Scotland Factsheet

British Heart Foundation

April 2019

Our vision is a world without heart and circulatory diseases. We want to end the heartbreak that they cause
Key Statistics

This month in Scotland

1,440 people will lose their lives to CVD

400 people will be younger than 75

700,000 people are living with the daily burden of CVD

2,100 hospital visits will be due to a heart attack

560 people will die from coronary heart disease

25 babies will be diagnosed with a heart defect

Quick Links

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<th>Heart and Circulatory Diseases</th>
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Heart and Circulatory Diseases (Cardiovascular Disease; CVD)

Heart and circulatory diseases is an umbrella term that describes 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 are develop later such as coronary heart disease, atrial fibrillation, heart failure, stroke and vascular dementia.

- There are an estimated 700,000 people living with heart and circulatory diseases in Scotland. An ageing and growing population and improved survival rates from heart and circulatory events could see these numbers rise still further.

Prevalence rates for heart and circulatory diseases in the most deprived areas of Scotland are twice as high as those in the least deprived.

- Heart and circulatory diseases cause around 3 in 10 (30 per cent) of all deaths in Scotland, or more than 17,000 deaths each year - that’s nearly 50 people per day or 1,440 per month.

- Over 4,800 people under the age of 75 in Scotland die from heart and circulatory diseases each year.

- Since the BHF was established the annual number of heart and circulatory deaths in Scotland has fallen by half.

- In 1961, 34,547 deaths - over half of all deaths that year in Scotland - were attributed to heart and circulatory diseases.

Linked conditions

Around 80 percent of people with heart and circulatory diseases have at least one other health condition.
Deaths from and numbers living with heart and circulatory diseases (CVD)

<table>
<thead>
<tr>
<th>Nation</th>
<th>No. of People Dying from CVD (2017)</th>
<th>No. of People Under 75 Years Old Dying from CVD (2017)</th>
<th>Estimated Number of People Living with CVD (latest estimate)</th>
</tr>
</thead>
<tbody>
<tr>
<td>England</td>
<td>137,454</td>
<td>34,684</td>
<td>6.1 million</td>
</tr>
<tr>
<td>Scotland</td>
<td>17,233</td>
<td>4,813</td>
<td>700,000</td>
</tr>
<tr>
<td>Wales</td>
<td>9,225</td>
<td>2,557</td>
<td>375,000</td>
</tr>
<tr>
<td>Northern Ireland</td>
<td>4,104</td>
<td>1,131</td>
<td>225,000</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>168,472</td>
<td>43,472</td>
<td>7.4 million</td>
</tr>
</tbody>
</table>

Deaths BHF/University of Birmingham analysis from latest official statistics (ONS/NISRA/NRS); UK total includes non-residents (ONS data)
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 Scotland.

- Since 1961 the Scottish death rate from heart and circulatory diseases has declined by more than 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) death rate for Glasgow City (143.7 per 100,000) is more than twice as high as for Scottish Borders (68.2 per 100,000).
- Early death rates from heart and circulatory diseases (before the age of 75) are generally higher in Scotland than the rest of the UK.
Scotland premature (under 75) heart and circulatory diseases (CVD) death rates 2015-17

<table>
<thead>
<tr>
<th>Local Authority – Top Five</th>
<th>Under 75 Death Rate per 100,000 Population</th>
<th>Under 75 Annual Number of CVD Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow City</td>
<td>143.7</td>
<td>620</td>
</tr>
<tr>
<td>West Dunbartonshire</td>
<td>119.3</td>
<td>96</td>
</tr>
<tr>
<td>Dundee City</td>
<td>118.5</td>
<td>141</td>
</tr>
<tr>
<td>East Ayrshire</td>
<td>116.9</td>
<td>136</td>
</tr>
<tr>
<td>North Lanarkshire</td>
<td>115.8</td>
<td>339</td>
</tr>
</tbody>
</table>

The Cost of Heart and Circulatory Diseases

- Each year heart and circulatory diseases cost NHS Scotland around £800m.

Linked conditions

- There are an estimated 870,000 people living with either a heart and circulatory disease or diabetes in Scotland.
- There are an estimated 170,000 people living with a heart and circulatory disease and diabetes in Scotland.

Premature heart & circulatory disease (CVD) death rate by local authority 2015-17

Death rate per 100,000

- 55 - 65
- 66 - 75
- 76 - 87
- 88 - 144

For more info please visit:
- Regional and local statistics
Coronary Heart Disease (CHD; Ischaemic Heart Disease)

Coronary heart disease (CHD) is the most common type of heart and circulatory 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

- Coronary heart disease (CHD) is Scotland’s single biggest killer. It is also the leading cause of death worldwide.
- CHD is responsible for over 6,700 deaths in Scotland each year - that’s around 18 deaths per day.
- In Scotland, 1 in 7 men and nearly 1 in 10 women die from coronary heart disease.
- CHD kills nearly three times as many women as breast cancer in Scotland: it even kills more women prematurely.

Top 4 causes of death, Scotland 2017

<table>
<thead>
<tr>
<th>Cause of death</th>
<th>Number of deaths (thousands)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary Heart Disease</td>
<td>6,727</td>
</tr>
<tr>
<td>Dementia and Alzheimer's</td>
<td>6,549</td>
</tr>
<tr>
<td>Lung cancer</td>
<td>4,069</td>
</tr>
<tr>
<td>Stroke</td>
<td>3,927</td>
</tr>
</tbody>
</table>
Key Facts

- Since the BHF was established the annual number of CHD deaths in Scotland has fallen by 65 per cent.
- CHD death rates are on average higher in Scotland than the rest of the UK.
- Over 2,500 people under the age of 75 in Scotland die from CHD each year.
- Coronary heart disease is the leading cause of heart attacks.

Prevalence rates for coronary heart disease in the most deprived areas of Scotland are three times as high as those in the least deprived.

Linked conditions

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

Premature CHD death rate by local authority 2015-17

Death rate per 100,000

- 35 - 41
- 42 - 49
- 50 - 83

For more information please visit:

- Regional and local statistics
- Coronary Heart Disease

240,000
Estimated number of people living with coronary heart disease in Scotland
~ 140,000 men and 100,000 women
Heart Attack (Myocardial Infarction, MI)

- There are over 10,000 hospital admissions for heart attacks in Scotland each year: that’s 29 admissions each day or 1 every 50 minutes.
- In Scotland there are over 25,000 hospital visits for heart attacks each year.
- Around 130,000 people alive in Scotland today have survived a heart attack.
- In the 1960s more than 7 out of 10 heart attacks in the UK were fatal. Today at least 7 out of 10 people survive.

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 100,000 people in Scotland have been diagnosed with atrial fibrillation.
- It is estimated that there are thousands more living with undiagnosed AF.
Heart Failure

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

- Around 46,000 people in Scotland have been diagnosed with heart failure by their GP
- Estimates which include diagnoses at hospital show there are thousands more people living with the condition across the country

Stroke (Cerebrovascular Disease)

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

- Strokes cause over 3,900 deaths in Scotland each year.
- In Scotland nearly 12,000 hospital admissions for stroke each year – that’s 1 every 45 minutes.
- There are nearly 30,000 hospital visits due to stroke each year in Scotland.
- Around 140,000 people living in Scotland have survived a stroke or transient ischaemic attack (TIA).

Prevalence rates for strokes in the most deprived areas of Scotland are three times as high as those in the least deprived.

Linked conditions

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

For more info, visit our website:
- Stroke
- OHCA
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 more than 2,000 deaths each year in Scotland – numbers could be higher as it can be difficult to diagnose the different types of dementia.
- Vascular dementia is the second most common type of dementia, seen in around 1 in 4 cases.
- Vascular dementia is estimated to affect at least 150,000 people in the UK.
- By 2050 it’s predicted that the numbers living with vascular dementia could double.

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.

- There are around 3,500 out-of-hospital cardiac arrests (OHCAs) in Scotland each year.
- The survival rate in Scotland is just 1 in 12.
- Every minute without cardiopulmonary resuscitation (CPR) and defibrillation reduces the chance of survival by up to 10 per cent.
- Performing CPR can more than double the chances of survival in some cases (ventricular fibrillation).
- Rates of survival and bystander CPR are much lower in areas of greatest deprivation.
- The Chain of Survival (below) is a sequence of steps that together maximise the chance of survival following cardiac arrest.

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 180 births - that's an average of 25 babies 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.

Inherited (Genetic) Conditions

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

- They include hypertrophic cardiomyopathy (HCM; estimated 1 in 500 people) and familial hypercholesterolaemia (FH; 1 in 250).
- It’s estimated that around 50,000 people in Scotland have a faulty gene which puts them at an unusually high risk of developing heart disease or dying suddenly at a young age.
- Using high intensity statins can reduce cholesterol levels by half. For many people with FH this will be reduced to a safe level, lowering the risk of death from heart disease.
Medical Risk Factors

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

High Blood Pressure (Hypertension)

- High blood pressure is the leading risk factor for heart and circulatory disease in Scotland.
- **30% of adults** in Scotland have high blood pressure (that's more than 1.3 million)
- Around 760,000 people are on their GP's hypertension register, but many of them are not receiving effective treatment.
- As many as 570,000 adults with high blood pressure are undiagnosed.

Linked conditions

- Around **50%** of heart attacks and strokes 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 heart and circulatory diseases (CVD).

- **290,000** adults in Scotland have been diagnosed with diabetes.
- It’s estimated that **thousands more** people in Scotland have undiagnosed Type 2 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.

**Prevalence rates for diabetes in the most deprived areas of Scotland are nearly three times as high as those in the least deprived.**

High Blood Cholesterol

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

**Linked conditions**

- Adults with diabetes are **2-3 times** more likely to develop CVD, and are **nearly twice as likely** to die from heart disease or stroke as those without diabetes.
- In the UK, **one third** of adults with diabetes die from a heart or circulatory disease.
Other Risk Factors

- Poor air quality is responsible for an estimated 36,000 deaths per year in the UK, with a significant impact on heart and circulatory health.

  The majority of UK deaths attributable to outdoor air pollution are from heart and circulatory diseases.

- Other risk factors can significantly increase your risk of developing heart and circulatory diseases, including age, gender, family history and ethnicity.

For more information, visit our website:

- High Blood Pressure (Hypertension)
- High Cholesterol
- Diabetes
Lifestyle Risk Factors

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

Smoking

- More than one in six adults smoke cigarettes in Scotland— that’s around 800,000 adults.
- There are over 13,000 smoking-related deaths each year in Scotland.
- Each year an estimated 2,200 Scottish deaths from cardiovascular disease can be attributed to smoking.
- There are around 128,000 smoking-related hospital admissions each year in Scotland.

Overweight/Obesity

- An estimated 29 per cent of adults in Scotland are obese and in addition more than a third are overweight (by BMI).
- More than 3 out of 10 children in Scotland are overweight or obese.

Diet and Exercise

- 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.
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, treatment and cure. 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 Scotland. Find out more at bhf.org.uk

bhf.org.uk/donate

More BHF CVD Statistics

Including exclusive content, local statistics and maps
Visit our website bhf.org.uk/statistics

This factsheet is compiled by the British Heart Foundation.

Last reviewed and updated April 2019.

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, England, Wales and Northern Ireland.
HEART AND CIRCULATORY DISEASES (CARDIOVASCULAR DISEASE; CVD)

700k living with CVD, x2 deprived areas
BHF estimate based on Scottish Health Survey 2017 data and ONS mid-2017 population estimates

CVD deaths/year
Scotland, National Records of Scotland (2017) Deaths, by gender, age and cause

CVD death rates; local death rates
BHF/University of Birmingham in collaboration with the National Records of Scotland (2015-17 data)

£800m CVD cost
NHS Expenditure, Population Health Analytical Services, Scottish Government 2011/12

Linked conditions: 81% people with CVD have one other condition

Linked conditions: Numbers living with heart and circulatory diseases and/or diabetes
BHF analysis of Scottish Health Survey 2017 data.

CORONARY HEART DISEASE (CHD; ISCHAEMIC HEART DISEASE)

CHD biggest killer Scotland, vs breast cancer ~ worldwide
BHF analysis of National Records of Scotland (2017) Deaths, by gender, age and cause

CHD death rates
BHF/University of Birmingham in collaboration with the National Records of Scotland (2015-17 data)

240k living with CHD; gender split
BHF estimate based on Scottish Health Survey 2017 data and ONS mid-2017 population estimates

Prevalence rates three times as high in deprived areas
BHF analysis of Scottish Health Survey 2017 data.

Linked conditions: CHD or heart attack more than twice as likely to have a stroke
stroke.ahajournals.org/content/22/8/983

HEART ATTACK (MYOCARDIAL INFARCTION, MI)

10k+ heart attack hospital admissions
Information Services Division Scotland (2019) University of Birmingham correspondence

7/10 people survive heart attack ~ 1960s estimate
Case fatality rates in Smolina’s 2012 BMJ paper on acute MI mortality
www.bmj.com/content/344/bmj.d8059 ~ Goldacre’s 2003 paper on myocardial infarction (Oxon)

130k surviving MI
BHF analysis of Scottish Health Survey 2017 data

ATRIAL FIBRILLATION (AF)

100k+ diagnosed with AF
ISD Scotland GP patient prevalence data 2017/18 (University of Birmingham correspondence)

5 times more likely to have a stroke

Contributor to 1 in 5 strokes
<table>
<thead>
<tr>
<th>STATISTIC</th>
<th>REFERENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HEART FAILURE (HF)</strong></td>
<td><strong>46k diagnosed with heart failure by GP</strong> ISD GP prevalence data 2017/18 (University of Birmingham correspondence)</td>
</tr>
<tr>
<td><strong>10k+ stroke hospital admissions</strong></td>
<td>Information Services Division Scotland (2019) University of Birmingham correspondence</td>
</tr>
<tr>
<td><strong>140k stroke survivors</strong></td>
<td>BHF estimate based on Scottish Health Survey 2017 data and ONS mid-2017 population estimates</td>
</tr>
<tr>
<td><strong>Prevalence rates three times as high in deprived areas</strong></td>
<td>BHF analysis of Scottish Health Survey 2017 data</td>
</tr>
<tr>
<td><strong>Linked conditions: People with heart failure are 2-3 times more likely to have a stroke.</strong></td>
<td>stroke.ahajournals.org/content/42/10/2977</td>
</tr>
<tr>
<td><strong>Linked conditions: People with diabetes are twice as likely to have a stroke as people without diabetes</strong></td>
<td><a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5298897/">www.ncbi.nlm.nih.gov/pmc/articles/PMC5298897/</a></td>
</tr>
<tr>
<td><strong>VASCULAR DEMENTIA</strong></td>
<td><strong>2k+ deaths; underestimate/diagnoses</strong> Scotland, National Records of Scotland (2017) Deaths, by gender, age and cause Alzheimer’s Society <a href="https://www.alzheimers.org.uk/about-dementia/types-dementia/diagnosis-vascular-dementia">https://www.alzheimers.org.uk/about-dementia/types-dementia/diagnosis-vascular-dementia</a></td>
</tr>
<tr>
<td><strong>dementia types</strong></td>
<td>Alzheimer’s Society <a href="https://www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/demography">https://www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/demography</a></td>
</tr>
<tr>
<td><strong>150k prevalence (UK)</strong></td>
<td>Alzheimer’s Society <a href="https://www.alzheimers.org.uk/sites/default/files/pdf/factsheet_what_is_vascular_dementia.pdf">https://www.alzheimers.org.uk/sites/default/files/pdf/factsheet_what_is_vascular_dementia.pdf</a></td>
</tr>
<tr>
<td><strong>Linked conditions: People with a history of heart disease are at least twice as likely to develop vascular dementia</strong></td>
<td><a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2924456/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2924456/</a></td>
</tr>
<tr>
<td><strong>Linked conditions: % cases in stroke survivors</strong></td>
<td><a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3235558/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3235558/</a></td>
</tr>
<tr>
<td><strong>Linked conditions: People with diabetes are 2-3 times more likely to develop vascular dementia</strong></td>
<td><a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2174763/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2174763/</a></td>
</tr>
<tr>
<td><strong>CONGENITAL HEART DISEASE</strong></td>
<td><strong>1:180 babies diagnosed</strong> BHF/Oxford University analysis of EUROCAT congenital anomaly registers 2010-14 (NB cases exclude BAV - bicuspid aortic valve)</td>
</tr>
<tr>
<td><strong>1-2% prevalence</strong></td>
<td>various estimates including Hoffman &amp; 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></td>
</tr>
<tr>
<td><strong>Survival comparison (pre-BHF/today)</strong></td>
<td>MacMahon BMJ <a href="https://heart.bmj.com/content/heartjnl/15/2/121.full.pdf">https://heart.bmj.com/content/heartjnl/15/2/121.full.pdf</a>  Wren &amp; O’Sullivan, BMJ <a href="https://heart.bmj.com/content/85/4/438.long">https://heart.bmj.com/content/85/4/438.long</a></td>
</tr>
<tr>
<td><strong>INHERITED (GENETIC) CONDITIONS</strong></td>
<td><strong>50k with faulty gene</strong> BHF Scotland estimate from PHG Foundation, Heart to Heart: inherited cardiovascular conditions services (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>)</td>
</tr>
<tr>
<td><strong>1:500 with hypertrophic cardiomyopathy (HCM)</strong></td>
<td>Priori et al, Task Force on Sudden Cardiac Death ESC eurheartj.oxfordjournals.org/content/ehj/22/16/1374.full.pdf</td>
</tr>
<tr>
<td>STATISTIC</td>
<td>REFERENCE</td>
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<tr>
<td>---------------------------------------------------------------------------</td>
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<tr>
<td>OUT-OF-HOSPITAL CARDIAC ARREST (OHCA)</td>
<td></td>
</tr>
<tr>
<td>Every min &amp; CPR more than doubles survival</td>
<td>European Resuscitation Council, Guidelines for Resuscitation 2015 . <a href="https://cprguidelines.eu/">https://cprguidelines.eu/</a></td>
</tr>
<tr>
<td>RISK FACTORS</td>
<td></td>
</tr>
<tr>
<td>290k adults with diagnosed diabetes</td>
<td>Diabetes UK <a href="http://www.diabetes.org.uk/professionals/position-statements-reports/statistics">www.diabetes.org.uk/professionals/position-statements-reports/statistics</a></td>
</tr>
<tr>
<td>Diabetes: 2-3 times more likely to develop CVD, twice as likely to die from heart disease or stroke</td>
<td>circ.ahajournals.org/content/59/1/8.short</td>
</tr>
<tr>
<td>Diabetes: In the UK, one third of adults with diabetes die from a heart or circulatory disease</td>
<td><a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2809299/">www.ncbi.nlm.nih.gov/pmc/articles/PMC2809299/</a></td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td></td>
</tr>
<tr>
<td>Linked conditions: Around 50% of heart attacks and strokes are associated with high blood pressure</td>
<td>Global Burden of Disease (GBD) UK risk burden estimate 2017 (also for Scotland)</td>
</tr>
<tr>
<td>10K smoking-related deaths</td>
<td>World Health Organization (2016) Global Health Observatory data repository apps.who.int/gho/data/node.main.BODAMBIENTAIRDTHS?lang=en</td>
</tr>
<tr>
<td>Obesity, Physical Activity</td>
<td>BHF analysis of Scottish Health Survey 2017, Scottish Government and ONS population estimates</td>
</tr>
</tbody>
</table>