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Coronary Heart Disease.

Introduction:

Coronary Heart Disease(CHD) is a medical condition in which the coronary arteries narrow due to fatty plaque deposits, limiting blood flow to the heart muscles. Some symptoms that may occur include chest pain, breathlessness, fatigue, and heart attack in extreme cases. Coronary Heart Disease is the biggest killer on earth with more than 9 million people dying yearly of ischemic heart disease. There are 2.3 million people in the UK suffering from CHD, while 170,000 deaths are registered every year from heart and circulatory disease.

Approaches used to measure and monitor the disease.

The prevalence of Coronary Heart Disease (CHD) is measured using national disease surveillance systems, hospital records, death registration and primary care databases.

(Cheema *et al*, 2022). Hospital admission rates, death rates and risk factors are monitored in the United Kingdom through organizations including NHS England and the office for National Statistics to track the trends in disease(ons.gov.uk.2025). Patient information is also collected and analysed by the National institute for Cardiovascular Outcomes Research for the quality of treatment. In the UK, approximately 100,000 people are admitted to hospital with a heart attack each year, meaning that health authorities can find the high-risk groups and plan prevention programmes.

The measure for assessing coronary heart disease include blood Pressure, Cholesterol, Blood Glucose, and ElectroCardiogram(ECG), echocardiograms(Diaz *et al*, 2024). The NHS Health check service involves