



**British Heart
Foundation
Cymru**

Wales Cardiovascular Disease Factsheet

August 2025

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

This month in Wales

800

people will die
from cardiovascular
disease ...

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

340k

people are living
with cardiovascular
disease

420

hospital admissions
will be due to a
heart attack

310

people will die
from coronary
heart disease

18

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.

- Cardiovascular disease causes more than **one in four** (27 per cent) of all deaths in Wales, or around **9,700 deaths each year** - that's an average of 27 people each day.
- Cardiovascular disease kills 5,300 men and 4,400 women in Wales each year.
- Since the BHF was established the annual number of cardiovascular disease deaths in Wales has fallen by half.
- Since 1961 the Welsh death rate from cardiovascular disease has **declined by three quarters**. Death rates have fallen more quickly than the actual number of deaths because people in Wales are now living longer.
- **Around 2,900 people** under the age of 75 in Wales die from cardiovascular disease each year.
- There are around **340,000 people living** with cardiovascular disease in Wales - an ageing and growing population and improved survival rates from cardiovascular events could see these numbers rise still further in the future.

 Around **340,000** people are living with cardiovascular disease in Wales

Linked conditions

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

Deaths from and numbers living with cardiovascular disease (CVD)

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

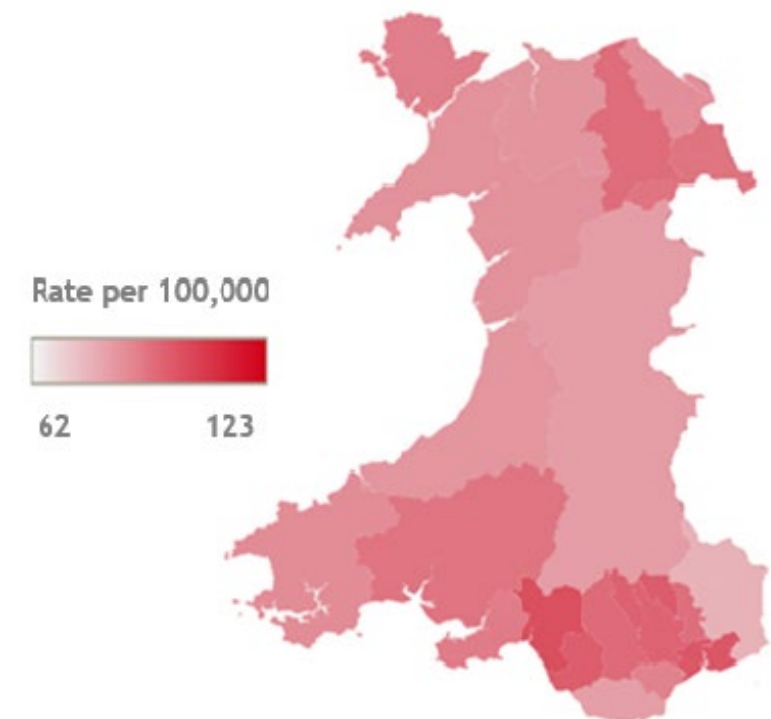
Deaths - BHF analysis of latest official statistics (ONS/NISRA/NRS); UK total includes non-residents (ONS data); ICD-10 codes I00-99, F01,Q20-8, C38.0, P29, G45
Living with CVD estimates based on latest health surveys with CVD fieldwork and GP patient data

- Premature death rates from cardiovascular disease (before the age of 75) are higher than in England.
- Death rates take the age structure (demography) of local areas into account to reveal the real differences in statistics. This is especially important when there are big variations in the age profile of communities across the country.
- The highest premature cardiovascular disease death rates in Wales by local authority (2021-23) were for Merthyr Tydfil and Blaenau Gwent.
- The latest premature (under 75) death rate for Blaenau Gwent (123 per 100,000 people) is twice as high as for Monmouthshire (Sir Fynwy) (62).
- Regional and local statistics and rankings for cardiovascular disease deaths can be found in the compendium on [our website](#)

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

Unitary Authority – Top Five	Under 75 Death Rate per 100,000 people	Under 75 Annual Number of CVD Deaths
Blaenau Gwent	122.6	79
Merthyr Tydfil / Merthyr Tudful	115.5	62
Swansea / Abertawe	108.6	236
Neath Port Talbot / Castell-nedd Port Talbot	106.9	147
Caerphilly / Caerffili	105.0	175

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



Cost of Cardiovascular Disease

- Total NHS expenditure on cardiovascular disease (CVD) in Wales each year is estimated at up to £770 million.
- CVD's overall cost to the Welsh economy (including premature death, long-term care, disability and informal costs) is estimated to be £1.7 billion each year.

Heart Disease

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

- Heart diseases cause around one in six deaths in Wales - that's around 6,400 deaths each year – or one death every 80 minutes.
- Around 2,200 people under the age of 75 in Wales die from heart diseases each year.
- There are around 220,000 people living with heart disease in Wales - 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 (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).

- More than 110,000 people are living with CHD in Wales
- Coronary heart disease (CHD) is one of Wales's biggest killers. It is also the **leading causes of death worldwide**.
- CHD is responsible for around **3,700 deaths** in Wales each year; that's an average of 10 deaths each day, or one death every 140 minutes.
- CHD kills 2,500 men and 1,200 women in Wales each year.
- Since the BHF was established the annual number of CHD deaths in Wales has fallen by more than half.
- In 1961, 9,082 deaths in Wales were attributed to CHD – over a quarter of all deaths that year.

Linked conditions

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

For more info
please visit:

➤ *Coronary Heart
Disease*

- Since 1961 the age-standardised death rate from CHD has declined by more than three quarters.
- CHD kills more than twice as many women as breast cancer in Wales; it even kills more women prematurely (before the age of 75).
- Around **1,500 people** under the age of 75 in Wales die from CHD each year.
- Coronary heart disease is the leading cause of heart attacks.

Heart Attack (Myocardial Infarction)

- In Wales around **5,000 hospital admissions** each year are for heart attacks: that's an average of 14 each day or one around every 100 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**.

Atrial Fibrillation

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

- More than 80,000 people in Wales have been diagnosed with atrial fibrillation.
- Atrial fibrillation is often asymptomatic, frequently undetected and undiagnosed, meaning there are likely to be thousands more affected by the condition across Wales.



More than
110,000
people are living with
coronary heart
disease in Wales



Every
100 minutes
someone in Wales
is admitted to hospital
due to a heart attack

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 in Wales

For more info
please visit:

- *Heart Attacks*
- *Atrial Fibrillation*

Heart Failure

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

- More than 42,000 people in Wales have been diagnosed with heart failure by their GP.
- Estimates which include diagnoses at hospital suggest that there are thousands more people living with the condition across the country.



More than **42,000** people in Wales have been diagnosed with heart failure by their GP

Stroke (Cerebrovascular Disease)

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

- Stroke causes around 1,800 deaths in Wales each year.
- In Wales around 7,000 hospital admissions are due to stroke each year.
- Over 72,000 people living in Wales have survived a stroke or transient ischaemic attack (TIA).
- More than half of stroke survivors in Wales are under the age of 75.

For more info please visit:

- *Heart Failure*
- *Stroke*

Linked conditions

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

Vascular Dementia

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

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

Linked conditions

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

For more info
please visit:

➤ *Vascular
dementia*



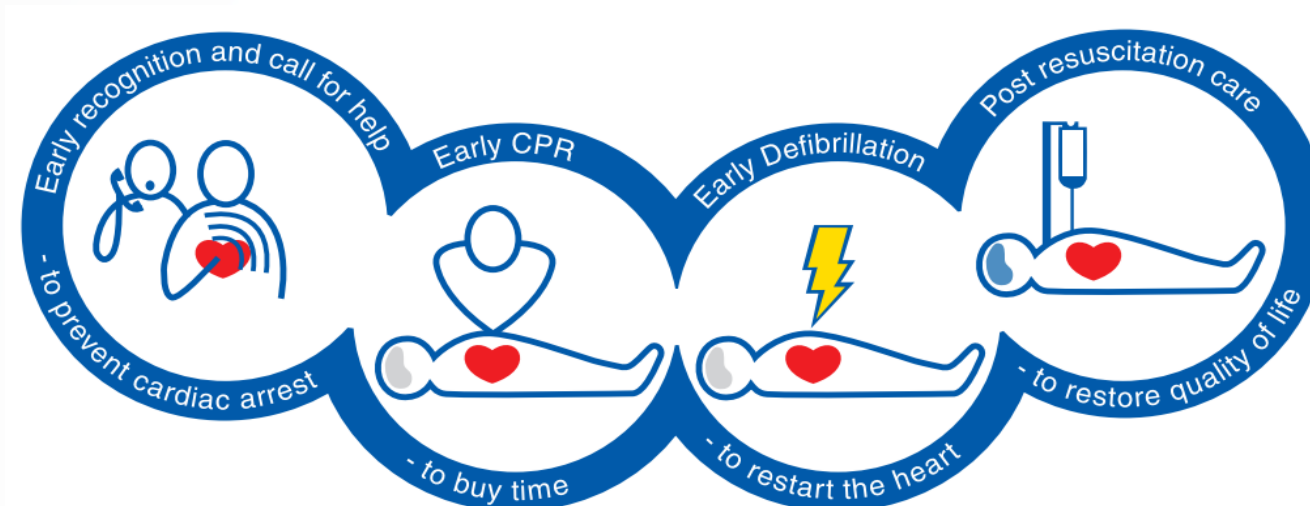
Out-of-Hospital Cardiac Arrest (OHCA)

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

- Just 1 in 20 survive an out-of-hospital cardiac arrest (OHCA) in Wales.
- There are around 2,800 out-of-hospital cardiac arrests in Wales each year.
- Every minute without cardiopulmonary resuscitation (CPR) and defibrillation reduces the chance of survival by up to 10 per cent.
- Early CPR and defibrillation can more than double the chances of survival.
- It's estimated that public-access defibrillators (PADs) are used in less than 10 per cent of OHCA's 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 around **2,800** out-of-hospital cardiac arrests in Wales 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 around 1 in 140 births - that's an average of **18 babies each month** in Wales - with more diagnoses later in life.
- Estimates suggest that in total as many as 1-2 per cent of the population may be affected.
- Before the BHF existed, the majority of babies diagnosed with a severe heart defect in the UK did not survive to their first birthday. Today, thanks to research, more than **eight out of ten** survive to adulthood.

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 16,000 people in Wales 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 13,000 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 **18 babies** a month are diagnosed with a congenital heart defect in Wales

For more info visit:

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



Around **30,000** people in Wales have a gene variant that can cause an inherited heart-related condition

Risk Factors

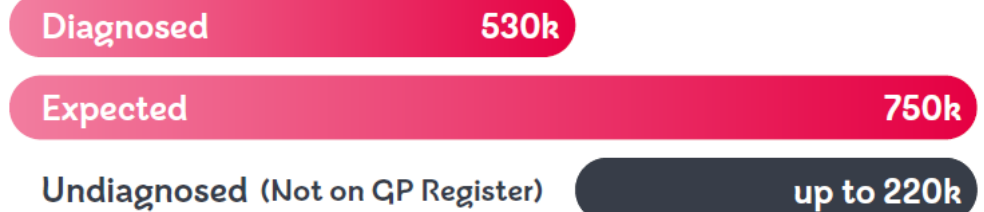
Many different risk factors can increase your likelihood of developing cardiovascular disease.

High Blood Pressure (Hypertension)

- High blood pressure is the leading modifiable risk factor for cardiovascular diseases in Wales.
- It's estimated that around 750,000 adults in Wales have high blood pressure.
- Around 530,000 people in Wales are on their GP's hypertension register, suggesting that as many as 220,000 could be undiagnosed.

Linked conditions

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



Diabetes

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

- More than 220,000 adults in Wales have been diagnosed with diabetes.
- Around 90 per cent of those diagnosed are living with type 2 diabetes and 10 per cent have either type 1 or other rarer types.
- It's estimated that thousands more people across Wales are likely to have undiagnosed type 2 diabetes.
- In Wales, around a third of people with diabetes die from cardiovascular disease.

Linked conditions

- Adults in Wales 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).



More than **220,000** adults have been diagnosed with diabetes in Wales

High Cholesterol (Lipid Disorders)

- High blood cholesterol is a significant risk factor for developing cardiovascular disease.
- It's estimated that **1 in 5 deaths** from cardiovascular disease in Wales are associated with high LDL (low-density lipoprotein) cholesterol.

Kidney Failure

- Impaired kidney function (renal failure) is associated with 1 in 8 cardiovascular disease deaths in Wales.
- Cardiovascular conditions such as heart failure can also be a risk factor for chronic kidney disease. Cardiovascular disease and kidney disease share many of the same risk factors.

For more information, visit our website:

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

Smoking

- **At least one in eight** (13 per cent) of adults in Wales smoke cigarettes - that's around 320,000 adults.
- Around **5,000** people in Wales die from smoking-related causes each year.
- Nearly **900 Welsh** deaths from cardiovascular disease can be attributed to smoking each year.
- Over **26,000 hospital admissions** for adults over 35 are attributable to smoking each year.



Overweight/Obesity

- In Wales around 1 in 9 cardiovascular disease deaths are associated with a high body-mass index.
- Over a quarter (26 per cent) of adults in Wales have obesity and in addition more than a third (35 per cent) have a body-mass index (BMI) defined as overweight.
- Over a quarter (26 per cent) of children in reception year across Wales have a BMI defined as overweight or obese.



Diet and Exercise

- An estimated **45 per cent** of adults in Wales do not meet current physical activity recommendations (at least 150 minutes per week).
- **Only around 29 per cent** of adults in Wales consume the recommended five portions of fruit and veg per day.
- Around **one in six** adults (17 per cent) drink more than the weekly guideline amount of alcohol – but no level of consumption is without risk.

Other Risk Factors

- Poor air quality has a significant impact on cardiovascular health. Each year at least 760 deaths in Wales are attributable to particulate matter pollution.
- Other risk factors can significantly increase cardiovascular risk including ageing, biological sex and gender, ethnicity, family history, serious mental illness (SMI; psychosis, schizophrenia, bipolar affective disorder), sub-optimal temperature (cold and heat).



About 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 Wales.

Find out more at bhf.org.uk

More BHF Health Statistics

Including local statistics visit our website bhf.org.uk/statistics

This factsheet compiled by British Heart Foundation.

Reviewed and updated August 2025.

Other factsheets - Global, UK, Scotland, England, Northern Ireland.
Our stats infographics are also available in [Welsh](#)

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 Wales



Rydym yn ariannu **MWY** o
waith ymchwil cardiofasgwlaidd
na'r un corff annibynnol
arall yng Nghymru

References

STATISTIC	REFERENCE
CARDIOVASCULAR DISEASE (CVD; HEART AND CIRCULATORY DISEASES)	
CVD deaths (Wales) [ICD-10 codes I00-I99, C38.0, F01, G45, P29, Q20-Q28]	Nomis - Office for National Statistics (ONS; 2024) - Deaths registered by cause, gender and age, 2023 www.nomisweb.co.uk/datasets/mortsa
CVD deaths/year (UK)	BHF analysis of latest UK mortality statistics: ONS/NRS/NISRA (2023 data)
CVD prevalence (UK)	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 death rates (Wales)	BHF analysis of Office for Nation Statistics (ONS) (2021-23) Nomis data; map created in Tableau (NB local data ICD-10 I00-99 only)
340k living with CVD in Wales	BHF estimate National Survey for Wales 2019/20 data (adults); includes congenital heart disease in children (newer surveys incomplete) https://gov.wales/adult-general-health-and-illness-national-survey-wales-april-2019-march-2020
CVD healthcare cost ~ total (economic) cost / year	Shih (2025) Economic Burden of Cardiovascular Disease in the UK 2021/22 estimates (EHJ-QCCO; following BHF placement) https://academic.oup.com/ehjqcco/advance-article/doi/10.1093/ehjqcco/qcaf011/8038270 NB Public Health Wales publish annual estimates of CVD healthcare costs, with a narrower definition of CVD
<i>Linked conditions:</i> 81% people with CVD have one other condition	Tran J, Norton R, Conrad N, Rahimian F, Canoy D, Nazarzadeh M, et al. Patterns and temporal trends of comorbidity among adult patients with incident cardiovascular disease in the UK between 2000 and 2014: A population-based cohort study. PLoS Med. 2018; 15(3):e1002513. 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 2023 mortality data for Wales
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 deaths, vs breast cancer ~ worldwide	Nomis - Office for National Statistics (ONS; 2024) - Deaths registered by cause, gender and age, 2023 www.nomisweb.co.uk/datasets/mortsa ~ World Health Organization (WHO) and Global Burden of Disease (GBD) – 2021 global estimates
CVD death rates (Wales)	BHF analysis of Office for Nation Statistics (ONS) (2021-23) Nomis data
110k+ living with CHD	Welsh Government (2024) Quality Assurance and Improvement Framework (QAIF) disease registers 2024 https://statswales.gov.wales/Catalogue/Health-and-Social-Care/NHS-Primary-and-Community-Activity/GMS-Contract
HEART ATTACK (MYOCARDIAL INFARCTION, MI)	
Heart attack hospital admissions	Digital Health & Care Wales. PEDW hospital activity data; via correspondence – recent annual average
More than 7/10 people survive heart attack ~ 1960s estimate	Myocardial infarction total case fatality rates - spatial analysis of linked hospitalisation and mortality data (England only) www.thelancet.com/journals/lanpub/article/PIIS2468-2667(22)00108-6/fulltext ~ Goldacre's 2003 paper on myocardial infarction (Oxon)

STATISTIC	REFERENCE
ATRIAL FIBRILLATION (AF)	
diagnosed with AF	Welsh Government (2024) Quality Assurance and Improvement Framework (QAIF) disease registers 2024 https://statswales.gov.wales/Catalogue/Health-and-Social-Care/NHS-Primary-and-Community-Activity/GMS-Contract
x5 times more likely to have a stroke	Marini C, De Santis F, Sacco S, Contribution atrial fibrillation to incidence and outcome of ischemic stroke: results from a population-based study. www.ncbi.nlm.nih.gov/pubmed/15879330
Contributor to 1 in 5 strokes in Wales	Royal College of Physicians Sentinel Stroke National Audit Programme (SSNAP) stroke audit – select annual data [Welsh hospitals at far right of list] National clinical audit annual results portfolio https://www.strokeaudit.org/results/Clinical-audit/National-Results.aspx
HEART FAILURE (HF)	
diagnosed with heart failure by GP	Welsh Government (2024) Quality Assurance and Improvement Framework (QAIF) disease registers 2024 https://statswales.gov.wales/Catalogue/Health-and-Social-Care/NHS-Primary-and-Community-Activity/GMS-Contract
STROKE (CEREBROVASCULAR DISEASE)	
stroke deaths	Nomis - Office for National Statistics (ONS; 2024) - Deaths registered by cause, gender and age, 2023 www.nomisweb.co.uk/datasets/mortsa
stroke hospital admissions	Digital Health & Care Wales. PEDW hospital activity data; via correspondence – recent annual average
stroke/TIA survivors	Welsh Government (2024) Quality Assurance and Improvement Framework (QAIF) disease registers 2024 https://statswales.gov.wales/Catalogue/Health-and-Social-Care/NHS-Primary-and-Community-Activity/GMS-Contract
u75 stroke survivors	BHF analysis of The Health Intelligence Network (THIN) prevalence data, IQVIA/IMRD 2018
<i>Linked conditions:</i> CHD or heart attack more than twice as likely to have a stroke	http://stroke.ahajournals.org/content/22/8/983
<i>Linked conditions:</i> People with heart failure are 2-3 times more likely to have a stroke.	http://stroke.ahajournals.org/content/42/10/2977
<i>Linked conditions:</i> People with diabetes are twice as likely to have a stroke as people without diabetes	www.ncbi.nlm.nih.gov/pmc/articles/PMC5298897/
VASCULAR DEMENTIA	
deaths; underestimate/diagnoses	Nomis - Office for National Statistics (ONS; 2024) - Deaths registered by cause, gender and age, 2023. Alzheimer's Society www.alzheimers.org.uk/about-dementia/types-dementia/diagnosis-vascular-dementia
dementia types; up to 1 in 5 cases are vascular	Alzheimer's Society www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/demography
180k prevalence (UK)	NHS England website www.nhs.uk/conditions/vascular-dementia
<i>Linked conditions:</i> heart disease & vascular dementia	www.ncbi.nlm.nih.gov/pmc/articles/PMC2924456/
<i>Linked conditions:</i> ¾ cases in stroke survivors	www.ncbi.nlm.nih.gov/pmc/articles/PMC3235558/
<i>Linked conditions:</i> People with diabetes are 2-3 times more likely to develop vascular dementia	www.ncbi.nlm.nih.gov/pmc/articles/PMC2174783/

STATISTIC	REFERENCE
OUT-OF-HOSPITAL CARDIAC ARREST (OHCA)	
Wales 4.6% survival rate; OHCA volumes [definitions and full details not known; statistics not routinely published]	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 Welsh Government (2021) Press release https://gov.wales/lifesaving-programme-given-cash-boost-keep-going-welsh-government Welsh Government (2017) Out of Hospital Cardiac Arrest Plan https://gov.wales/out-hospital-cardiac-arrest-plan
Every min & CPR doubles survival	Resuscitation Council (2021) Resuscitation Guidelines 2021 www.resus.org.uk/library/2021-resuscitation-guidelines
CONGENITAL HEART DISEASE	
1:140 babies diagnosed	Public Health Wales (2024) Congenital Anomaly Register & Information Service for Wales - CARIS Review 2024 https://phw.nhs.wales/services-and-teams/caris/official-stats-2024-documents/2024-caris-report-eng-pdf/
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
INHERITED (GENETIC) CONDITIONS	
16k inherited heart conditions; 30k with gene variant	BHF estimate for Wales 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
UK 12 cardiac deaths/week under-35s	Cardiac Risk in the Young www.c-r-y.org.uk/statistics
RISK FACTORS	
Hypertension (High Blood Pressure)	
Adults with HBP ~ numbers diagnosed by GP	BHF Welsh prevalence estimate based on latest UK health surveys (England and Scotland data) Welsh Government (2024) Quality Assurance and Improvement Framework (QAIF) disease registers 2024 https://stats.wales.gov.wales/Catalogue/Health-and-Social-Care/NHS-Primary-and-Community-Activity/GMS-Contract
High BP #1 risk factor ~ CVD risk	Global Burden of Disease (GBD) (2024) estimates for Wales ~ Vasan et al NEJM 2001 www.ncbi.nlm.nih.gov/pubmed/11794147/
<i>Linked conditions:</i> Around 50% of heart attacks and strokes are associated with high blood pressure	Global Burden of Disease (GBD) (2024) risk burden estimates for Wales, 2021

STATISTIC	REFERENCE
Diabetes	
adults diagnosed with diabetes ~ undiagnosed	Welsh Government (2024) Quality Assurance and Improvement Framework (QAIF) disease registers 2024 https://statswales.gov.wales/Catalogue/Health-and-Social-Care/NHS-Primary-and-Community-Activity/GMS-Contract Diabetes UK www.diabetes.org.uk/professionals/position-statements-reports/statistics
<i>Linked conditions:</i> 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 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
Other Risk Factors	
High cholesterol; air pollution, high BMI mortality; renal	Global Burden of Disease (GBD) (2024) Wales 2021 mortality estimates
Adults ~ 13% smoke ~ 320k smokers	Welsh Government (2023) National Survey for Wales 2022/23 - https://gov.wales/adult-lifestyle-national-survey-wales-april-2022-march-2023 BHF estimate with ONS population estimates; NB ONS (2024) Annual Population Survey 2023 also has 13% of adults (UK-wide survey)
Smoking-related deaths ~ CVD deaths ~ hospital admissions/year	NHS Wales estimate ~ Global Burden of Disease (GBD) (2024) Wales 2021 estimate ~ ASH Wales https://ash.wales/campaign/hospitals/
Physical activity, adult BMI/obesity, alcohol, 5-a-day	Welsh Government (2023) National Survey for Wales 2022/23 - https://gov.wales/adult-lifestyle-national-survey-wales-april-2022-march-2023 NB survey methodologies have changed during and after the pandemic, so statistics may not be comparable
Children BMI/obesity prevalence	Public Health Wales (2025) National Child Measurement Programme Wales 2023/24 (reception year only) https://phw.nhs.wales/services-and-teams/child-measurement-programme/ [NB final edition of the Welsh Health Survey was the last known all-ages survey of BMI in Welsh children – 2015 fieldwork, published 2016]
For any queries please contact healthinsights@bhf.org.uk and we will do our best to help	