



BHF HEADLINE STATISTICS

Cardiovascular Disease (CVD)

Cardiovascular disease (CVD) is an umbrella term for all diseases of the heart and circulation, including heart disease, stroke, heart failure, cardiomyopathy, and atrial fibrillation.

- Cardiovascular (heart and circulatory) disease causes more than a quarter of all deaths in the UK, or around 155,000 deaths each year - an average of 425 people each day or one every three minutes.
- Around 41,000 people under the age of 75 in the UK die from CVD each year.
- Since 1961 UK CVD deaths and [age standardised] death rates have fallen by more than half.
- There are an estimated 7 million people living with cardiovascular disease in the UK.
- The cost to the UK of premature death, lost productivity, hospital treatment and prescriptions relating to CVD is estimated at £19 billion each year. Healthcare costs alone total an estimated £8 billion.

Coronary Heart Disease (CHD)

- Coronary heart disease (CHD) is the UK's single biggest killer. It is also the leading cause of death worldwide.
- In the UK more than one in seven men and nearly one in ten women die from coronary heart disease.
- CHD is responsible for nearly 70,000 deaths in the UK each year, an average of 190 people each day, or one death every eight minutes. Most deaths from coronary heart disease are caused by a heart attack.
- Over 22,000 people under the age of 75 in the UK die from CHD each year.
- Since 1961 UK CHD deaths and [age standardised] death rates have fallen by more than half.
- Rates are highest in Scotland and the north of England and lowest in the south of England.
- CHD kills more than twice as many women as breast cancer.
- 2.3 million people are living with CHD in the UK - over 1.4 million men and 850,000 women.

Heart Attack (Myocardial Infarction, MI)

- Most deaths from coronary heart disease are caused by a heart attack.
- There are around 188,000 hospital episodes attributed to heart attack in the UK each year: that is one around every three minutes.
- Around 7 out of 10 people survive a heart attack.
- Around 915,000 people in the UK (640,000 men and 275,000 women) are living with MI.

Heart Failure

- An estimated 550,000 people in the UK are living with heart failure – over 300,000 men and nearly 250,000 women.

Stroke

- Stroke causes nearly 40,000 deaths in the UK each year.
- In the UK over 240,000 hospital episodes are attributed to stroke each year.
- An estimated 1.3 million people living in the UK have survived a stroke - 650,000 men and 650,000 women. Almost half of these people are under the age of 75.

Atrial Fibrillation (AF)

- Over 1 million people in the UK have been diagnosed with atrial fibrillation.
- It is estimated that there are hundreds of thousands more living with undiagnosed AF.

Congenital Heart Disease

- 1 in 180 babies are diagnosed with a congenital heart defect, that's an average of 12 per day in the UK.

Cardiac Arrest

- There are more than 30,000 out of hospital cardiac arrests in the UK each year.
- The overall survival rate is less than 1 in 10.
- Every minute without CPR and defibrillation reduces the chance of survival by up to 10 per cent.
- Performing CPR can double or triple a person's chance of survival in some cases* [**ventricular fibrillation*]

Risk Factors

- There are 3.3 million adults in the UK diagnosed with diabetes. In addition, an estimated 600,000 more are living with undiagnosed Type 2 diabetes.
- Nearly 30 per cent of adults in the UK have high blood pressure and up to half are not receiving treatment.
- Over half of adults in the UK have high blood cholesterol levels (5mmol/l or above).
- Modifiable risk factors [smoking, physical inactivity, poor diet] contribute significantly to the risk of CVD.
- Nearly one in five adults smoke cigarettes in the UK (19%) – nearly 10 million adults. Adult smoking prevalence is lower in England (18%) than in Northern Ireland (22%), Scotland (20%) and Wales (20%).
- Around 100,000 smokers in the UK die from smoking-related causes each year.
- Each year an estimated 22,000 UK deaths from cardiovascular disease can be attributed to smoking.
- Around a quarter of adults in the UK are obese and in addition more than a third are overweight (using BMI).
- Around 30 per cent of children in the UK are overweight or obese.
- One-third of men and nearly half of women in England do not achieve recommended levels of physical activity.
- Only a quarter of adults and one in five children consume the recommended five portions of fruit and vegetables per day.
- More than a third of men and over a quarter of women regularly exceed the government recommended limits for alcohol intake.

Last reviewed and updated 26 August 2015

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.