

# Cardiovascular Disease (CVD) in Sir Gaerfyrddin

CVD is an umbrella term that describes all diseases of the heart and circulatory system. 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. In Wales, it's estimated that over 400,000 people are living with CVD.

## £ Costs



The total annual healthcare cost of cardiovascular disease in Wales

The total annual economic cost of cardiovascular disease in Wales



## 👤 Mortality

In this constituency cardiovascular disease causes **more than 1 in 4 deaths**

That's **54** deaths each month and **650** deaths each year.



BHF Cymru is campaigning to ensure that the next Welsh Government commits to reducing premature CVD mortality in Wales by 25% by 2035; scan the QR code to see how many lives this would save on a local level.

## 👤 Prevalence

The number of people living with major cardiovascular conditions is growing.



There are around **25,000** people in this constituency living with cardiovascular disease, including:



**7,205** with coronary heart disease - the main cause of heart attacks



**2,739** diagnosed with heart failure



**4,570** survivors of stroke

## 🏠 Medical Risk Factors



**30,611** people in this constituency have been diagnosed with high blood pressure (hypertension). More than half of heart attacks and strokes are associated with it.



**5,839** people in this constituency have been diagnosed with atrial fibrillation (AF). People with AF are up to five times more likely to have a stroke.

## 📊 Obesity (High BMI)



**25%** of adults in this constituency have a body-mass index (BMI) defined as obese (30+).

## 🌳 Air Pollution



Each year around **1,800 deaths** in Wales are associated with particulate matter pollution - **two in five** of them due to cardiovascular disease.

## 🚬 Smoking



**9%** of adults in this constituency are cigarette smokers, which is still above the Wales smoke-free target of 5% by 2030.

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

Cardiac arrest is the ultimate medical emergency, when the heart suddenly stops beating.



There are more than **2,800** out-of-hospital cardiac arrests in Wales each year. **Just 1 in 20** people survive.

At BHF Cymru, we work with patients, clinicians, charity partners, and the Senedd and Welsh Parliament to support people affected by cardiovascular disease in Wales.

We need bold action from Welsh Government to ensure that we prevent heart disease where possible, and help people live well, for longer.

**bhf.org.uk**


For statistical enquiries: [healthinsights@bhf.org.uk](mailto:healthinsights@bhf.org.uk)  
For all other enquiries: Bethan Edwards, Policy and Public Affairs Manager for BHF Cymru, [edwardsb@bhf.org.uk](mailto:edwardsb@bhf.org.uk)

Statistics compiled by British Heart Foundation, February 2026  
Mortality estimates based on ONS Nomis data by Welsh census area (2023 & 2024)  
Prevalence and medical risk factor statistics are based on latest Audit+ GP data;  
overall CVD estimate by BHF (based on Global Burden of Disease (GBD))  
Obesity and smoking statistics are BHF estimates (based on ACORN & StatsWales data)  
Air pollution estimates from GBD


# Clefyd Cardiofasgwlaidd (CVD) yn Sir Gaerfyrddin

Mae CVD yn derm ymbarél sy'n disgrifio holl glefydau'r galon a system cylchrediad y gwaed. Mae'n cynnwys popeth o gyflyrau sy'n cael eu hetifeddu neu y caiff pobl eu geni â nhw, i rai sy'n datblygu'n ddiweddarach, fel clefyd coronaidd y galon, ffibriliad atrïaidd, methiant y galon, strôc a dementia fasgwlaidd. Yng Nghymru, amcangyfrifir bod mwy na 400,000 o bobl yn byw gyda CVD.

## £ Costau

 **£ 770  
Miliwn** Cyfanswm cost flynyddol gofal iechyd oherwydd clefyd cardiofasgwlaidd yng Nghymru.

Cyfanswm cost flynyddol economaidd oherwydd clefyd cardiofasgwlaidd yng Nghymru.

 **£1.7  
Biliwn**

## 👤 Marwolaethau

Yn yr etholaeth hon mae clefyd cardiofasgwlaidd yn achosi **mwy na 1 o bob 4 marwolaethau**

Dyna **54** o farwolaethau bob mis  
a **650** o farwolaethau bob blwyddyn.



Mae BHF Cymru yn ymgyrchu i sicrhau bod y Llywodraeth Cymru nesaf yn ymrwymo i ostwng marwolaethau cynamserol CVD yng Nghymru gan 25% erbyn 2035; sganiwch y cod QR i weld faint o fywydau y gellid eu harbed ar lefel lleol.

## 👤 Cyffredinrwydd

Mae nifer y bobl sy'n byw gyda chlefydau cardiofasgwlaidd difrifol yn cynyddu.


 Mae **25,000** o bobl yn yr etholaeth hon yn byw gyda chlefyd cardiofasgwlaidd, yn cynnwys:


 **7,205** â chlefyd coronaidd y galon – y prif beth sy'n achosi trawiad ar y galon

 **2,739** wedi cael diagnosis o fethiant y galon

 **4,570** wedi cael strôc.

## 🏠 Ffactorau Risg Meddygol

 Mae **30,611** o bobl yn yr etholaeth hon wedi cael diagnosis o bwysedd gwaed uchel (gorbwysedd). Mae dros hanner yr achosion o drawiad ar y galon a strôc yn gysylltiedig â hynny.

 **5,839** o bobl yn yr etholaeth hon wedi cael diagnosis o ffibriliad atrïaidd (AF). Mae pobl ag AF hyd at bum gwaith yn fwy tebygol o gael strôc.


## 📊 Gordewdra (BMI uchel)

 Mae gan **25%** o oedolion yn yr etholaeth hon gyda BMI a ddiffinnir fel gordew (30+).

## 🫁 Llygredd Aer


 Bob blwyddyn mae tua **1,800** o farwolaethau yng Nghymru yn gysylltiedig â llygredd deunydd gronynnol – dau o bump ohonyn nhw o ganlyniad i glefyd cardiofasgwlaidd.

## 🚬 Smygu

 Mae **9%** o oedolion yn yr etholaeth hon yn smygu, sydd dal yn uwch na tharged di-fwg Cymru o 5% erbyn 2030.

## 🚑 Ataliad y Galon y Tu Allan i'r Ysbyty (OHCA)

Ataliad y galon yw'r argyfwng meddygol mwyaf difrifol, pryd mae'r calon yn stopio curo.

 Yng Nghymru, bob blwyddyn, mae yna dros **2,800** o achosion o ataliad y galon y tu allan i'r ysbyty. Dim ond **1 o bob 20** o'r bobl hyn sy'n byw.

Mae BHF Cymru'n cydweithio â chleifion, clinigwyr, partneriaid elusennol, a'r Senedd a Llywodraeth Cymru i gefnogi pobl y mae clefyd cardiofasgwlaidd yn effeithio arnynt.

Mae angen i Lywodraeth Cymru weithredu'n eofn i sicrhau ein bod yn atal clefyd cardiofasgwlaidd rhag datblygu lle bo modd, ac yn helpu pobl gael bywyd o ansawdd da, am fwy o amser.

**bhf.org.uk**

Am fwy o wybodaeth ystadegol: [healthinsights@bhf.org.uk](mailto:healthinsights@bhf.org.uk)

Am unrhyw wybodaeth arall: Bethan Edwards, Rheolwr Polisi a Materion Cyhoeddus, BHF Cymru, [edwardsb@bhf.org.uk](mailto:edwardsb@bhf.org.uk)

Ystadegau gan Sefydliad Prydeinig y Galon, Chwefror 2026.

Dadansoddiad marwolaethau o ddata ONS Nomis, ardaloedd cyfrifiad Cymru (2023 & 2024)

Cyffredinrwydd a ffactorau risg meddygol o ddata Meddyg Teulu Audit+

dadansoddiad clefyd cardiofasgwlaidd gan BHF o ddata Baich Byd-eang Clefydau (Global Burden of Disease - GBD)

Ystadegau gordewdra a smygu o dadansoddiad BHF (data o ACORN a StatsCymru).

Dadansoddiad llygredd aer o GBD.