions  
will be due to a  
heart attack

**180**

people will die  
from coronary  
heart disease

**13**

babies will be  
diagnosed with  
a heart defect

## Quick Links

Heart and Circulatory Diseases	Cost	Coronary Heart Disease	Heart Attack
Atrial Fibrillation	Heart Failure	Stroke	Out-of-Hospital Cardiac Arrest
Congenital Heart Disease	Inherited (Genetic) Conditions	Vascular Dementia	Risk Factors

# Heart and Circulatory Diseases (Cardiovascular Disease; CVD)

Heart and circulatory diseases is our umbrella term for all diseases of the heart and circulation. It includes everything from conditions that are inherited or that a person is born with, to those that develop later, such as coronary heart disease, atrial fibrillation, heart failure, stroke and vascular dementia.

- There are over 7.6 million people living with heart and circulatory diseases in the UK – over 4 million males and over 3.6 million females.
- An ageing and growing population and improved survival rates from heart and circulatory events could see these numbers rise still further – we forecast that there could be 1 million more people living with heart and circulatory diseases in the UK by 2030, and 2 million more than today by 2040.
- We estimate that in the UK more than half of us will get a heart or circulatory condition in our lifetime.
- Around twice as many people are living with heart and circulatory diseases in the UK than with cancer and Alzheimer's disease combined.
- Heart and circulatory diseases cause around a quarter (26 per cent) of all deaths in the UK; that's more than 170,000 deaths a year, or 480 each day – one every three minutes.
- Around 49,000 people under the age of 75 in the UK die from heart and circulatory diseases each year.
- Since the BHF was established the annual number of deaths from heart and circulatory diseases in the UK has **fallen by nearly half**.
- In 1961, more than half of all deaths in the UK were attributed to heart and circulatory diseases (320,000 deaths).

## Linked conditions

Around 80 per cent of people with heart and circulatory diseases have at least one other health condition



**7.6 million+**  
people are living with heart and circulatory diseases in the UK

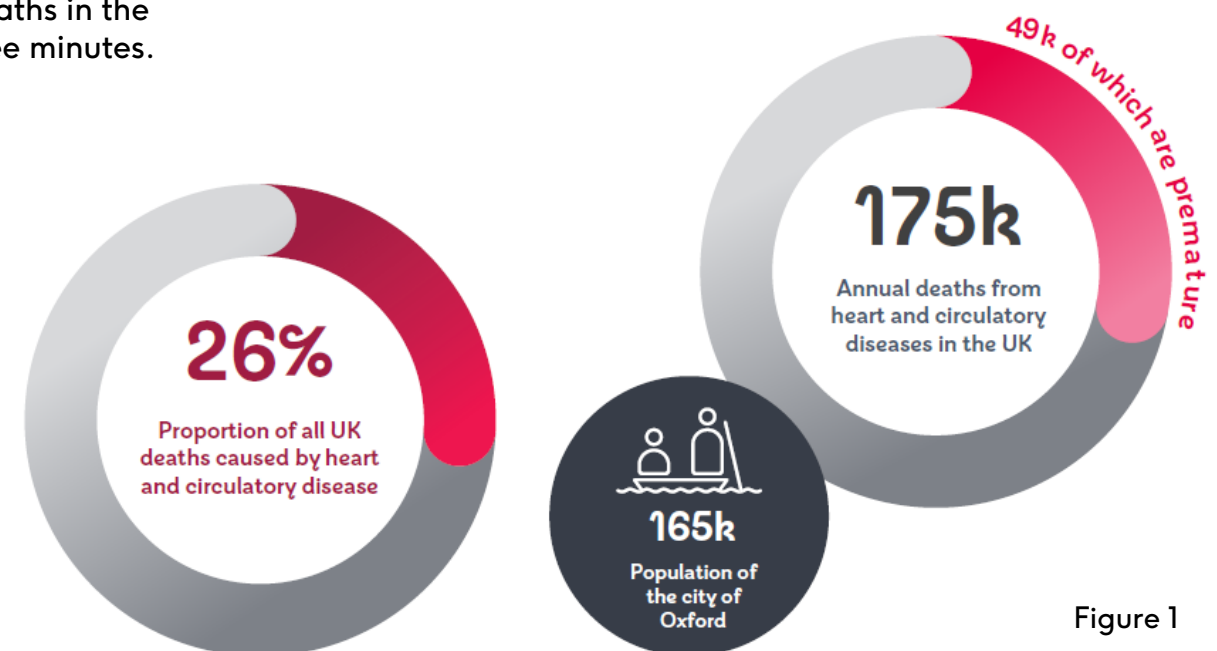


Figure 1

# Deaths from and numbers living with heart and circulatory diseases (CVD)

Nation	No. of People Dying from CVD (2023)	No. of People Under 75 Years Old Dying from CVD (2023)	Estimated Number of People Living with CVD (latest estimate)
England	142,460	38,996	6.4 million +
Scotland	17,787	5,313	730,000
Wales	9,701	2,918	340,000
Northern Ireland	4,227	1,133	225,000
UK total	174,693	48,697	7.6 million +

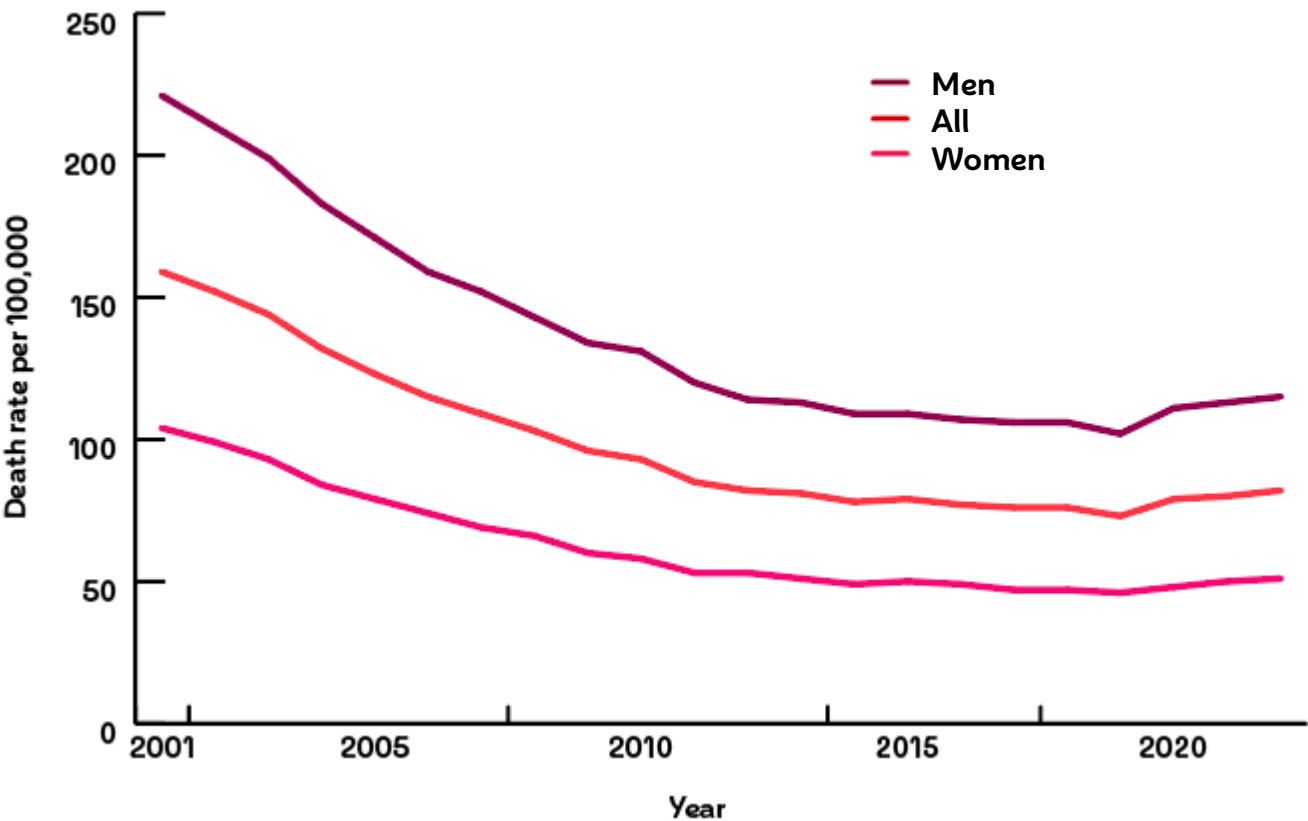
Deaths - BHF analysis of latest official statistics (ONS/NISRA/NRS); UK total includes non-residents (ONS Nomis data); ICD-10 codes I00-99, F01, Q20-8, C38.0, P29, G45  
Living with CVD estimates based on latest health surveys with CVD fieldwork and GP patient data.

## 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 heart and circulatory diseases (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 Glasgow, Scotland (139 per 100,000 people; 2020/22) is more than three times than that of Hart in Hampshire (40 per 100,000)
- Early deaths from heart and circulatory diseases (before the age of 75) are most common in the north of England, central Scotland and the south of Wales, and lowest in the south of England.

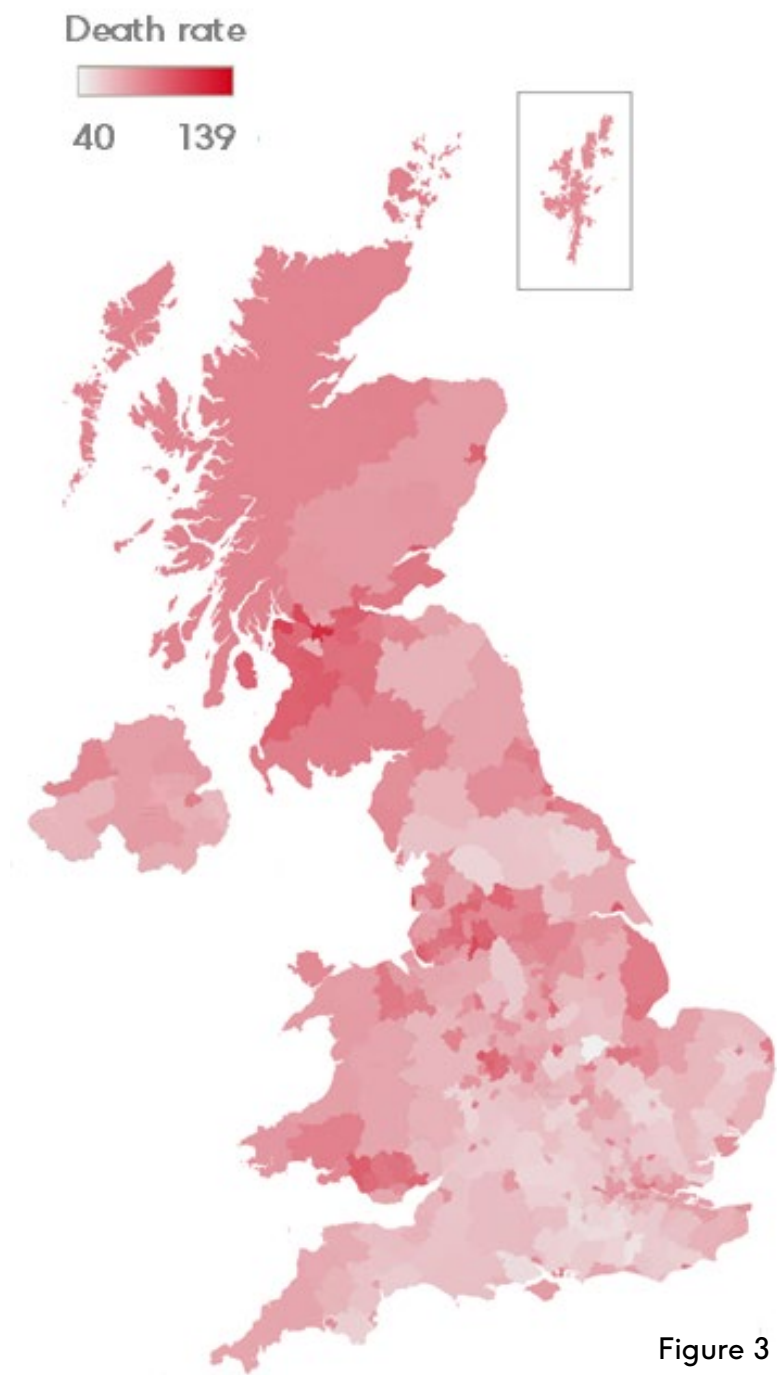
Premature death rates from heart and circulatory diseases (CVD), UK, 2001 to 2022



Top five UK premature heart & circulatory disease (CVD) death rates 2020-22

Local Authority	Location	Under 75 Death Rate per 100,000 People	Under 75 Annual Number of CVD Deaths
Glasgow City	Scotland	139.1	659
Blackpool	North West England	133.1	180
Manchester	North West England	125.3	390
North Lanarkshire	Scotland	125.2	397
Barking & Dagenham	Greater London	123.7	148

UK premature CVD death rate by local authority 2020-22



The Cost of Heart and Circulatory Diseases

- Healthcare costs relating to heart and circulatory diseases 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 £28 billion each year.

The total annual healthcare cost of heart and circulatory diseases in the UK is around



For more information please consult the compendium on our website:

➤ Regional and local statistics

Figure 3

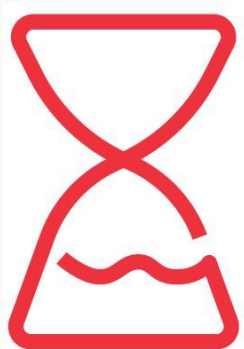


# Coronary Heart Disease (CHD; IHD; Ischaemic Heart Disease)

Coronary heart disease (CHD) is the most commonly diagnosed type of heart disease. 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).

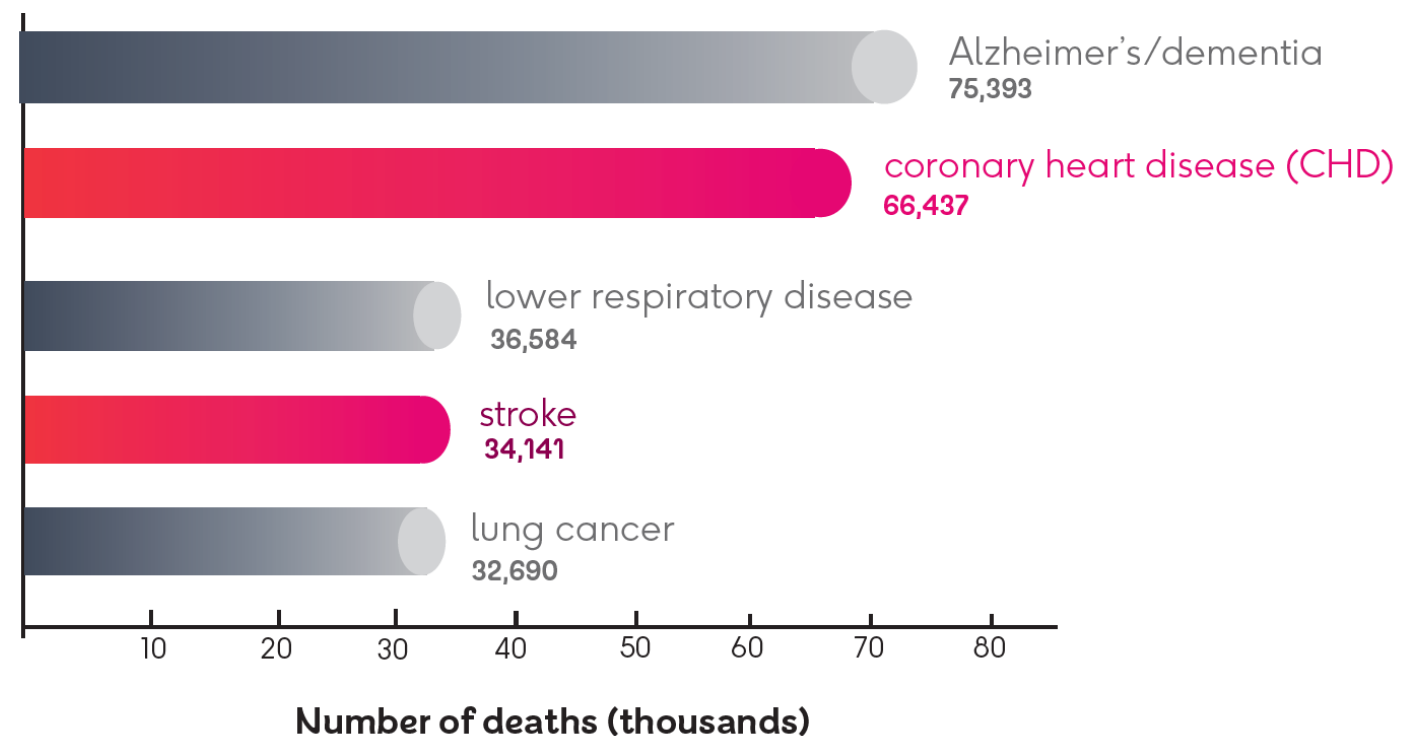
## Key Facts

- CHD is one of the UK's leading causes of death and the most common cause of premature death.
- It is also the **leading cause of death worldwide**.
- CHD is responsible for **around 66,000** deaths in the UK each year, an average of 180 people each day, or one death around every eight minutes.
- In the UK, **one in eight** men (the biggest male killer) and **one in 14** women die from coronary heart disease.
- CHD kills more than twice as many women in the UK as breast cancer – it even kills more women prematurely (before their 75<sup>th</sup> birthday).



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

## Top Five Biggest Killers in the UK, 2023



For the leading causes of deaths worldwide, see our Global Factsheet

## Key Facts

- Around **25,000** 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 830,000 women.

## Linked conditions

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



**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*

## UK premature CHD death rate by local authority 2020-22



Figure 5

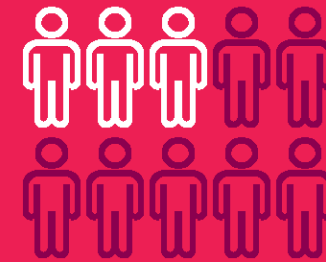
# Heart Attack (Myocardial Infarction, MI)

- In the UK around 100,000 hospital admissions each year are due to heart attacks; that's 290 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 (AF)

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

- More than 1.6 million people in the UK have been diagnosed with atrial fibrillation, but a significant number 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 five times more likely to have a stroke
- AF is a contributing factor to one in five strokes



# 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.

- In total it's estimated that **over one million people** in the UK have heart failure.
- There are around 200,000 new diagnoses of heart failure every year in the UK.
- More than 780,000 people in the UK are on their GP's heart failure register.
- 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.

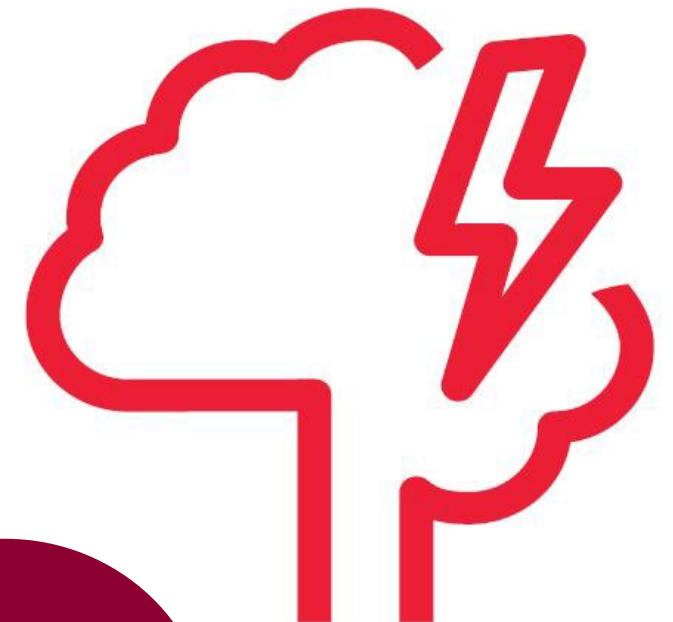


People with heart failure are **2-3 times more likely** to have a stroke

# Stroke (Cerebrovascular Disease; CBVD)

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.
- Around **1.4 million** people living 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 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:

- *Heart Failure*
- *Stroke*

# Vascular Dementia

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

- Vascular dementia causes **around 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 up to 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.

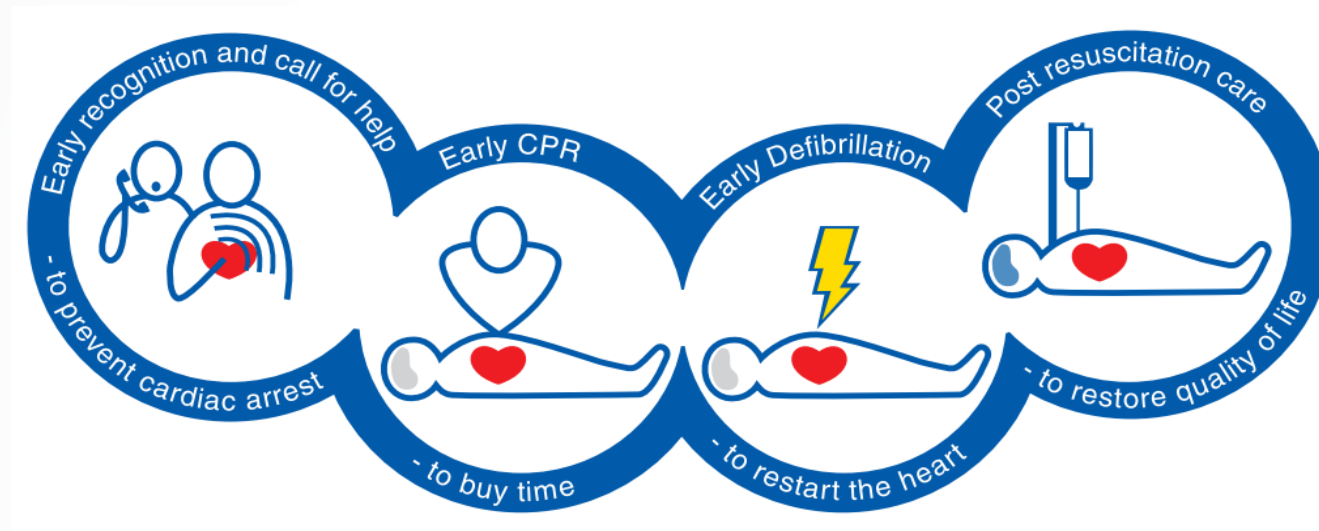
- There are **more than 30,000** out-of-hospital cardiac arrests (OHCAs) in the UK each year.
- The overall survival rate in the UK is **less than one in ten**.
- Every minute without cardiopulmonary resuscitation (CPR) and defibrillation reduces the chance of survival by up to ten per cent.
- Early CPR and defibrillation can **more than double** the chances of survival.
- It's estimated that public-access defibrillators (PADs) are used in less than 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 **30,000** 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.
- 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.



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

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 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 right ventricular dysplasia/cardiomyopathy (ARVD/ARVC).
- There are other conditions which can affect the heart and circulatory 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 270,000 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 620,000** people in the UK have a gene variant that can cause an inherited heart-related condition

## Risk Factors

Many different risk factors increase your likelihood of developing heart and circulatory diseases (CVD).

### High Blood Pressure (Hypertension)

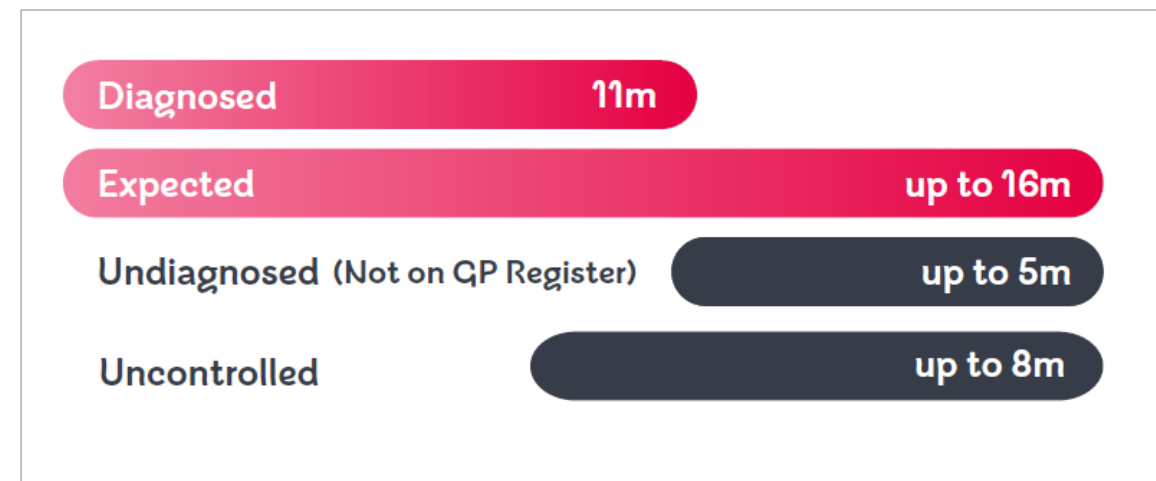
- High blood pressure is the leading modifiable risk factor for heart and circulatory disease in the UK.
- An estimated **30 per cent of adults** in the UK have high blood pressure – that's around **16 million** adults – up to half of them are not receiving effective treatment.
- Around **11 million** people in the UK have been diagnosed with high blood pressure by their GP – this means 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

A red line-art icon of a blood pressure cuff, showing the circular cuff and the connecting tube.



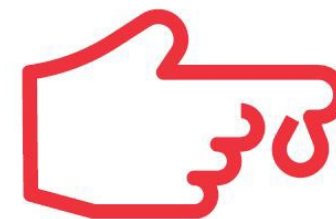
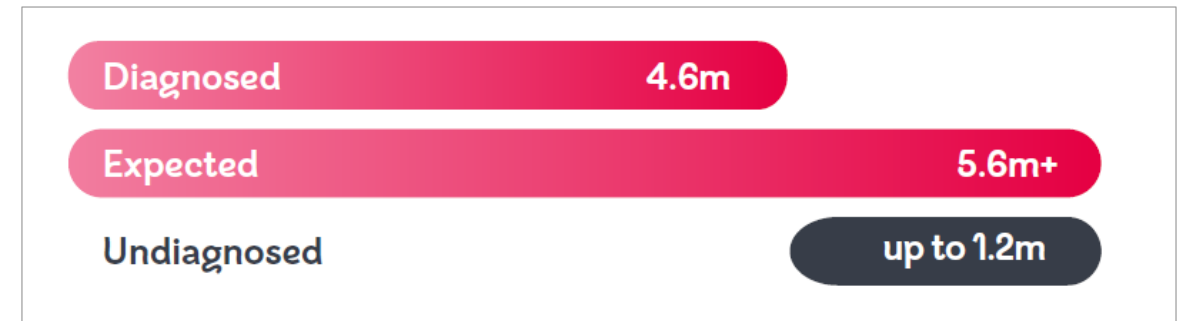
# Diabetes

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 heart and circulatory diseases (CVD).

## Key Facts

- It's estimated that **over 5.6 million people** have diabetes in the UK.
- **4.6 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 rarer types.
- It's estimated that up to **1.2 million** people in the UK are likely to have undiagnosed type 2 diabetes.

Nation	Adults diagnosed with diabetes
England	3.94 million
Scotland	310,000
Wales	220,000
Northern Ireland	110,000
UK	<b>4.6 million</b>



In the UK **one third** of adults with diabetes die from a heart or circulatory disease

## Linked conditions

- Adults with diabetes are **2-3 times** more likely to develop heart and circulatory diseases, and are **nearly twice as likely** to die from heart disease or stroke (as those without diabetes)
- In the UK, diabetes is associated with 1 in 10 cardiovascular deaths

For more info, visit our website:

➤ *Diabetes*

## High Cholesterol

High blood cholesterol is a significant risk factor for developing heart and circulatory diseases.

- High LDL (“bad”) cholesterol is associated with 1 in 5 heart and circulatory 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)
- Many people living with heart and circulatory diseases will have an even lower target cholesterol level

For more info,  
visit our website:

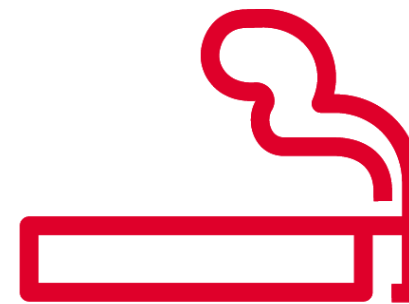
➤ *High  
Cholesterol*

## Air Pollution

- Poor air quality has a significant impact on heart and circulatory health.  
It’s estimated that up to **14,000 heart and circulatory disease deaths** in the UK are attributable to particulate matter pollution each year.

## Smoking

- **At least 1 in 8** adults smoke cigarettes in the UK – that’s around 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 **at least 15,000 deaths** in the UK each year from heart and circulatory diseases can be attributed to smoking.



At least  
**1 in 8**  
adults smoke  
in the UK

## Overweight & Obesity

- Nearly three in ten (**29 per cent**) adults in the UK have obesity and in addition more than one in three (**35 per cent**) have a body-mass index (BMI) defined as overweight.
- It's estimated that **27 per cent** of children in the UK have a BMI defined as overweight or obese.
- In the UK around 1 in 9 heart and circulatory disease deaths are associated with a high body-mass index.



Around  
**29%**  
of adults in the  
UK have obesity

## Diet & Exercise

- Only **around three in ten** adults consume the recommended minimum five portions of fruit and vegetables per day.
- Around **a quarter of adults** in the UK exceed national guidelines for weekly alcohol intake; no level of use is without risk.
- **More than one in three** (34 per cent) of adults in the UK do not achieve recommended levels of physical activity (150 minutes each week).

Being physically active can reduce the risk of developing heart and circulatory diseases by as much as 35 per cent

## Other Risk Factors

Other risk factors can significantly increase your risk of developing heart and circulatory diseases, including

- Impaired kidney function (renal failure)
- Old age
- Gender
- Family history
- Ethnicity

Around  
**34%**   
of adults in the UK do not meet  
physical activity recommendations

## About the British Heart Foundation (BHF)

One in four of us in the UK and one in three globally die from heart and circulatory diseases. That's why the British Heart Foundation funds world-leading research into their causes, prevention and treatment. Advances from our research have saved and improved millions of lives, but heart diseases, stroke, vascular dementia and their risk factors such as diabetes still cause heartbreak on every street. With the public's support, our funding will drive the new discoveries to end that heartbreak.

We are the **biggest independent funder** of heart and circulatory disease research in the UK.

Find out more at [bhf.org.uk](https://bhf.org.uk)

## More BHF Health Statistics

Including exclusive content, local statistics and maps  
Visit [our website](https://bhf.org.uk)

This factsheet is compiled by the British Heart Foundation.

**Last reviewed and updated January 2025.**

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

For any queries please contact [healthinsights@bhf.org.uk](mailto:healthinsights@bhf.org.uk) and we will do our best to help

[bhf.org.uk/donate](https://bhf.org.uk/donate)



# References

STATISTIC	REFERENCE
<b>HEART AND CIRCULATORY DISEASES (CARDIOVASCULAR DISEASE; CVD)</b>	
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 2023 mortality data
Numbers living with CVD	BHF estimate based on latest Quality & Outcomes Framework prevalence data; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland and health surveys with CVD fieldwork; NHS England/Scottish Government/ StatsWales/ DH Northern Ireland
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.3.7m)	[cancer c.3m] <a href="http://www.macmillan.org.uk/about-us/what-we-do/evidence/using-cancer-data/calculating-cancer-prevalence.html">www.macmillan.org.uk/about-us/what-we-do/evidence/using-cancer-data/calculating-cancer-prevalence.html</a> [Alzheimer's – up to 70% of all dementias = 700k] <a href="http://www.alzheimers.org.uk/about-us/news-and-media/facts-media">www.alzheimers.org.uk/about-us/news-and-media/facts-media</a>
CVD ASDRs (premature u75 death rates) Fig 3	BHF analysis of OHID (England) ONS Nomis (Wales), NRS (Scotland) and NISRA 2020-22 mortality data (NB local data ICD-10 I00-99 only);
£28bn CVD economic cost ~ £12bn healthcare costs	Shah (2024) Economic Burden of Cardiovascular Disease in the UK 2021/22 estimates (LSE dissertation; BHF placement)
<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 the UK between 2000 and 2014: A population-based cohort study. PLoS Med. 2018; 15(3):e1002513. <a href="https://doi.org/10.1371/journal.pmed.1002513">https://doi.org/10.1371/journal.pmed.1002513</a> PMID: 29509757
<b>CORONARY HEART DISEASE (CHD; ISCHAEMIC HEART DISEASE)</b>	
CHD deaths, vs breast cancer, prem deaths, Fig 4	BHF analysis of latest UK mortality statistics: ONS/NRS/NISRA (2023 data)
#1 killer worldwide	Global Burden of Disease and World Health Organization, 2021 mortality estimates
CHD ASDRs (death rates) map (Fig 5)	BHF analysis of OHID (England) ONS Nomis (Wales), NRS (Scotland) and NISRA 2020-22 mortality data; map created in Tableau
2.3m living with CHD	BHF analysis of QOF/QAIF/GP prevalence data to 2023/24; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
<b>HEART ATTACK (MYOCARDIAL INFARCTION, MI)</b>	
hospital admissions	UK hospital statistics 2020/21 to 2022/23 annual average; 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) <a href="http://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(22)00108-6/fulltext">www.thelancet.com/journals/lanpub/article/PIIS2468-2667(22)00108-6/fulltext</a> ~ Goldacre's 2003 paper on myocardial infarction (Oxon)
1.4m have survived MI	BHF analysis of national health survey prevalence data and ONS population estimates
<b>ATRIAL FIBRILLATION (AF)</b>	
1.6m+ UK diagnosed with AF ~ not treated effectively	BHF analysis of QOF/QAIF/GP prevalence data to 2023/24; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland – QOF achievement data (England/Northern Ireland only)
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 <a href="http://www.ncbi.nlm.nih.gov/pubmed/15879330">www.ncbi.nlm.nih.gov/pubmed/15879330</a>
Associated with 1 in 5 strokes	Sentinel Stroke National Audit Programme (SSNAP). England, Wales & Northern Ireland National clinical audit annual results portfolio 2023-24. <a href="http://www.strokeaudit.org/results/Clinical-audit/National-Results.aspx">www.strokeaudit.org/results/Clinical-audit/National-Results.aspx</a> [casemix tab]



STATISTIC	REFERENCE
<b>HEART FAILURE (HF)</b>	
730k diagnosed by GP	BHF analysis of QOF/QAIF/GP prevalence data to 2023/24; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
200k diagnoses/year	Conrad, N; Judge, A, Tran, J et al. Temporal trends and patterns in heart failure incidence The Lancet, 2018; 391, 10120 <a href="http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)32520-5/">www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)32520-5/</a>
1m+ prevalence (includes undiagnosed)	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. <a href="https://heart.bmj.com/content/104/7/600">https://heart.bmj.com/content/104/7/600</a>
<b>STROKE (CEREBROVASCULAR DISEASE, CBVD)</b>	
UK stroke deaths	BHF analysis of latest UK mortality statistics: ONS/NRS/NISRA (2023 data)
100k+ strokes/ year	Stroke Association estimate for UK based on SSNAP audit data
1.4m UK stroke/TIA survivors	BHF analysis of QOF/QAIF/GP prevalence data to 2023/24; 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 <a href="http://www.mynewsdesk.com/uk/stroke-association/documents/state-of-the-nation-stroke-statistics-54459">www.mynewsdesk.com/uk/stroke-association/documents/state-of-the-nation-stroke-statistics-54459</a>
<i>Linked conditions:</i> CHD or heart attack x2 stroke	<a href="http://stroke.ahajournals.org/content/22/8/983">http://stroke.ahajournals.org/content/22/8/983</a>
<i>Linked conditions:</i> People with heart failure > stroke	<a href="http://stroke.ahajournals.org/content/42/10/2977">http://stroke.ahajournals.org/content/42/10/2977</a>
<i>Linked conditions:</i> People with diabetes are twice as likely to have a stroke as people without diabetes	<a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5298897/">www.ncbi.nlm.nih.gov/pmc/articles/PMC5298897/</a>
<b>VASCULAR DEMENTIA</b>	
UK deaths; underestimate/diagnoses	BHF analysis of latest UK mortality statistics: ONS/NRS/NISRA (2023 data) Alzheimer's Society <a href="http://www.alzheimers.org.uk/about-dementia/types-dementia/diagnosis-vascular-dementia">www.alzheimers.org.uk/about-dementia/types-dementia/diagnosis-vascular-dementia</a>
dementia types; up to 1 in 5 cases are vascular	Alzheimer's Society <a href="http://www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/demography">www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/demography</a>
180k prevalence	NHS website <a href="http://www.nhs.uk/conditions/vascular-dementia">www.nhs.uk/conditions/vascular-dementia</a>
<i>Linked conditions:</i> family history	[ heart attack] <a href="http://www.ahajournals.org/doi/full/10.1161/circulationaha.117.029127">www.ahajournals.org/doi/full/10.1161/circulationaha.117.029127</a> [atherosclerosis] <a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2924456/">www.ncbi.nlm.nih.gov/pmc/articles/PMC2924456/</a>
<i>Linked conditions:</i> ¾ cases in stroke survivors	<a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3235558/">www.ncbi.nlm.nih.gov/pmc/articles/PMC3235558/</a>
<i>Linked conditions:</i> with diabetes	<a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2174783/">www.ncbi.nlm.nih.gov/pmc/articles/PMC2174783/</a>
<b>OUT-OF-HOSPITAL CARDIAC ARREST (OHCA)</b>	
30k+ UK OHCA's/year; less than 10% survival NB all statistics are for resus attempts only (represents around 40% of OHCA's attended) volumes and survival rates only routinely published for England & Scotland	NHS England (2024) Ambulance Quality Indicators ( <a href="http://www.england.nhs.uk/statistics/statistical-work-areas/ambulance-quality-indicators/">www.england.nhs.uk/statistics/statistical-work-areas/ambulance-quality-indicators/</a> ) Scottish Government (2024) Out-of-Hospital Cardiac Arrest Report to 2022/23 ( <a href="http://www.scottishambulance.com/publications/Out-of-Hospital-Cardiac-Arrest-Annual-Report/">www.scottishambulance.com/publications/Out-of-Hospital-Cardiac-Arrest-Annual-Report/</a> ) Wales: Welsh Government (2017) Out of Hospital Cardiac Arrest Plan ( <a href="https://gov.wales/out-hospital-cardiac-arrest-plan">https://gov.wales/out-hospital-cardiac-arrest-plan</a> ) ~ also press release (2021) ( <a href="https://gov.wales/lifesaving-programme-given-cash-boost-keep-going-welsh-government">https://gov.wales/lifesaving-programme-given-cash-boost-keep-going-welsh-government</a> ) DHNI (2014) Community Resuscitation Strategy Northern Ireland ( <a href="http://www.health-ni.gov.uk/publications/community-resuscitation-strategy-and-reports">www.health-ni.gov.uk/publications/community-resuscitation-strategy-and-reports</a> )
Every min & CPR more than doubles survival Public-Access Defibrillator use	Resuscitation Council (2021) Resuscitation Guidelines 2021 <a href="http://www.resus.org.uk/library/2021-resuscitation-guidelines">www.resus.org.uk/library/2021-resuscitation-guidelines</a> see also University of Warwick (2023), Out-of-Hospital Cardiac Arrest Outcomes Registry Epidemiology Report <a href="https://warwick.ac.uk/fac/sci/med/research/ctu/trials/ohcao/publications/epidemiologyreports/">https://warwick.ac.uk/fac/sci/med/research/ctu/trials/ohcao/publications/epidemiologyreports/</a> and Scottish Government report; link above

STATISTIC	REFERENCE
<b>CONGENITAL HEART DISEASE</b>	
1:150 babies diagnosed; ranking #1, mortality	NHS England (2024) NCARDRS congenital anomaly statistics: 2021 data ~ BHF UK estimate <a href="https://digital.nhs.uk/data-and-information/publications/statistical/ncardrs-congenital-anomaly-statistics-annual-data/">https://digital.nhs.uk/data-and-information/publications/statistical/ncardrs-congenital-anomaly-statistics-annual-data/</a>
1-2% prevalence	various estimates including Hoffman & Kaplan, JACC –19 per 1,000 includes BAVs which will eventually need cardiologic care ( <a href="http://www.sciencedirect.com/science/article/pii/S0735109702018867">www.sciencedirect.com/science/article/pii/S0735109702018867</a> )
survival comparison (pre-BHF/today)	MacMahon BMJ ( <a href="http://heart.bmj.com/content/heartjnl/15/2/121.full.pdf">http://heart.bmj.com/content/heartjnl/15/2/121.full.pdf</a> ) and British Cardiac Society <a href="https://heart.bmj.com/content/88/suppl_1/i1">https://heart.bmj.com/content/88/suppl_1/i1</a>
<b>INHERITED (GENETIC) CONDITIONS</b>	
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 ( <a href="http://www.nejm.org/doi/full/10.1056/NEJMoa1602777">www.nejm.org/doi/full/10.1056/NEJMoa1602777</a> )
1:500 with hypertrophic cardiomyopathy (HCM)	Priori et al, Task Force on Sudden Cardiac Death ESC ( <a href="http://eurheartj.oxfordjournals.org/content/ehj/22/16/1374.full.pdf">http://eurheartj.oxfordjournals.org/content/ehj/22/16/1374.full.pdf</a> )
sudden cardiac deaths under-35s	Cardiac Risk in the Young ( <a href="http://www.c-r-y.org.uk/statistics">www.c-r-y.org.uk/statistics</a> ) 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
<b>RISK FACTORS</b>	
<b>High Blood Pressure</b>	
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 2023/24; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
High BP/CVD risk	Vasan et al NEJM 2001 ( <a href="http://www.ncbi.nlm.nih.gov/pubmed/11794147/">www.ncbi.nlm.nih.gov/pubmed/11794147/</a> )
<i>Linked conditions:</i> Around 40% of heart attacks and strokes are associated with high blood pressure	Global Burden of Disease (GBD) UK risk burden estimate 2021 (also #1 modifiable risk factor)
<b>Diabetes</b>	
4.6m adults diagnosed with diabetes	BHF analysis of QOF/QAIF/GP prevalence data to 2023/24; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland
5.6m+ estimated prevalence; 1.2m undiagnosed estimate	Diabetes UK (2024) <a href="http://www.diabetes.org.uk/about-us/about-the-charity/our-strategy/statistics">www.diabetes.org.uk/about-us/about-the-charity/our-strategy/statistics</a>
<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	<a href="http://www.ncbi.nlm.nih.gov/pubmed/20609967">www.ncbi.nlm.nih.gov/pubmed/20609967</a> <a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2809299/">www.ncbi.nlm.nih.gov/pmc/articles/PMC2809299/</a> <a href="http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)60484-9/fulltext">www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)60484-9/fulltext</a> see also NDA link below for angina, MI and heart failure risk
<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, Report 2a, 2017-18 <a href="https://digital.nhs.uk/data-and-information/publications/statistical/national-diabetes-audit/report-2--complications-and-mortality-2017-18">https://digital.nhs.uk/data-and-information/publications/statistical/national-diabetes-audit/report-2--complications-and-mortality-2017-18</a>

STATISTIC	REFERENCE
<b>High Cholesterol</b>	
Raised cholesterol	BHF estimates – recent data only available from NHS England (Health Survey for England 2022) ; not available for devolved nations
Mortality risk (LDL cholesterol)	Global Burden of Disease (GBD; 2024) 2021 UK estimates
<b>Air Pollution</b>	
14k heart and circulatory disease deaths per year attributable to particulate matter pollution	WHO (2022) Global Health Observatory – air pollution deaths by country (2019 estimates) – <a href="https://apps.who.int/gho/data/node.main.BODAMBIENTAIRDTHS?lang=en">https://apps.who.int/gho/data/node.main.BODAMBIENTAIRDTHS?lang=en</a> NB GBD (2024) has a lower estimate for the UK = 8.6k for 2021
<b>Other Risk Factors</b>	
80k/15k+ smoking deaths/CVD	BHF UK estimates based on OHID Local Tobacco Profiles plus Scottish Government, NHS Wales & NI Direct sources NB Global Burden of Disease (GBD 2024) 2021 has alternative estimates for the UK – 74k attributable deaths including 16k from heart and circ diseases
Mortality and high body-mass index (BMI)	Global Burden of Disease (GBD 2024) 2021 UK estimates
Obesity, 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) NB many surveys since have been carried out with changed methodology during or since the COVID-19 pandemic. Please refer to original sources for more information.
Physical inactivity risk	Office for Health Improvement & Disparities (OHID) Fingertips <a href="https://fingertips.phe.org.uk/profile/physical-activity">https://fingertips.phe.org.uk/profile/physical-activity</a>

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