British Heart Foundation

England Factsheet

January 2025

Our vision is a world free from the fear of heart and circulatory diseases.

Today in England

390
people will die from a heart or circulatory disease ...

... around **110** of them will be younger than **75**

6.4m+
people are living with a heart or circulatory disease

220
hospital admissions will be due to a heart attack

150
people will die from coronary heart disease

12
babies will be diagnosed with a heart defect

Quick Links

Heart and Circulatory Diseases	Cost	Coronary Heart Disease	Heart Attack
Atrial Fibrillation	Heart Failure	Stroke	Out-of-Hospital Cardiac Arrest
Congenital Heart Disease	Inherited (Genetic) Conditions	Vascular Dementia	Risk Factors

Heart and Circulatory Diseases (Cardiovascular Disease; CVD)

Heart and circulatory diseases is an umbrella term for 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, and stroke.

- There are more than 6.4 million people living with CVD in England - an ageing and growing population and improved survival rates from heart and circulatory events could see these numbers rise still further.

- Heart and circulatory diseases cause just over a quarter (**26 per cent**) of all deaths in England; that's over **140,000 deaths** each year – an average of 390 people each day or one death every four minutes.

- Around 39,000 people under the age of 75 in England die from heart and circulatory diseases (CVD) each year.

6.4million+
people are living with heart and circulatory diseases in England

> ***25-44 year olds in the north of England are 47% more likely to die from heart and circulatory diseases compared to those in the south.***

- Since the BHF was established the annual number of deaths from heart and circulatory diseases in England has **fallen by around a half.**

- In 1961, more than half of all deaths in England that year were attributed to CVD (264,192 deaths).

Linked conditions

Around 80 per cent of people with heart and circulatory diseases have at least one other condition

Deaths from and numbers living with heart and circulatory diseases (CVD)

Nation	No. of People Dying from CVD (2023)	No. of People Under 75 Years Old Dying from CVD (2023)	Estimated Number of People Living with CVD (latest estimate)
ENGLAND	142,460	38,996	6.4 million +
Scotland	17,787	5,313	730,000
Wales	9,701	2,918	340,000
Northern Ireland	4,227	1,133	225,000
UK total	174,693	48,697	7.6 million +

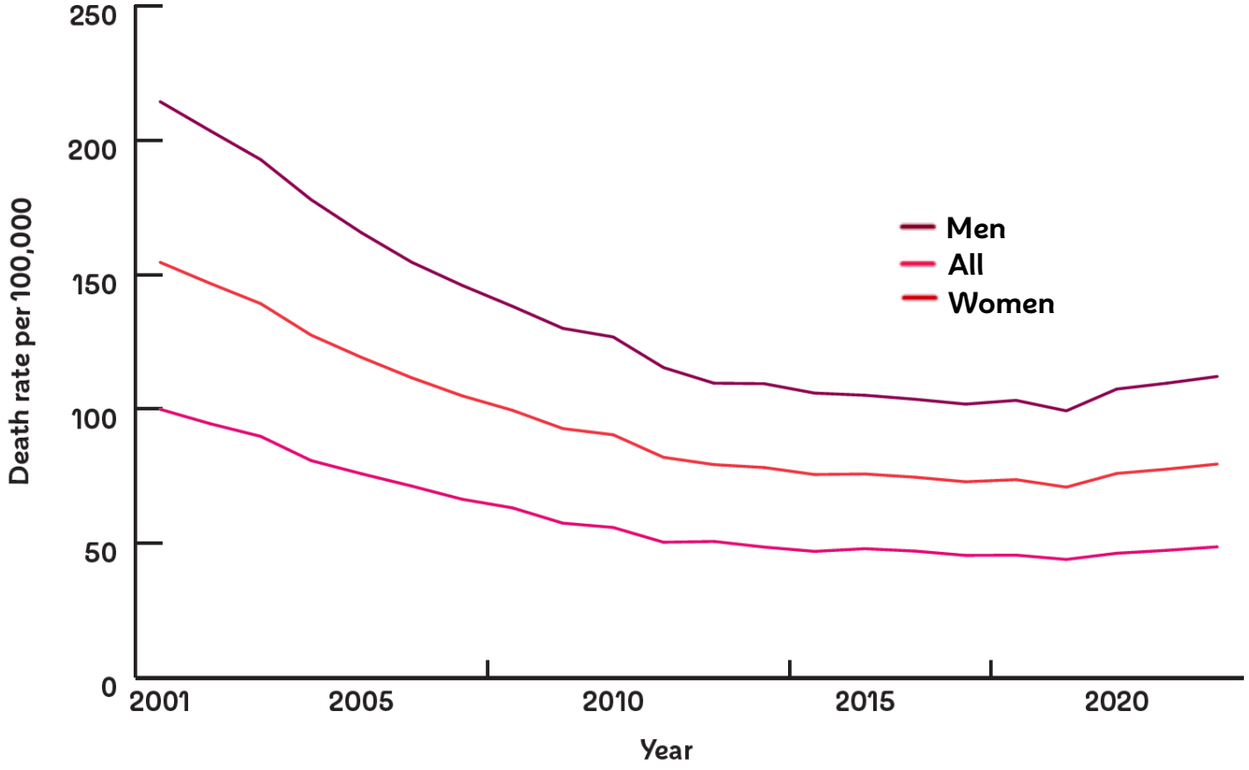
Deaths - BHF analysis of latest official statistics (ONS/NISRA/NRS); UK total includes non-residents (ONS data); ICD-10 codes I00-99, F01,Q20-8, C38.0, P29, G45
Living with CVD estimates based on latest health surveys with CVD fieldwork and GP patient data

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 UK.

- Since 1961 the English death rate from heart and circulatory diseases has declined by **three quarters**. Death rates have fallen more quickly than the actual number of deaths because people in this country are now living longer.
- The latest premature (under 75) death rate for Blackpool in Lancashire (133 per 100,000 people) in 2020-22 is over three times higher than for Hart in Hampshire (40).
- Early deaths from CVD (before the age of 75) are most common in the North West of England, and lowest in the south.

Premature death rates from heart and circulatory diseases (CVD), England



England premature (under 75 years) death rates from heart and circulatory diseases, 2020-22

Top Six LAs	Location	Under 75 CVD Death Rate per 100,000 people	Under 75 Annual Number of CVD Deaths
Blackpool	Lancashire, NW	133.1	180
Manchester	Greater Manchester, NW	125.3	390
Barking and Dagenham	Greater London	123.7	148
Nottingham	Nottinghamshire, EM	119.9	241
Blackburn with Darwen	Lancashire, NW	118.6	142
Kingston upon Hull	East Riding Yorkshire, Y&H	118.2	253

The cost of Heart and Circulatory Diseases

- Healthcare costs relating to heart and circulatory diseases in England are estimated at £10 billion each year.
- CVD's cost to the wider economy in England (including premature death, long-term care, disability and informal costs) is estimated to be £24 billion each year.

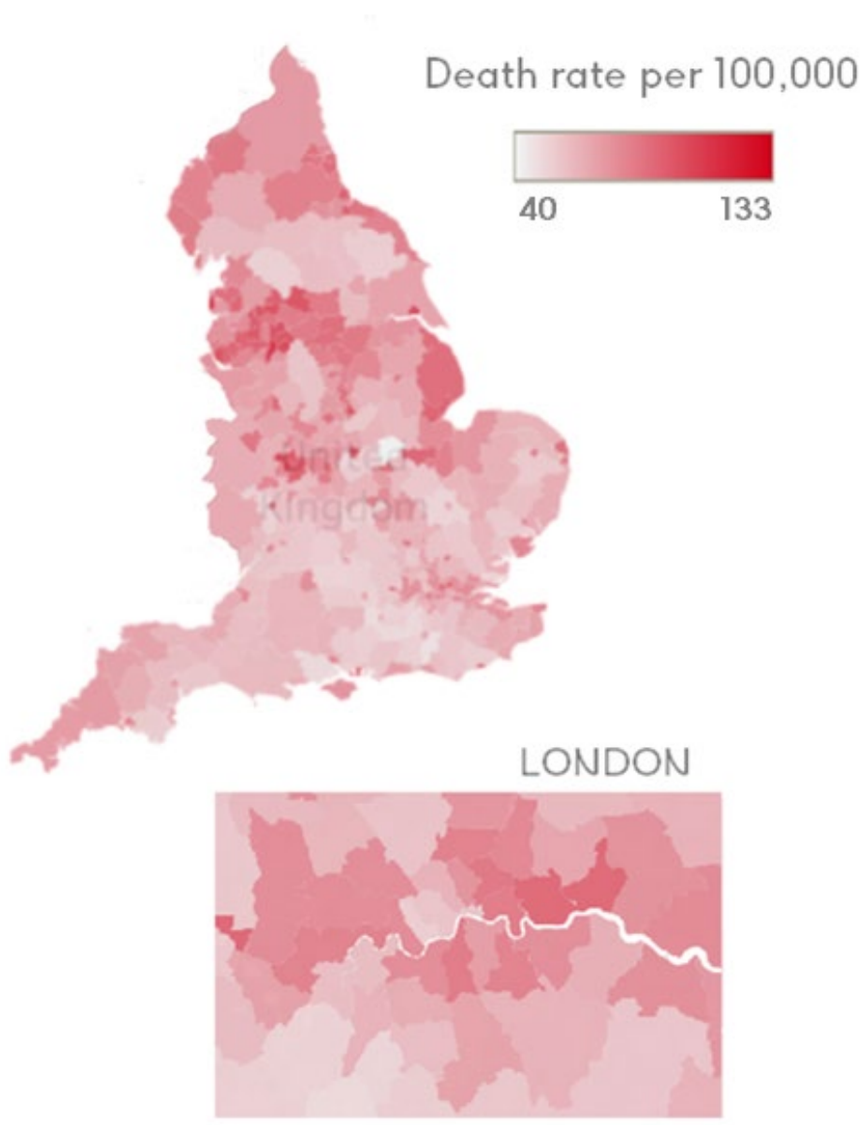
The total annual healthcare cost of heart and circulatory disease in England is

£10 BILLION

For more information please consult the compendium on our website:

➤ Regional and local statistics

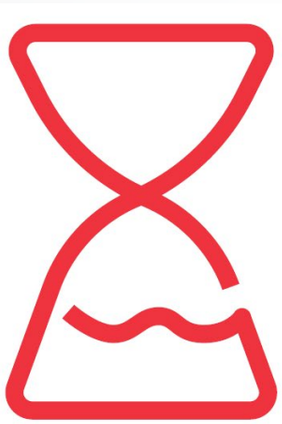
Premature heart & circulatory disease (CVD) death rate by LA 2020-22



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

Coronary heart disease (CHD) is the most commonly diagnosed type of heart 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).

- 1.9 million people are living with coronary heart disease (CHD) in England
- CHD is one of England's leading causes of death and the single biggest cause of **premature death**.
- In England, one in eight men and one in 15 women die from coronary heart disease (one in ten overall).



Every 10 minutes
someone in England dies from coronary heart disease

For more info please visit:

- *Coronary Heart Disease*

Key Facts

- Coronary heart disease (CHD) is responsible for around **55,000 deaths** in England each year, that's an average of 150 people each day, or one death around every ten minutes.
- Over **20,000** people under the age of 75 in England die from CHD each year.
- The premature (under 75) death rate for CHD for Blackpool (78 per 100,000) in 2020-22 was four times higher than that for East Hampshire in the South East (18).
- CHD kills nearly twice as many women in England as breast cancer – it even kills more women prematurely (before their 75th birthday).
- Since the BHF was established the annual number of CHD deaths in England has fallen by more than half.
- Coronary heart disease is the leading cause of heart attacks

Linked conditions

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

England premature CHD death rate by local authority 2020-22

Heart Attack (Myocardial Infarction, MI)

- There are around **80,000 hospital admissions** in England each year for heart attacks: that's around 220 each day or 1 every six minutes.
- In the 1960s more than **seven out of ten** heart attacks in the UK were fatal. Today more than seven out of ten people **survive**.
- However, research shows significant differences in survival rates across England.
- An estimated **1.1 million people** alive in England today have survived a heart attack.

Every 6 minutes

someone in England is admitted to hospital due to a heart attack

Atrial Fibrillation (AF)

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

- Nearly **1.4 million people** in England have been diagnosed with atrial fibrillation.
- Atrial fibrillation is often asymptomatic, frequently undetected and undiagnosed, meaning that there are likely to be tens of thousands more affected by the condition across England.

For more info please visit:

- *Heart Attacks*
- *Atrial Fibrillation*

Linked conditions

- People with AF are five times more likely to have a stroke
- AF is a contributing factor to one in five strokes

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 **670,000 people** in England have been diagnosed with heart failure by their GP.
- In England up to 80 per cent of heart failure diagnoses are made in hospital, despite 40 per cent of patients having symptoms that should have triggered an earlier assessment.
- Estimates which include diagnoses at hospital show there are thousands more people living with the condition across the country

Around 670,000 people in England have been diagnosed with heart failure by their GP

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 around **28,000 deaths** in England each year.
- In England around **110,000 hospital admissions** are attributed to stroke each year.
- Around **1.2 million people** living in England have survived a stroke or TIA.
- In England around **two thirds** of stroke survivors are discharged from hospital with some level of disability.

For more info please visit:

- *Heart Failure*
- *Stroke*

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

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 around **11,000 deaths** each year England – 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 up to one in five cases.
- Vascular dementia is estimated to affect at least **180,000** people in the UK.

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:

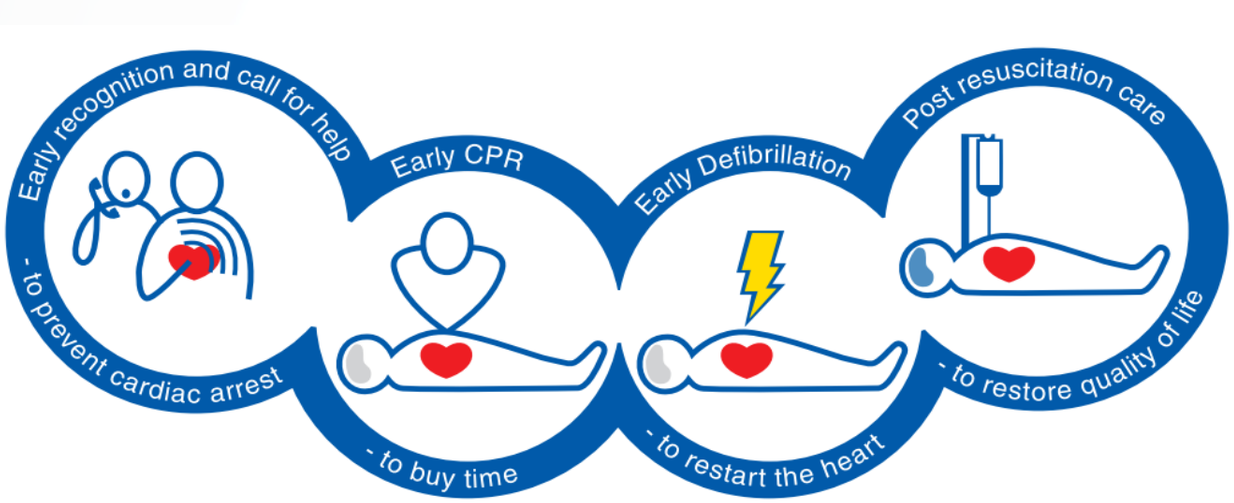
➤ *Vascular dementia*

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 over 30,000 out-of-hospital cardiac arrests (OHCAs) in England each year.
- The overall survival rate in England is less than one in ten.
- Every minute without cardiopulmonary resuscitation (CPR) and defibrillation reduces the chance of survival by up to ten per cent.
- Early CPR and defibrillation can **more than double** the chances of survival.
- It's estimated that public-access defibrillators (PADs) are used in less than ten per cent of OHCAs.
- The Chain of Survival (below) is a sequence of steps that together maximise the chance of survival following cardiac arrest.

There are over 30,000 out-of-hospital cardiac arrests in England each year



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 one in 150 births - that's an average of **12 babies** each day in England - with more diagnoses later in life.
- Estimates suggest that in total as many as 1-2 per cent of the population may be affected.
- Before the BHF existed, the majority of babies diagnosed with a severe heart defect in the UK did not survive to their first birthday. Today, thanks to research, more than **eight out of ten survive** to adulthood.

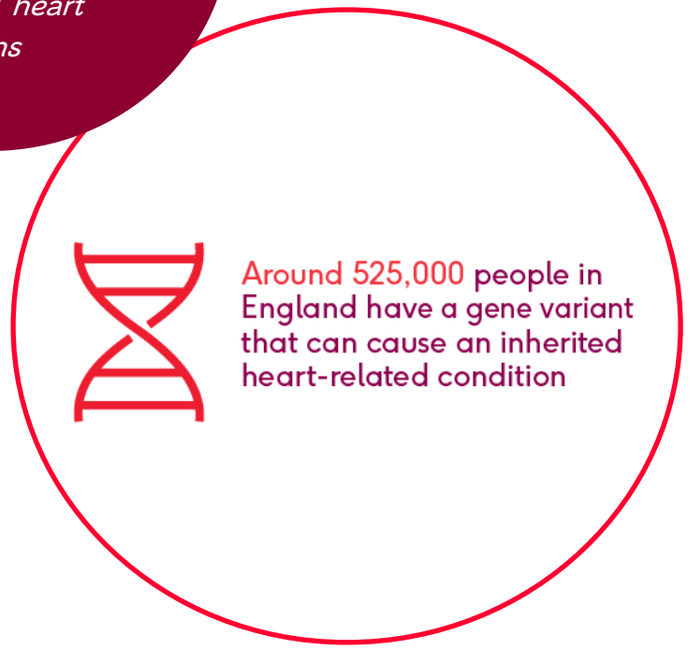
For more info please visit:

- *Congenital heart disease*
- *Inherited heart conditions*

Inherited (Genetic) Conditions

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

- An estimated 285,000 people in England have an inherited heart condition - these include hypertrophic cardiomyopathy (HCM; one in 500 people), dilated cardiomyopathy (DCM) and arrhythmogenic right ventricular dysplasia/cardiomyopathy (ARVD/ARVC).
- There are other conditions which can affect the heart and circulatory system, with an unusually high risk of developing heart disease or dying suddenly at a young age, including familial hypercholesterolaemia (FH; one in 250, or up to 235,000 people).
- Each week in England at least ten young people (aged under 35) die from an undiagnosed heart condition.
- Using high-intensity statins can reduce cholesterol levels by half. For many people with FH this will be reduced to a safe level, lowering their risk of death from heart disease.



Risk Factors

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

High Blood Pressure

- High blood pressure is the leading modifiable risk factor for heart and circulatory disease in England.
- An estimated **30 per cent of adults** in England have high blood pressure and most are not receiving effective treatment.
- Around 9.4 million people in England are on a GP hypertension register.

Around **50%**

of heart attacks and strokes are associated with high blood pressure in England

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 a significant risk factor for heart and circulatory diseases (CVD).

- More than **3.9 million** adults in England have been diagnosed with 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
- It's estimated that as many as one million people in England are living with undiagnosed type 2 diabetes.

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 England, **one third** of adults with diabetes die from a heart or circulatory disease

More than 3.9 million adults have been diagnosed with diabetes in England

High Blood Cholesterol

- High blood cholesterol is a significant risk factor for developing heart and circulatory diseases – it's estimated that more than **half (53 per cent) of adults** in England have cholesterol levels above national guidelines (above 5mmol/L).

For more information, visit our website:

- *High Blood Pressure (Hypertension)*
- *High Cholesterol*
- *Diabetes*

Smoking

- Around one in eight adults smoke cigarettes in England – that's around 6 million adults.
- In England at least **64,000 deaths** each year can be attributed to smoking-related causes.
- It's estimated that at least **12,000 deaths** in England each year from heart and circulatory diseases can be attributed to smoking.

Overweight/Obesity

- An estimated **29 per cent** of adults in England have obesity and in addition more than one third (35 per cent) have a BMI defined as overweight.
- **41 per cent** of adults have a waist circumference defined as very high (greater than 102cm in men and 88cm in women).
- It's estimated that **27 per cent** of children in England have a BMI defined as overweight or obese.
- In England around **1 in 9** heart and circulatory disease deaths are associated with a high body-mass index.

Around

29%

of adults in England have obesity

Diet and Exercise

- An estimated **33 per cent** of adults in England do not meet current physical activity recommendations (150 minutes per week).
- Only **29 per cent of** adults and **19 per cent of** children in England consume the recommended five portions of fruit and vegetables per day.
- **Nearly one in four** (24 per cent) of adults in England exceed national guidelines for weekly alcohol intake; no level of use is without risk.

Around

33%

of adults in England do not meet physical activity recommendations

Other Risk Factors

- Poor air quality has a significant impact on cardiovascular health. It's estimated that each year at least 7,500 **deaths** from heart and circulatory diseases in England are attributable to particulate matter pollution.
- It's estimated that more than one in five (22 per cent) adults has some level of kidney (renal) disease.
- Other risk factors can significantly increase your risk of developing heart and circulatory diseases, including age, sex, family history and ethnicity.

About the British Heart Foundation (BHF)

One in four of us in the UK and nearly 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 and treatment. 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 England.

bhf.org.uk/donate

More BHF Health Statistics

Including exclusive content and local statistics visit our website

This factsheet is compiled by the British Heart Foundation.
Last reviewed and updated January 2025.

Statistics are the latest available from England and UK health and statistical agencies.
Other factsheets - Global, UK, Scotland, Wales, and Northern Ireland.

For any queries please contact healthinsights@bhf.org.uk and we will do our best to help

References

STATISTIC	REFERENCE
HEART & CIRCULATORY DISEASES (CARDIOVASCULAR DISEASE; CVD)	
CVD deaths, men/women (England) [ICD-10 codes I00-I99, C38.0, F01, G45, P29, Q20-Q28]	Nomis - Office for National Statistics (ONS; 2024) - Deaths registered by cause, sex and age, 2023. www.nomisweb.co.uk/datasets/mortsa
CVD deaths/year (UK)	BHF analysis of latest UK mortality statistics: ONS/NRS/NISRA (2023 data)
CVD prevalence (UK)	BHF estimate based on latest Quality & Outcomes Framework prevalence data; NHS England/Public Health Scotland/StatsWales/DH Northern Ireland and health surveys with CVD fieldwork; NHS England/Scottish Government/ StatsWales/ DH Northern Ireland
CVD ASDRSs (all ages)	BHF analysis of Office for Nation Statistics (ONS) Nomis data (2020-22)
CVD ASDRs (premature death rates); England CVD map	Office for Health Improvement & Disparities (OHID) Fingertips – 2020-22 mortality data; map made in Tableau (NB local data ICD-10 I00-99 only)
Numbers living with CVD	Health Survey for England 2017 with ONS population estimates https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2017
25-44 year olds in the North of England are 47% more likely to die from heart and circulatory diseases	Disparities in mortality among 25–44-year-olds in England: a longitudinal, population-based study (1981 to 2016), The Lancet, www.thelancet.com/journals/lanpub/article/PIIS2468-2667(18)30177-4/fulltext (NB subsequent data have confirmed this difference continues)
CVD economic cost ~ healthcare costs / year	Shah (2024) Economic Burden of Cardiovascular Disease in the UK 2021/22 estimates (LSE dissertation; BHF placement)
Linked conditions: 81% people with CVD have one other condition	Tran et al. Patterns and temporal trends of comorbidity among adult patients with incident cardiovascular disease in the UK between 2000 and 2014: A population-based cohort study. PLoS Med. 2018; 15(3):e1002513. https://doi.org/10.1371/journal.pmed.1002513 PMID: 29509757
CORONARY HEART DISEASE (CHD; ISCHAEMIC HEART DISEASE)	
CHD deaths, vs breast cancer	Nomis – ONS (2024) - Deaths registered by cause, sex and age, 2023 www.nomisweb.co.uk/datasets/mortsa
CHD ASDRs (death rates); England CHD map	Office for Health Improvement & Disparities (OHID) Fingertips – 2020-22 mortality data; map created in Tableau
prevalence -living with CHD	NHS England (2024) Quality & Outcomes Framework prevalence data 2023/24
HEART ATTACK (MYOCARDIAL INFARCTION, MI)	
hospital admissions	NHS England (to 2023) Hospital Episode Statistics recent annual average
More than 7/10 people survive heart attack – variant ~ 1960s estimate	Myocardial infarction total case fatality rates - spatial analysis of linked hospitalisation and mortality data (England only) www.thelancet.com/journals/lanpub/article/PIIS2468-2667(22)00108-6/fulltext ~ Goldacre's 2003 paper on myocardial infarction (Oxon)
1.1m MI survivors	Health Survey for England 2017 and ONS population estimates https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2017
ATRIAL FIBRILLATION (AF)	
Diagnosed with AF	NHS England (2024) Quality & Outcomes Framework prevalence data 2023/24
5 times more likely to have a stroke	Marini C, De Santis F, Sacco S, Contribution atrial fibrillation to incidence and outcome of ischemic stroke: results from a population-based study. www.ncbi.nlm.nih.gov/pubmed/15879330
Contributor to 1 in 5 strokes	Sentinel Stroke National Audit Programme (SSNAP). England, Wales & Northern Ireland National clinical audit annual results portfolio 2023-24. www.strokeaudit.org/results/Clinical-audit/National-Results.aspx [casemix tab]

STATISTIC	REFERENCE
HEART FAILURE (HF)	
Diagnosed with heart failure by GP	NHS England (2024) Quality & Outcomes Framework prevalence data 2023/24
80% diagnoses in hospital	Bottle et al (2018) Routes to diagnosis of heart failure (England). Heart. https://heart.bmj.com/content/104/7/600
STROKE (CEREBROVASCULAR DISEASE)	
stroke deaths	Nomis - Office for National Statistics (ONS; 2024) - Deaths registered by cause, sex and age, 2023 www.nomisweb.co.uk/datasets/mortsa
stroke hospital admissions	NHS England (to 2023) Hospital Episode Statistics recent annual average
stroke/TIA survivors	NHS England (2024) Quality & Outcomes Framework prevalence data 2023/24
survivors discharged with disability	Sentinel Stroke National Audit Programme (SSNAP). National clinical audit annual results portfolio - select Annual; sheet J www.strokeaudit.org/results/Clinical-audit/National-Results.aspx
Linked conditions: CHD or heart attack more than twice as likely to have a stroke	http://stroke.ahajournals.org/content/22/8/983
Linked conditions: People with heart failure are 2-3 times more likely to have a stroke	http://stroke.ahajournals.org/content/42/10/2977
Linked conditions: People with diabetes are twice as likely to have a stroke	www.ncbi.nlm.nih.gov/pmc/articles/PMC5298897/
VASCULAR DEMENTIA	
deaths; underestimate/diagnoses	Nomis - Office for National Statistics (ONS; 2024) - Deaths registered by cause, sex and age, 2023 www.nomisweb.co.uk/datasets/mortsa Alzheimer's Society www.alzheimers.org.uk/about-dementia/types-dementia/diagnosis-vascular-dementia
dementia types; up to 1 in 5 cases are vascular	Alzheimer's Society www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/demography
prevalence (UK)	NHS England website www.nhs.uk/conditions/vascular-dementia
Linked conditions: People with a history of heart disease are at least twice as likely to develop vascular dementia	www.ncbi.nlm.nih.gov/pmc/articles/PMC2924456/
Linked conditions: ¾ cases in stroke survivors	www.ncbi.nlm.nih.gov/pmc/articles/PMC3235558/
Linked conditions: People with diabetes are 2-3 times more likely to develop vascular dementia	www.ncbi.nlm.nih.gov/pmc/articles/PMC2174783/
OUT-OF-HOSPITAL CARDIAC ARREST (OHCA)	
30k+ OHCAs/year, less than 10% survival	NHS England (2024). Ambulance Quality Indicators www.england.nhs.uk/statistics/statistical-work-areas/ambulance-quality-indicators/
Every min & CPR increased survival Public-access defibrillator (PAD) use	Resuscitation Council (2021) Resuscitation Guidelines 2021 www.resus.org.uk/library/2021-resuscitation-guidelines see also University of Warwick (2023), Out-of-Hospital Cardiac Arrest Outcomes Registry Epidemiology Report https://warwick.ac.uk/fac/sci/med/research/ctu/trials/ohcao/publications/epidemiologyreports/

STATISTIC	REFERENCE
CONGENITAL HEART DISEASE	
1:150 babies diagnosed	NHS England (2024) NCARDRS congenital anomaly statistics: 2021 data ~ BHF estimates https://digital.nhs.uk/data-and-information/publications/statistical/ncardrs-congenital-anomaly-statistics-annual-data/
Survival comparison (pre-BHF/today)	MacMahon BMJ (http://heart.bmj.com/content/heartjnl/15/2/121.full.pdf) and British Cardiac Society https://heart.bmj.com/content/88/suppl_1/i1
1-2% prevalence	Various estimates including Hoffman & Kaplan, JACC –19 per 1,000 includes BAVs which will eventually need cardiologic care (www.sciencedirect.com/science/article/pii/S0735109702018867)
INHERITED (GENETIC) CONDITIONS	
285k inherited heart conditions; 525K with gene variant	BHF estimates for England derived from PHG Foundation, *Heart to Heart: inherited cardiovascular conditions services* (2009); updated to reflect revised FH/DCM prevalence estimates NB only one third of the burden of dilated cardiomyopathy (DCM) is thought to be inherited – that proportion is included here
1:250 with familial hypercholesterolaemia (FH)	NB average recent estimated prevalence is 1:250 but our preferred reference reports 1:273 Wald et al, NEJM 2016 (www.nejm.org/doi/full/10.1056/NEJMoa1602777)
1:500 with hypertrophic cardiomyopathy (HCM)	Priori et al, Task Force on Sudden Cardiac Death ESC (eurheartj.oxfordjournals.org/content/ehj/22/16/1374.full.pdf)
Sudden cardiac deaths under-35s	Cardiac Risk in the Young (www.c-r-y.org.uk/statistics) based on Papadakis et al (2009) Magnitude of sudden cardiac death in the young, EP Europace NB see also Bhatia et al (2024) Understanding Cardiac & Sudden Death in Young Individuals, BMJ
RISK FACTORS	
High Blood Pressure	
High blood pressure prevalence	NHS England (2024) Health Survey for England 2022 part 2
Hypertension diagnosed prevalence	NHS England (2024) Quality & Outcomes Framework prevalence data 2023/24
High BP #1 modifiable risk factor CVD risk	Global Burden of Disease (GBD) (2024) mortality burden estimate 2021 for England Vasan et al NEJM 2001 (http://www.ncbi.nlm.nih.gov/pubmed/11794147/)
Linked conditions: Around 50% of heart attacks and strokes are associated with high blood pressure	Global Burden of Disease (GBD) (2024) risk burden estimate 2021 for England
Diabetes	
Adults diagnosed with diabetes ~ 1m undiagnosed	NHS England (2024) Quality & Outcomes Framework prevalence data 2023/24 Diabetes UK www.diabetes.org.uk/about-us/news-and-views/30-people-living-type-2-diabetes-england-are-undiagnosed-ons-analysis-shows
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	https://www.ncbi.nlm.nih.gov/pubmed/20609967 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2809299/ https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)60484-9/fulltext
Linked conditions: In the UK, one third of adults with diabetes die from a heart or circulatory disease	NHS England (2019) National Diabetes Audit, Complications and Mortality, Report 2a, 2017-18 https://digital.nhs.uk/data-and-information/publications/statistical/national-diabetes-audit/report-2--complications-and-mortality-2017-18

STATISTIC	REFERENCE
Other Risk Factors	
Adult high cholesterol prevalence	BHF analysis of Health Survey for England 2022 part 2 (NHS England 2024)
Adult smoking prevalence; c.6m smokers	Health Survey for England 2022 (NHS England 2024) 12.7% (2022 fieldwork) – latest ONS population estimates applied to these results alternatives = ONS Annual Population Survey (APS 11.6%; 2023); GP Patient Survey (GPPS 13.6%; 2023),
Smoking deaths	OHID (formerly PHE) (2021) Local Tobacco Profiles – CVD deaths are an aggregate of heart disease and stroke 2017 to 2019 (36k over three years) https://fingertips.phe.org.uk/mortality-profile#page/1/gid/1938133058/ati/15/iid/93823/age/1/sex/4/cat/-1/ctp/-1/yrr/1/cid/4/tbm/1 www.gov.uk/government/statistics/local-tobacco-control-profiles-for-england-july-2021/ [see commentary] *NB* GBD (2024) has alternative figures for attributable mortality (2021 est) – 59k smoking-related deaths per year incl 13k CVD deaths
Obesity & BMI, 5-a-day, alcohol, kidney disease, raised cholesterol	BHF analysis of Health Survey for England 2022 (NHS England 2024) NB some statistics should not be compared with pre-pandemic data (changes of methodology)
Physical activity (PA)	OHID Fingertips adapted from Sports England Active Lives Survey 2022/23 (NB the original uses a narrower definition of PA)
Air pollution, high BMI deaths	Global Burden of Disease (GBD) (2024) England mortality estimates 2021 NB see alternate particulate matter pollution UK estimates from WHO/COMEAP

For any queries please contact healthinsights@bhf.org.uk and we will do our best to help