



British Heart  
Foundation

SCOTLAND

## CVD STATISTICS – BHF SCOTLAND FACTSHEET

### ABOUT THE BRITISH HEART FOUNDATION (BHF)

**Our mission is to win the fight against heart and circulatory disease.**

**Our vision is a world in which people do not die prematurely or suffer from heart and circulatory disease.**

For over 50 years we've pioneered research that has transformed the lives of millions of people living with heart disease. We are the biggest independent funder of cardiovascular research in Scotland.

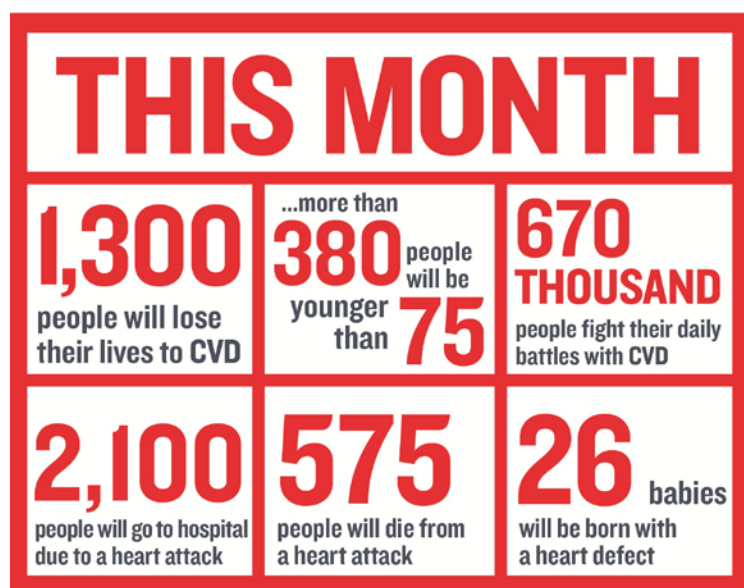
Our work has been central to the discoveries of vital treatments that are leading the fight against heart disease.

But **heart and circulatory disease still kills more than one in four people in Scotland**, stealing them away from their families and loved ones. From babies born with life-threatening heart problems, to the many mums, dads and grandparents who survive a heart attack or endure their daily battles with heart failure.

### BHF HEART STATISTICS

Statistics are very important to the BHF. They give our staff, volunteers and supporters a sense of the scale of heart and circulatory disease's burden and the challenges we face as we fight for every heartbeat. We compile the most comprehensive statistics on the effects, prevention, treatment, costs and causes of heart disease in Scotland and the UK. [bhf.org.uk/statistics](http://bhf.org.uk/statistics)

**For examples of how we are making a difference, look for the **BHF** sections throughout this factsheet.**



**QUICK LINKS** – [Cardiovascular Disease \(CVD\)](#) - [Coronary Heart Disease \(CHD\)](#) - [Heart Attack](#) - [Heart Failure](#) - [Atrial Fibrillation](#) - [Stroke](#) - [Cardiac Arrest](#) - [Congenital](#) - [Inherited](#) - [NCDs](#) - [Risk Factors](#) - [References](#) - [About Us](#) - [About REF](#)

## Cardiovascular Disease (CVD; Heart and Circulatory Disease)

Cardiovascular disease (CVD) is an umbrella term that describes all diseases of the heart and circulation. It includes everything from conditions that are diagnosed at birth, or inherited, to developed conditions such as coronary heart disease, atrial fibrillation, heart failure, and stroke.

- Cardiovascular (heart and circulatory) disease causes more than a quarter (**27 per cent**) of all deaths in Scotland, or **nearly 16,000 deaths each year** - that's more than 40 people per day or 1,300 per month.
- Since the BHF was established the annual number of CVD deaths in Scotland has fallen by more than half.
- In 1961, 34,547 deaths - over half of all deaths that year in Scotland - were attributed to CVD.
- Since 1961 the Scottish death rate from CVD has declined by more than **three quarters**. Death rates have fallen more quickly than the actual number of deaths because people in Scotland are now living longer lives.
- Over **4,600 people** under the age of 75 in Scotland die from CVD each year.



Cardiovascular disease causes more than a quarter of all deaths in Scotland

### DEATHS FROM CVD AND NUMBERS LIVING WITH CVD

Nation	Number of People Dying from CVD (Latest Year)	Number of People Under 75 Years Old Dying from CVD (Latest Year)	Estimated Number of People Living with CVD
England (2015)	129,147	33,662	5.9 million
<b>Scotland (2015)</b>	<b>15,768</b>	<b>4,655</b>	<b>670,000</b>
Wales (2015)	9,027	2,544	375,000
Northern Ireland (2015)	3,773	1,087	225,000
United Kingdom (2015)	158,155	42,245	7 million +

Deaths BHF/Oxford from latest official statistics (ONS/NISRA/NRS 2015 data); UK total includes non-residents (ONS data)  
Living with CVD estimates based on latest health surveys with CVD fieldwork and GP patient data

- There are an estimated **670,000 people** living with cardiovascular disease in Scotland – 335,000 men and 335,000 women.
- An ageing and growing population and improved survival rates from cardiovascular events could see numbers rise still further.
- For more information about CVD, visit our website at [bhf.org.uk/heart-health/conditions/cardiovascular-disease](http://bhf.org.uk/heart-health/conditions/cardiovascular-disease)



**AROUND 670,000**  
people in Scotland are living with cardiovascular disease

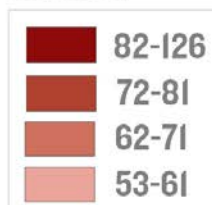
**BHF** Thanks to research we funded, the use of statins to help prevent CVD is now routine, saving lives every year in Scotland. Read the [REF case study](#) to find out more.

**BHF** A groundbreaking study, co-funded by the BHF, investigated the effect of social inequalities on health. This research has helped shape public health policy across the UK and around the world. Read the [REF case study](#) to find out more. Subsequently, addressing health inequalities has become a key component in all innovation programmes that the BHF has piloted to improve services for people living with or at risk of CVD.

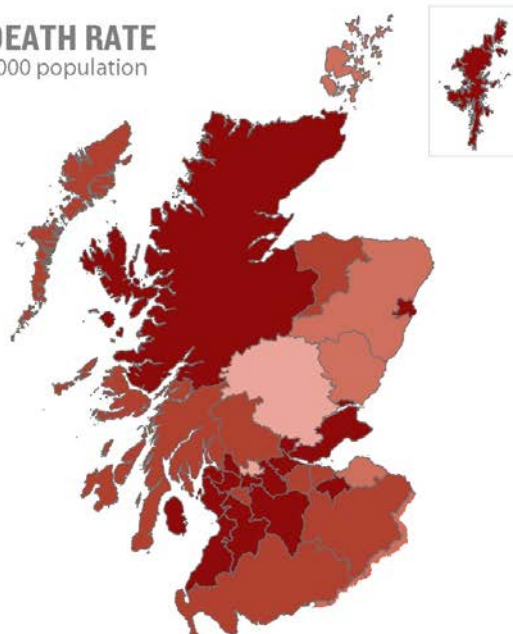
## PREMATURE CVD DEATH RATE

age standardised per 100,000 population

### HIGHEST



### LOWEST



Our vision is a world where people do not die prematurely from cardiovascular disease (CVD).

People living in the poorest areas of the country are, on average, more likely to die early from CVD than those living in the richest.

BHF/Oxford University in collaboration with NRS (2013-15 data)

- Early death rates from CVD (before the age of 75) are generally higher in Scotland than the rest of the UK.
- 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 country.
- The highest premature CVD death rates by Scottish local authority (2013-15) were for Glasgow City and West Dunbartonshire.

### SCOTTISH PREMATURE CVD DEATH RATES 2012/14 – TOP TEN (SCOTLAND AVERAGE = 91)

Local Authority	Death Rate per 100,000 Population	Annual Number of CVD Deaths Under 75 Years Old
Glasgow City	126.3	580
West Dunbartonshire	116.1	100
East Ayrshire	112.2	140
North Lanarkshire	112.0	350
Dundee City	105.9	135
North Ayrshire	101.7	150
Renfrewshire	98.3	165
Shetland Islands	97.4	23
Aberdeen City	94.5	170
Clackmannanshire	93.2	50

- The premature (under 75) death rate for Glasgow City (126 per 100,000) is more than twice as high as for Perth and Kinross or East Dunbartonshire (both 60 per 100,000).
- Regional and local statistics and rankings for CVD deaths can be found on our website at [bhf.org.uk/statistics](http://bhf.org.uk/statistics)
- Each year cardiovascular disease costs NHS Scotland around £800m.

**BHF** A clinical trial, funded by us as part of a wider collaboration, showed that the benefits of treating high blood pressure in very elderly people outweighed the risk of side effects, allowing elderly people to receive the care they require. Read the [REF case study](#) to find out more.

**BHF** We have funded House of Care, an innovative programme designed to enable clinicians to empower patients to make informed decisions about their care, based on what is important to them, and provide support to patients to manage their own conditions from day to day. [bhf.org.uk/houseofcare](http://bhf.org.uk/houseofcare)

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

Coronary heart disease (CHD) is the most common type of cardiovascular 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).

- Coronary heart disease (CHD) is Scotland's single biggest killer. It is also **the leading cause of death worldwide**.
- In Scotland, more than 1 in 7 men and 1 in 10 women die from coronary heart disease (1 in 8 overall).
- CHD is responsible for over **7,000 deaths** in Scotland each year - that's around **20 deaths per day**.
- Since the BHF was established the annual number of CHD deaths in Scotland has fallen by 65 per cent.
- Most deaths from coronary heart disease are caused by a heart attack.



Coronary heart disease is Scotland's **single biggest killer**

**BHF** Our researchers have developed a scoring system to assess the risk of heart attack or death for patients with acute coronary syndrome (unstable angina or heart attack). The GRACE scoring system is now a reference standard, resulting in guideline changes in over 55 countries, leading to improved management of heart patients around the world.

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

**BHF** A trial that we funded has led the way in demonstrating that MRI – a non-invasive imaging technique – is more effective than a CT scan in identifying people at high risk of death or heart attack following chest pain suspected to be angina. These findings are important as MRI does not expose people to radiation.

[bhf.org.uk/MRIscans\\_highrisk](https://bhf.org.uk/MRIscans_highrisk)

- CHD death rates are on average higher in Scotland than the rest of the UK.
- Regional and local statistics and rankings for CHD deaths can be found on our website at [bhf.org.uk/statistics](https://bhf.org.uk/statistics)
- CHD kills three times as many women as breast cancer in Scotland: it even kills more women prematurely.
- Over **2,500 people** under the age of 75 in Scotland die from CHD each year.
- An estimated **270,000 people** are living with CHD in Scotland – 160,000 men and 110,000 women.
- For more information about CHD, visit our website at [bhf.org.uk/heart-health/conditions/coronary-heart-disease](https://bhf.org.uk/heart-health/conditions/coronary-heart-disease)



Coronary heart disease kills **three times as many women as breast cancer in Scotland**



There are around **270,000** people living with coronary heart disease in Scotland

## Heart Attack (Myocardial Infarction, MI)

- Most deaths from coronary heart disease are caused by a heart attack.
- There are over **25,000 hospital visits** attributed to heart attacks in Scotland each year: that is 1 person going to hospital due to a heart attack every 20 minutes.
- More than 100,000 people alive in Scotland today (68,000 men and over 32,000 women) have survived a heart attack.
- In the 1960s more than 7 out of 10 heart attacks in the UK were fatal. Today at least **7 out of 10 people survive**.
- For more information on heart attacks visit our website at [bhf.org.uk/heart-health/conditions/heart-attack](https://bhf.org.uk/heart-health/conditions/heart-attack)

**BHF** Professor Michael Davies was one of the first scientists to clearly demonstrate that blood clots in the heart's coronary arteries cause heart attacks. This breakthrough in the 1970s paved the way for scientists around the world to investigate how to prevent and treat blood clots. This has led to the development of life saving, clot-busting drugs.  
[bhf.org.uk/heartattackhistory](http://bhf.org.uk/heartattackhistory)

**BHF** Large-scale studies, part-funded by us, showed that combined treatment with aspirin and a clot buster drug significantly increases survival rates after heart attacks. [BHF Research - Heart Attack](#)

**BHF** Research that we funded has shown that a new high-sensitivity blood test for troponin – a protein released from the heart during a heart attack – results in improved diagnosis of heart attack, particularly in women.  
[bhf.org.uk/heartattacktest](http://bhf.org.uk/heartattacktest)

## Atrial Fibrillation (AF)

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

- Around **96,000 people** in Scotland have been diagnosed with atrial fibrillation.
- It is estimated that there are thousands more living with undiagnosed AF.
- For more on atrial fibrillation, visit [bhf.org.uk/heart-health/conditions/atrial-fibrillation](http://bhf.org.uk/heart-health/conditions/atrial-fibrillation)

**BHF** We have funded arrhythmia care coordinator (ACC) posts to improve outcomes for people with arrhythmias. The programme is already preventing thousands of hospital admissions and has been adopted as a NICE Quality, Innovation and Productivity case study.  
[bhf.org.uk/bestpractice](http://bhf.org.uk/bestpractice)

## Heart Failure (HF)

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

- Around **48,000 people** in Scotland have been diagnosed with heart failure – around 60 per cent are men.
- For more information on heart failure, visit our website at [bhf.org.uk/heart-health/conditions/heart-failure](http://bhf.org.uk/heart-health/conditions/heart-failure)

**BHF** Our researchers helped to show that angiotensin converting enzyme (ACE) inhibitors – drugs that lower blood pressure – increase survival and improve quality of life in patients with heart failure.  
[bhf.org.uk/treatmentsresearch](http://bhf.org.uk/treatmentsresearch)

**BHF** Our work has shown that heart failure specialist nurses (HFSNs) provide great benefit and comfort for heart patients and their carers. The use of HFSNs has been widely adopted across the country.  
[Managing HF in the Community](#)

**BHF** We funded an innovative pilot delivering intravenous diuretics at home, leading to improved quality of life for heart failure patients. Patients preferred this over hospital-based treatment and the model has been replicated across the country.  
[bhf.org.uk/communityivd](http://bhf.org.uk/communityivd)

## Stroke (Cerebrovascular Disease)

A stroke occurs when the blood supply to part of the brain is cut off, causing brain cells to become damaged.

- Strokes cause **4,300 deaths** in Scotland each year.
- In Scotland over **26,000 hospital visits** are attributed to stroke each year.
- Around **124,000 people** living in Scotland have survived a stroke or transient ischaemic attack (TIA).
- Regional and local statistics and rankings for stroke deaths can be found on our website at [bhf.org.uk/statistics](http://bhf.org.uk/statistics)
- For more health information on strokes visit our website at [bhf.org.uk/heart-health/conditions/stroke](http://bhf.org.uk/heart-health/conditions/stroke)

## Out-of-Hospital Cardiac Arrest (OHCA)

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

- There are around **3,500** out-of-hospital cardiac arrests (OHCAs) in Scotland each year.
- The overall survival rate in Scotland is just **1 in 20**.
- The Chain of Survival (below) is a sequence of steps that together maximise the chance of survival following cardiac arrest.
- Every minute without cardiopulmonary resuscitation (CPR) and defibrillation reduces the chance of survival by up to 10 per cent.
- Performing **CPR can double the chances of survival** in some cases (ventricular fibrillation).
- For more on cardiac arrest visit [bhf.org.uk/heart-health/conditions/cardiac-arrest](https://bhf.org.uk/heart-health/conditions/cardiac-arrest)



**BHF** By providing access to and innovative resources for cardiopulmonary resuscitation (CPR) training we aim to give people the skills and confidence to act when they witness a cardiac arrest and improve survival rates, thereby building a nation of lifesavers. Thousands of Scottish adults and schoolchildren have participated in our CPR training schemes and now have life saving skills.

**BHF** We have also helped fund and place thousands of public access defibrillators (PADs) in communities across the country. We are making further investments to increase defibrillator awareness for emergency medical services and the public to ensure that PADs can be accessed quickly in an emergency. [bhf.org.uk/survival](https://bhf.org.uk/survival)



There are around **3,500** out-of-hospital cardiac arrests in Scotland each year

## 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 180 births - that's an average of 26 each month in Scotland - with more diagnoses later in life.
- Estimates suggest that as many as **1-2 per cent** of the population may be affected.
- Before the BHF existed, the majority of babies born in the UK with a heart defect did not survive to their first birthday. Today, thanks to research, around **8 out of 10 survive** to adulthood.
- For more information, visit [bhf.org.uk/heart-health/conditions/congenital-heart-disease](https://bhf.org.uk/heart-health/conditions/congenital-heart-disease)

**BHF** Professor Sir Magdi Yacoub developed surgical techniques to treat a complex congenital heart defect. The switch procedure which he pioneered is now used routinely, worldwide, to treat babies born with abnormally connected blood vessels.

**BHF** With our support, researchers at the Institute of Child Health mapped out the details of heart defects. This knowledge, combined with advances in imaging technology, helps to identify and treat abnormalities as early as possible, meaning babies have the best chance of survival [bhf.org.uk/congenistory](https://bhf.org.uk/congenistory)



**26 babies a month** are diagnosed with a congenital heart defect in Scotland

## Inherited (Genetic) Conditions

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

- They include hypertrophic cardiomyopathy (HCM; estimated to affect 1 in 500) and familial hypercholesterolaemia (FH; 1 in 250).
- It's estimated that around **50,000 people** in Scotland could be living with a faulty gene putting them at unusually high risk of developing heart disease or dying suddenly at a young age.
- In the UK it is estimated that at least 12 young people (aged under 35) die every week from an undiagnosed heart condition.
- For more information, visit our website:-  
[bhf.org.uk/heart-health/conditions/inherited-heart-conditions](http://bhf.org.uk/heart-health/conditions/inherited-heart-conditions)  
[bhf.org.uk/heart-health/conditions/familial-hypercholesterolaemia](http://bhf.org.uk/heart-health/conditions/familial-hypercholesterolaemia)



**Around 50,000** people in Scotland have a faulty gene that can cause an inherited heart condition

**BHF** Professor Steve Humphries and his team have pioneered the development of genetic tests for familial hypercholesterolaemia (FH), an inherited condition which results in exceptionally high levels of cholesterol in the blood. Left untreated, this can greatly increase the risk of developing heart disease at an early age. Read the [REF case study](#) to find out more. Based on this research, the BHF has piloted FH cascade screening programmes across the UK since 2010, ensuring access to genetic testing, and resulting in thousands being diagnosed and getting the treatment they need.

**BHF** Professor Hugh Watkins and his team have led in the identification of the faulty genes that cause hypertrophic cardiomyopathy (HCM) – a dangerous condition that can lead to sudden death. Through the Miles Frost Fund, the BHF will pilot a programme to help ensure access to genetic testing for immediate family members of those diagnosed with HCM.  
[bhf.org.uk/HCMresearch](http://bhf.org.uk/HCMresearch)

## Non-Communicable Diseases (NCDs)

CVD is a non-communicable (non-infectious or non-transmissible) disease.

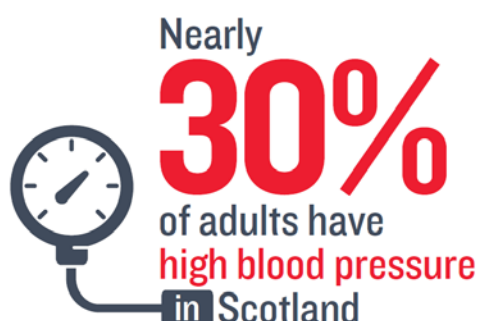
Other NCDs include cancer, diabetes, chronic respiratory disease, digestive and mental health conditions.

- NCDs kill 48,000 people each year in Scotland; that's 89 per cent of all deaths.
- NCDs cause 17,000 premature deaths each year in Scotland; that's 87 per cent of all deaths before the age of 75.

## Medical Risk Factors

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

- Nearly 30 per cent of adults in Scotland have **high blood pressure** and half of them are not receiving treatment.
- **High blood cholesterol** is a significant risk factor for cardiovascular disease.
- Having diabetes can **double the risk** of developing cardiovascular disease.
- **280,000 adults** in Scotland have been diagnosed with **diabetes**.
- Around 10 per cent of those diagnosed are living with Type 1 diabetes and 90 per cent have Type 2.
- It's estimated that thousands more people in Scotland are living with undiagnosed Type 2 diabetes.



For more information, visit our website:-

High Blood Pressure (Hypertension)

[bhf.org.uk/heart-health/risk-factors/high-blood-pressure](http://bhf.org.uk/heart-health/risk-factors/high-blood-pressure)

High Cholesterol

[bhf.org.uk/heart-health/risk-factors/high-cholesterol](http://bhf.org.uk/heart-health/risk-factors/high-cholesterol)

Diabetes

[bhf.org.uk/heart-health/risk-factors/diabetes](http://bhf.org.uk/heart-health/risk-factors/diabetes)

## Lifestyle Risk Factors

Modifiable risk factors (e.g. cigarette smoking, physical inactivity and poor diet) contribute significantly to the risk of CVD.



- More than one in five adults smoke cigarettes in Scotland – that’s over **900,000 adults**.
- There are over **10,000** smoking-related deaths each year in Scotland.
- Each year an estimated **2,500** Scottish deaths from cardiovascular disease can be attributed to smoking.
- There are around 128,000 smoking-related hospital admissions each year in Scotland.



- Around 29 per cent of adults in Scotland are obese and in addition more than a third are overweight (using BMI).
- Nearly 3 out of 10 of children in Scotland are overweight or obese.
- Over a third of adults in Scotland and a quarter of children do not achieve recommended levels of physical activity.
- Only 1 in 5 adults and 1 in 8 children in Scotland eat the recommended five portions of fruit and veg per day.
- 1 in 4 adults in Scotland regularly exceed guidelines for daily alcohol intake; no level of use is without risk.

## Other Risk Factors

- Outdoor **air pollution** has an effect equivalent to tens of thousands of premature deaths in the UK each year, with a significant impact on cardiovascular health.
- Other risk factors can significantly increase your risk of developing cardiovascular disease, including age, gender, family history and ethnicity.

**BHF** Groundbreaking studies by our researchers have greatly advanced our understanding of how maternal nutrition and lifestyle during pregnancy can affect a child’s long-term health. Read the [REF case study](#) to find out more.

**BHF** Our research has provided evidence of a causal relationship between air pollutants and cardiovascular disease. The researchers have also shown that fitting particle traps to diesel engine exhausts helps to prevent the damaging effects of some types of pollution. Some European countries have already started to adopt this simple intervention to limit the detrimental effects of pollution on health. Visit [our website](#) to find out more.



## REFERENCES

STATISTIC	REFERENCE
<b>CARDIOVASCULAR DISEASE (CVD; HEART &amp; CIRCULATORY DISEASE)</b>	
CVD deaths/year	BHF analysis of NRS mortality statistics (2015 data)
CVD death rates; local death rates	BHF/Oxford University in collaboration with National Records of Scotland (2013-15 data)
670k living with CVD; gender split	BHF estimate based on Scottish Health Survey 2015 data and ONS mid-2015 population estimates
£800m CVD cost	NHS Expenditure, Population Health Analytical Services, Scottish Government 2011/12
<b>CORONARY HEART DISEASE (CHD; ISCHAEMIC HEART DISEASE)</b>	
CHD biggest killer Scotland ~ worldwide	BHF analysis of NRS mortality statistics (2015 data) ~ World Health Organization, The Top 10 Causes of Death, 2012
CHD deaths, vs breast cancer	BHF analysis of NRS mortality statistics (2015 data)
CHD death rates	BHF/Oxford University in collaboration with National Records of Scotland
270k living with CHD; gender split	BHF estimate based on Scottish Health Survey 2015 data and ONS mid-2015 population estimates
<b>HEART ATTACK (MYOCARDIAL INFARCTION, MI)</b>	
25k+ heart attack hospital visits	Hospital Discharges, ISD Scotland 2014/15
7/10 people survive heart attack ~ 1960s estimate	Case fatality rates in Smolina's 2012 BMJ paper on acute MI mortality ( <a href="http://www.bmj.com/content/344/bmj.d8059">www.bmj.com/content/344/bmj.d8059</a> ) ~ Goldacre's 2003 paper on myocardial infarction (Oxon)
100k living with MI	BHF calculation based on 2013 CPRD prevalence data and ONS population estimates
<b>ATRIAL FIBRILLATION (AF)</b>	
96k diagnosed with AF - undiagnosed	ISD Scotland, Quality & Outcomes Framework, prevalence data 2015/16 ~ Atrial Fibrillation Association
<b>HEART FAILURE (HF)</b>	
48k living with heart failure ~ 60% male	ISD Scotland, Quality & Outcomes Framework, prevalence data 2015/16 ~ BHF/Oxford analysis of 2013 CPRD prevalence data
<b>STROKE (CEREBROVASCULAR DISEASE)</b>	
4k stroke deaths	BHF analysis of NRS mortality statistics (2015 data)
26k+ stroke hospital episodes	Hospital Discharges, ISD Scotland 2014/15
124k stroke survivors ~ U75	ISD Scotland, Quality & Outcomes Framework, prevalence data 2015/16
<b>CONGENITAL HEART DISEASE</b>	
1:180 babies diagnosed	BHF/Oxford University analysis of EUROCAT congenital anomaly registers 2010-14 (NB cases exclude BAV - bicuspid aortic valve)
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 NHS website
<b>INHERITED (GENETIC) CONDITIONS</b>	
50k living with faulty gene	BHF Scotland estimate from PHG Foundation, <i>Heart to Heart: inherited cardiovascular conditions services</i> (2009); revised FH prevalence estimates (see below) and DCM from Hershberger et al 2013 ( <a href="http://www.nature.com/nrcardio/journal/v10/n9/full/nrcardio.2013.105.html">www.nature.com/nrcardio/journal/v10/n9/full/nrcardio.2013.105.html</a> )
1:250 living with familial hypercholesterolaemia (FH)	Benn, Watts et al. J Clin Endocrinol Metab Aug 2012 ( <a href="http://www.ncbi.nlm.nih.gov/pubmed/22893714">www.ncbi.nlm.nih.gov/pubmed/22893714</a> ) – with erratum Dec 2014; also in Eur Heart J Aug 2013, Nordestgaard et al ( <a href="http://eurheartj.oxfordjournals.org/content/early/2013/08/15/eurheartj.eht273">eurheartj.oxfordjournals.org/content/early/2013/08/15/eurheartj.eht273</a> )
1:500 living 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">eurheartj.oxfordjournals.org/content/ehj/22/16/1374.full.pdf</a> )
UK 12 cardiac deaths/week under-35s	Cardiac Risk in the Young ( <a href="http://www.c-r-y.org.uk/sads-statistics">www.c-r-y.org.uk/sads-statistics</a> )
<b>OUT-OF-HOSPITAL CARDIAC ARREST (OHCA)</b>	
3.5k OHCA/year; 5% survival	Out-of-Hospital Cardiac Arrest: A Strategy for Scotland, 2015
Every min & CPR doubles survival	European Resuscitation Council, Guidelines for Resuscitation 2015 ( <a href="http://www.cprguidelines.eu">www.cprguidelines.eu</a> )
<b>RISK FACTORS</b>	
280k adults diagnosed with diabetes ~ undiagnosed	ISD Scotland, Quality & Outcomes Framework, prevalence data 2015/16 ~ Diabetes UK, Diabetes: Facts and Stats 2015
adults diagnosed HBP	Scottish Health Survey 2015
21% of adults smoke ~ 900k+ smokers	Scottish Health Survey 2015 ~ BHF calculation (survey + ONS population estimates)
10k+ smokers die from smoking-related causes; 128k admissions	ASH Scotland Smoking & Tobacco Statistics Fact Sheet 2016 – data from Scottish Public Health Observatory (ScotPHO)
est. 2,500 CVD deaths due to smoking	BHF estimate for Scotland based on NHS Digital, Statistics on Smoking, 2016
air pollution	COMEAP report (2010) ( <a href="#">link</a> ) and Royal College of Physicians report (2016) ( <a href="#">link</a> )



SCOTLAND

## About the British Heart Foundation (BHF)

For over 50 years we've pioneered research that has transformed the lives of millions of people living with heart disease. Our work has been central to the discoveries of vital treatments that are leading the fight against heart disease.

But heart and circulatory disease still kills more than one in four people in Scotland, stealing them away from their families and loved ones. From babies born with life-threatening heart problems, to the many mums, dads and grandparents who survive a heart attack or endure their daily battles with heart failure.

Join our fight for every heartbeat. Every pound raised, minute of your time and donation to our shops will help make a difference to people's lives.

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

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



We are currently investing  
**£63m**  
in groundbreaking cardiovascular disease research in Scotland

## More BHF CVD Statistics

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

This factsheet is compiled by the British Heart Foundation.  
**Last reviewed and updated 27 March 2017.**

Statistics are the latest available from the UK's health and statistical agencies.  
For any queries, please [contact us](#) and we will do our best to help.

Factsheets are also available for the UK, Wales  
(in English/Welsh) and Northern Ireland.



The Research Excellence Framework (REF)  
[impact.ref.ac.uk](http://impact.ref.ac.uk)

REF was launched in 2014 to assess the quality and impact of research in UK higher education institutions. Each institution was required to submit a comprehensive report detailing their key research outputs (e.g. research papers, book chapters); an overview of their research environment (e.g. funds raised, doctorate degrees awarded); and case studies demonstrating the impact of their research (e.g. development of new drugs, changes to clinical guidelines). Many of these impact case studies feature research funded by the BHF.