



**British Heart  
Foundation  
Northern Ireland**

# **Northern Ireland Factsheet**

January 2025

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

# This month in Northern Ireland

**350**  
people will die  
from a heart or  
circulatory disease ...

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

**225k**  
people are living  
with a heart or  
circulatory disease

**310**  
hospital admissions  
will be due to a  
heart attack

**130**  
people will die  
from coronary  
heart disease

**13**  
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, stroke and vascular dementia.

- Heart and circulatory diseases cause nearly a **quarter** (24 per cent) of all deaths in Northern Ireland, or around **4,200 deaths each year** – an average of 12 people each day.
- Around 1,100 people under the age of 75 in Northern Ireland die from heart and circulatory diseases (CVD) each year.
- Since the 1960s, CVD death rates in Northern Ireland have fallen by **three quarters**.
- Death rates have fallen more quickly than the actual number of deaths because people in Northern Ireland are now living longer.
- There are an estimated 225,000 people living with heart and circulatory diseases in Northern Ireland - an ageing and growing population and improved survival rates from heart and circulatory events could see these numbers rise still further.

For more information about heart and circulatory diseases, visit [our website](#)

Around

# 225,000

people are living with heart and circulatory diseases in Northern Ireland

## Linked conditions

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

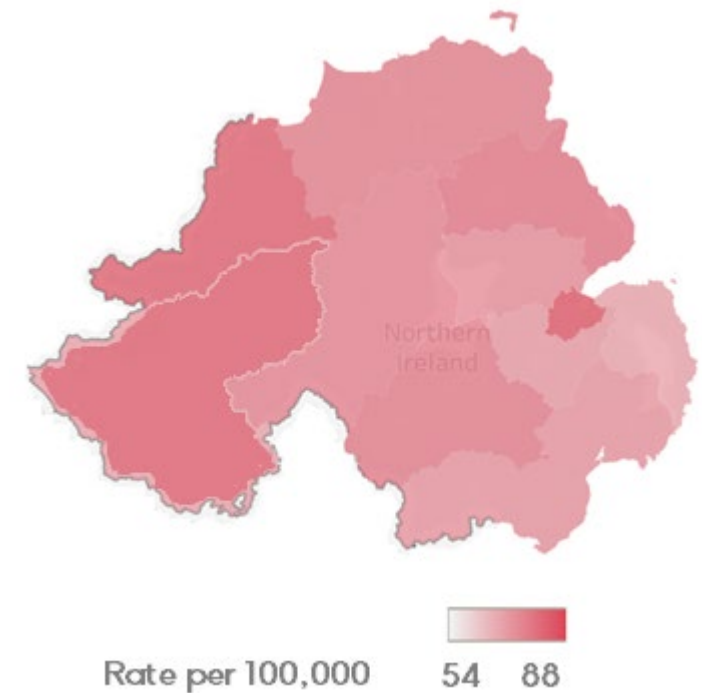
## Deaths from and numbers living with heart and circulatory diseases (CVD)

Nation	No. of People Dying from CVD	No. of People Under 75 Years Old Dying from CVD	Estimated Number of People Living with CVD (latest estimate)
<b>Northern Ireland (2023)</b>	4,227	1,133	225,000

Deaths BHF analysis from latest official statistics (NISRA); ICD-10 codes I00-99, F01,Q20-8, P29, G45  
Living with CVD estimates by BHF - based on latest health surveys and GP patient data

- Premature death rates from heart and circulatory diseases (before the age of 75) in Northern Ireland are broadly similar to those for England.
- Death rates take the age structure (demography) of local areas into account to reveal the real differences in statistics. This is especially important when there are big variations in the age profile of communities across the country.
- The latest premature (under 75) death rate for CVD in Belfast (88 per 100,000 people in 2020/22) is considerably higher than Lisburn & Castlereagh (55).
- Regional and local UK statistics and rankings for heart and circulatory deaths can be found on [our website](#)

## Premature heart & circulatory disease (CVD) death rate by local authority 2020-22



## NI premature (under 75 years) death rates, heart and circulatory diseases (CVD) 2020-22

Local Authority – Top Five	Under 75 CVD Death Rate per 100,000 Population	Under 75 Annual Number of CVD Deaths
Belfast City	88.4	228
Fermanagh & Omagh	74.5	78
Derry City & Strabane	72.1	92
Mid & East Antrim	71.5	92
Antrim & Newtownabbey	68.2	84

## The Cost of Heart and Circulatory Diseases

- NHS annual expenditure on CVD in Northern Ireland is estimated at £290 million.
- CVD's overall cost to the Northern Ireland economy (including premature death, disability, long-term care and informal costs) is estimated to be £740 million each year.

# Coronary Heart Disease (CHD; 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).

- Around 75,000 people are living with CHD in Northern Ireland.
- We estimate around 49,000 men and 26,000 women are living with CHD.
- CHD is one of Northern Ireland's leading causes of death and it is also the **leading cause of death worldwide**.
- In Northern Ireland, 1 in 9 men and more than 1 in 15 women die from coronary heart disease (1 in 11 overall).
- CHD is responsible for around **1,500 deaths** in Northern Ireland each year, or an average of four deaths each day.
- Around **500** people under the age of 75 in Northern Ireland die from CHD each year.
- CHD kills nearly twice as many women in Northern Ireland as breast cancer.
- Coronary heart disease is the leading cause of heart attacks (myocardial infarction).

## Linked conditions

- Individuals with coronary heart disease, or who have had a heart attack, are **twice as likely** to have a **stroke**.

For more info  
please visit:

➤ *Coronary  
Heart Disease*



Coronary heart disease is one of the leading causes of death in Northern Ireland

## Heart Attack (Myocardial Infarction, MI)

- There are around **3,700 hospital admissions** for heart attack in Northern Ireland each year: that's 10 each day or one every 140 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.



**Every 140 minutes** someone in Northern Ireland is admitted to hospital due to a heart attack



## Atrial Fibrillation (AF)

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

- More than **47,000 people** in Northern Ireland have been diagnosed with atrial fibrillation.
- Atrial fibrillation is often asymptomatic, frequently undetected and undiagnosed, meaning that there are likely to be thousands more affected by the condition across Northern Ireland.

### Linked conditions

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

For more info please visit:

- *Heart Attacks*
- *Atrial Fibrillation*

# 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 22,000 people in Northern Ireland 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 nation.



Around 22,000 people in Northern Ireland have been diagnosed with heart failure by their GP

For more info please visit:

- *Heart Failure*
- *Stroke*

# 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 850 deaths in Northern Ireland each year.
- In Northern Ireland there are around 1,200 hospital admissions for stroke each year.
- More than 40,000 people living in Northern Ireland today have survived a stroke or transient ischaemic attack (TIA).
- Half of stroke survivors in Northern Ireland are under the age of 75.

## 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 hundreds of deaths each year in Northern Ireland – and numbers could be higher as it can often be difficult to diagnose the different types of dementia.
- Vascular dementia is the second most common type of dementia, seen in up to 1 in 5 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.

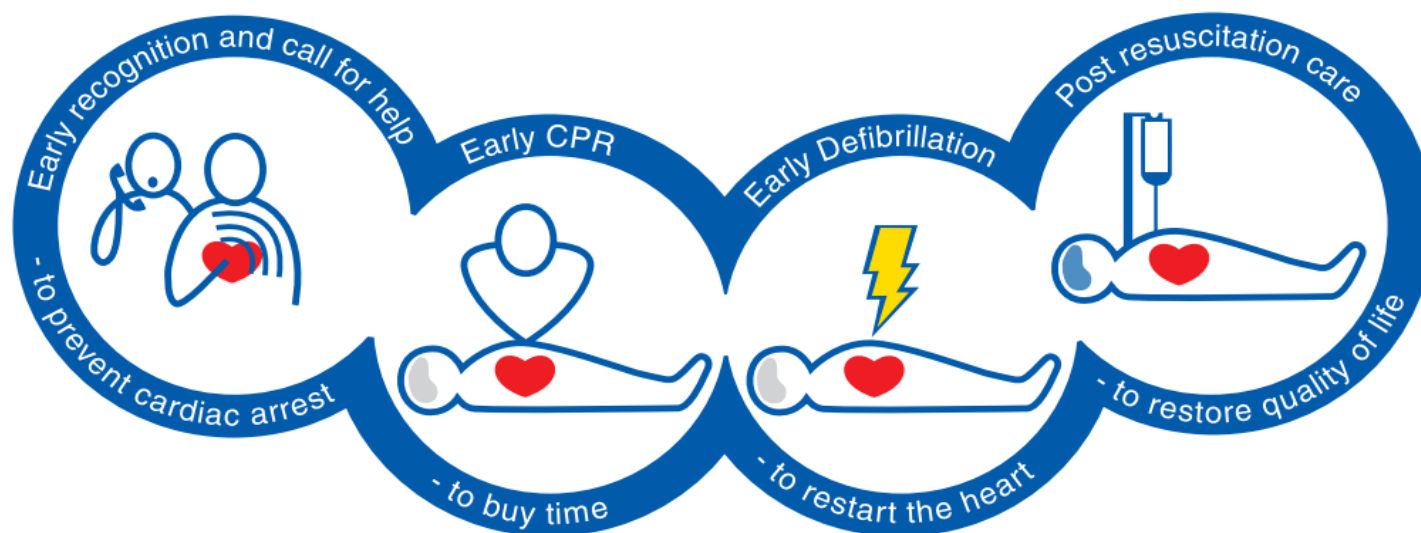
- There are 1,400 out-of-hospital cardiac arrests (OHCAs) in Northern Ireland each year.
- Less than 1 in 10 people survive an out-of-hospital cardiac arrest in Northern Ireland.
- Every minute without cardiopulmonary resuscitation (CPR) and defibrillation reduces the chance of survival by up to 10 per 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 10 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 around **1,400** out-of-hospital cardiac arrests in Northern Ireland 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.**

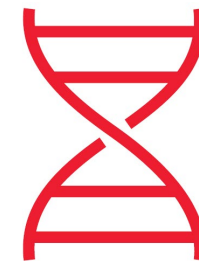
- Heart defects are diagnosed in at least **1 in 150 births** - that's an average of 13 babies each month in Northern Ireland - with more diagnoses later in life.
- Estimates suggest that in total as many as 1-2 per cent of the population may be affected.
- Before the BHF existed, the majority of babies 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.



Around  
**13 babies** a month  
are diagnosed with a  
congenital heart  
defect in Northern Ireland

For more info please  
visit:

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



Around **17,500** people in  
Northern Ireland have a faulty  
gene that can cause an inherited  
heart-related condition

# Inherited (Genetic) Conditions

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

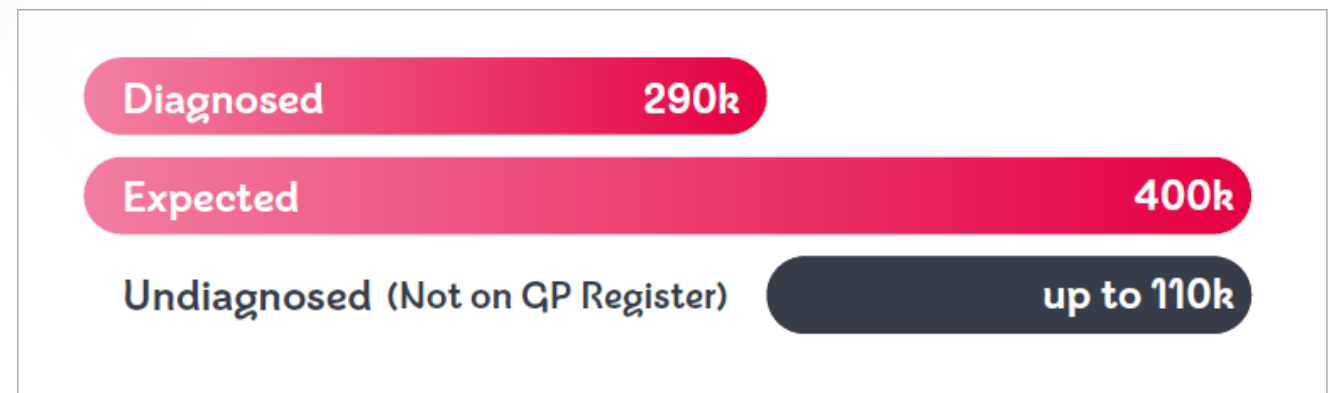
- An estimated 9,500 people in Northern Ireland have an inherited heart condition - these include hypertrophic cardiomyopathy (HCM; 1 in 500 people), dilated cardiomyopathy (DCM) and arrhythmogenic right ventricular dysplasia/cardiomyopathy (ARVD/ARVC).
- There are other conditions which can affect the heart and circulatory system, with an unusually high risk of developing heart disease or dying suddenly at a young age, including familial hypercholesterolaemia (FH; 1 in 250, or 7,600 people).
- Each week in the UK at least 12 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 can increase your likelihood of developing heart and circulatory diseases.

## High Blood Pressure (Hypertension)

- High blood pressure is the leading modifiable risk factor for heart and circulatory disease in Northern Ireland.
- An estimated **400,000 people** in Northern Ireland have hypertension
- Around 290,000 people are on their GP's hypertension register, meaning up to 110,000 people in Northern Ireland could be undiagnosed.



### Linked conditions

- More than half of heart attacks and strokes in Northern Ireland are associated with high blood pressure

Around **290,000** people in Northern Ireland have been diagnosed 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).

- More than **110,000** adults in Northern Ireland 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 **thousands of people** across Northern Ireland are likely to have 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 the UK, **one third** of adults with diabetes die from a heart or circulatory disease

## High Cholesterol

- High blood cholesterol is a significant risk factor for developing heart and circulatory diseases.
- **Around 1 in 5 deaths** from heart and circulatory diseases in Northern Ireland are associated with high LDL (low-density lipoprotein) cholesterol.

For more information, visit our website:

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

## Smoking

- Around **one in seven adults** (13 per cent) smoke cigarettes in Northern Ireland– that's around 200,000 adults
- Up to **2,300** deaths each year in Northern Ireland are attributable to smoking-related causes
- Around **18,000** hospital admissions are attributed to smoking each year.



Around **28%** of adults in Northern Ireland have obesity

## Overweight/Obesity

- An estimated **28 per cent** of adults in Northern Ireland have obesity and in addition more than a third (36 per cent) have a body-mass index (BMI) defined as overweight.
- More than a quarter (26 per cent) of children in Northern Ireland have a BMI defined as overweight or obese.
- In Northern Ireland around 1 in 9 heart and circulatory disease deaths are associated with a high body-mass index.

## Diet and Exercise

- An estimated **45 per cent** of adults in Northern Ireland do not achieve recommended levels of physical activity.
- **Nearly three in five** (59 per cent) of adults in Northern Ireland do not eat the recommended five portions of fruit and vegetables per day.
- Around **one in six** (16 per cent) adults in Northern Ireland regularly exceed guidelines for weekly alcohol intake; no level of use is without risk



of adults in Northern Ireland do not meet physical activity recommendations

## Other Risk Factors

- Each year up to **330 deaths** in Northern Ireland are attributable to air pollution, with a significant impact on heart and circulatory health.

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

## 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 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 Northern Ireland and the UK.

Find out more at [bhf.org.uk](https://bhf.org.uk)

## More BHF Health Statistics

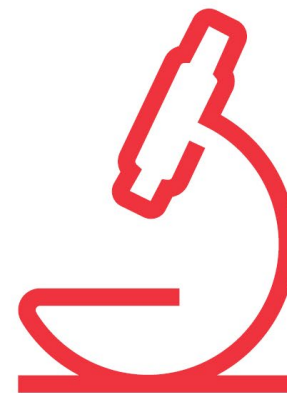
Including exclusive content and local statistics  
Visit our website [bhf.org.uk/statistics](https://bhf.org.uk/statistics)

This factsheet is compiled by the British Heart Foundation.

**Last reviewed and updated January 2025.**

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

For any queries please contact [healthinsights@bhf.org.uk](mailto:healthinsights@bhf.org.uk) and we will do our best to help



**BIGGEST**  
independent funder of  
heart and circulatory  
disease research in  
Northern Ireland

# References

STATISTIC	REFERENCE
<b>HEART AND CIRCULATORY DISEASES (CARDIOVASCULAR DISEASE; CVD)</b>	
CVD deaths/year [ICD-10 codes I00-I99, C38.0, F01, G45, P29, Q20-Q28]	Northern Ireland, Statistics and Research Agency (NISRA) (2024) – Deaths by sex, age and cause 2023 <a href="http://www.nisra.gov.uk/statistics/births-deaths-and-marriages/registrars-general-annual-report">www.nisra.gov.uk/statistics/births-deaths-and-marriages/registrars-general-annual-report</a>
CVD ASDRs (death rates)	BHF analysis of NISRA (2020-22) mortality data; map created in Tableau (NB local data ICD-10 I00-99 only)
225k living with CVD	BHF estimate based on latest Quality & Outcomes Framework prevalence data from Northern Ireland Department of Health and UK health surveys
CVD healthcare cost; economic cost / year	Shah (2024) Economic Burden of Cardiovascular Disease in the UK 2021/22 estimates (LSE dissertation; BHF placement)
<i>Linked conditions:</i> 81% people with CVD have one other condition	Tran J, Norton R, Conrad N, Rahimian F, Canoy D, Nazarzadeh M, 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. <a href="https://doi.org/10.1371/journal.pmed.1002513">https://doi.org/10.1371/journal.pmed.1002513</a> PMID: 29509757
<b>CORONARY HEART DISEASE (CHD; ISCHAEMIC HEART DISEASE)</b>	
CHD deaths, v breast cancer	Northern Ireland, Statistics and Research Agency (NISRA) (2024) – Deaths by sex, age and cause 2023 <a href="http://www.nisra.gov.uk/statistics/births-deaths-and-marriages/registrars-general-annual-report">www.nisra.gov.uk/statistics/births-deaths-and-marriages/registrars-general-annual-report</a>
CHD ASDRs (death rates)	BHF analysis of NISRA mortality data
CHD biggest killer worldwide	World Health Organization and Global Burden of Disease 2021 global mortality estimates
living with CHD	Quality & Outcomes Framework 2023/24 prevalence data from Northern Ireland Department of Health (2024) <a href="https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland">https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland</a>
CHD prevalence by sex	BHF analysis of The Health Intelligence Network (THIN) prevalence data and latest QOF
<b>HEART ATTACK (MYOCARDIAL INFARCTION, MI)</b>	
heart attack admissions	DHNI Hospital Information Branch (to 2023). Acute episode based activity recent annual average
More than 7/10 people survive heart attack ~ 1960s estimate	Myocardial infarction total case fatality rates - spatial analysis of linked hospitalisation and mortality data (England analysis) <a href="http://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(22)00108-6/fulltext">www.thelancet.com/journals/lanpub/article/PIIS2468-2667(22)00108-6/fulltext</a> ~ Goldacre's 2003 paper on myocardial infarction (Oxon)
<b>ATRIAL FIBRILLATION (AF)</b>	
diagnosed with AF	Quality & Outcomes Framework 2023/24 prevalence data from Northern Ireland Department of Health (2024) <a href="https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland">https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland</a>
x5 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. <a href="http://www.ncbi.nlm.nih.gov/pubmed/15879330">www.ncbi.nlm.nih.gov/pubmed/15879330</a>
Contributor to 1 in 5 strokes	Sentinel Stroke National Audit Programme (SSNAP). National clinical audit annual results portfolio (audit covers England, Wales & Northern Ireland) <a href="http://www.strokeaudit.org/results/Clinical-audit/National-Results.aspx">www.strokeaudit.org/results/Clinical-audit/National-Results.aspx</a> [select Annual]

STATISTIC	REFERENCE
<b>HEART FAILURE (HF)</b>	
diagnosed with heart failure	Quality & Outcomes Framework 2023/24 prevalence data from Northern Ireland Department of Health (2024) <a href="https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland">https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland</a>
<b>STROKE (CEREBROVASCULAR DISEASE)</b>	
stroke deaths	Northern Ireland, Statistics and Research Agency (NISRA) (2024) – Deaths by sex, age and cause 2023 <a href="http://www.nisra.gov.uk/statistics/births-deaths-and-marriages/registrars-general-annual-report">www.nisra.gov.uk/statistics/births-deaths-and-marriages/registrars-general-annual-report</a>
hospital admissions	DHNI Hospital Information Branch (to 2023). Acute episode based activity recent annual average
prevalence stroke/TIA survivors	Quality & Outcomes Framework 2023/24 prevalence data from Northern Ireland Department of Health (2024) <a href="https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland">https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland</a>
u75 stroke survivors	BHF analysis of The Health Intelligence Network (THIN) prevalence data, IQVIA/IMRD 2018
<i>Linked conditions:</i> CHD or heart attack more than twice as likely to have a stroke	<a href="http://stroke.ahajournals.org/content/22/8/983">http://stroke.ahajournals.org/content/22/8/983</a>
<i>Linked conditions:</i> People with heart failure are 2-3 times more likely to have a stroke.	<a href="http://stroke.ahajournals.org/content/42/10/2977">http://stroke.ahajournals.org/content/42/10/2977</a>
<i>Linked conditions:</i> People with diabetes are twice as likely to have a stroke as people without diabetes	<a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5298897/">www.ncbi.nlm.nih.gov/pmc/articles/PMC5298897/</a>
<b>VASCULAR DEMENTIA</b>	
NI deaths; underestimate/diagnoses	Northern Ireland, Statistics and Research Agency (NISRA) (2024) – deaths by sex, age and cause 2023 Alzheimer's Society <a href="http://www.alzheimers.org.uk/about-dementia/types-dementia/diagnosis-vascular-dementia">www.alzheimers.org.uk/about-dementia/types-dementia/diagnosis-vascular-dementia</a>
dementia types; up to 1 in 5 cases are vascular	Alzheimer's Society <a href="http://www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/demography">www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/demography</a>
180k prevalence (UK)	NHS England website <a href="http://www.nhs.uk/conditions/vascular-dementia">www.nhs.uk/conditions/vascular-dementia</a>
<i>Linked conditions:</i> People with a history of heart disease are at least twice as likely to develop vascular dementia	<a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2924456/">www.ncbi.nlm.nih.gov/pmc/articles/PMC2924456/</a>
<i>Linked conditions:</i> ¾ cases in stroke survivors	<a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3235558/">www.ncbi.nlm.nih.gov/pmc/articles/PMC3235558/</a>
<i>Linked conditions:</i> People with diabetes are 2-3 times more likely to develop vascular dementia	<a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2174783/">www.ncbi.nlm.nih.gov/pmc/articles/PMC2174783/</a>
<b>OUT-OF-HOSPITAL CARDIAC ARREST (OHCA)</b>	
1,400 OHCA/survival less than 1 in 10	DHNI, Community Resuscitation Strategy Northern Ireland, 2014 <a href="http://www.health-ni.gov.uk/publications/community-resuscitation-strategy-and-reports">www.health-ni.gov.uk/publications/community-resuscitation-strategy-and-reports</a> [updated statistics are not in the public domain]
Every min & CPR increases survival Public access defibrillator (PAD) use	Resuscitation Council (2021) Resuscitation Guidelines 2021 <a href="http://www.resus.org.uk/library/2021-resuscitation-guidelines">www.resus.org.uk/library/2021-resuscitation-guidelines</a> see also University of Warwick (2024), Out-of-Hospital Cardiac Arrest Outcomes Registry Epidemiology Report 2023 (England data) <a href="https://warwick.ac.uk/fac/sci/med/research/ctu/trials/ohcao/publications/epidemiologyreports/">https://warwick.ac.uk/fac/sci/med/research/ctu/trials/ohcao/publications/epidemiologyreports/</a> Scottish Government (2024) Out-of-Hospital Cardiac Arrest Report ( <a href="http://www.scottishambulance.com/publications/Out-of-Hospital-Cardiac-Arrest-Annual-Report/">www.scottishambulance.com/publications/Out-of-Hospital-Cardiac-Arrest-Annual-Report/</a> )



STATISTIC	REFERENCE
<b>CONGENITAL HEART DISEASE</b>	
1:150 babies diagnosed	BHF estimate for NI based on NHS England (2024) NCARDRS congenital anomaly statistics <a href="https://digital.nhs.uk/data-and-information/publications/statistical/ncardrs-congenital-anomaly-statistics-annual-data/ncardrs-congenital-anomaly-statistics-report-2020">https://digital.nhs.uk/data-and-information/publications/statistical/ncardrs-congenital-anomaly-statistics-annual-data/ncardrs-congenital-anomaly-statistics-report-2020</a>
Survival comparison (pre-BHF/today)	MacMahon BMJ <a href="http://heart.bmj.com/content/heartjnl/15/2/121.full.pdf">http://heart.bmj.com/content/heartjnl/15/2/121.full.pdf</a> and British Cardiac Society <a href="https://heart.bmj.com/content/88/suppl_1/i1">https://heart.bmj.com/content/88/suppl_1/i1</a>
1-2% prevalence	various estimates including Hoffman & 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>
<b>INHERITED (GENETIC) CONDITIONS</b>	
9.5k inherited heart conditions; 17.5k with gene variant	BHF NI estimate 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 prevalence is 1:250 but our preferred reference reports 1:273 Wald et al, NEJM 2016 <a href="http://www.nejm.org/doi/full/10.1056/NEJMoa1602777">www.nejm.org/doi/full/10.1056/NEJMoa1602777</a>
1:500 with hypertrophic cardiomyopathy (HCM)	Priori et al, Task Force on Sudden Cardiac Death ESC <a href="http://eurheartj.oxfordjournals.org/content/ehj/22/16/1374.full.pdf">eurheartj.oxfordjournals.org/content/ehj/22/16/1374.full.pdf</a>
Sudden cardiac deaths under-35s	Cardiac Risk in the Young <a href="http://www.c-r-y.org.uk/statistics">www.c-r-y.org.uk/statistics</a>
<b>RISK FACTORS</b>	
<b>Hypertension - High Blood Pressure</b>	
Adults high BP #1 modifiable risk factor diagnosed hypertension	BHF estimate based on UK health survey data Global Burden of Disease (GBD) (2024) risk burden estimate for CVD in Northern Ireland Quality & Outcomes Framework 2023/24 prevalence data from Northern Ireland Department of Health (2024) <a href="https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland">https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland</a>
<i>Linked conditions:</i> Around 50% of heart attacks and strokes are associated with high blood pressure	Global Burden of Disease (GBD) UK risk burden estimate – UK and Northern Ireland
<b>Diabetes</b>	
adults diagnosed with diabetes ~ undiagnosed	Quality & Outcomes Framework 2023/24 prevalence data from Northern Ireland Department of Health (2024) <a href="https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland">https://www.health-ni.gov.uk/publications/202324-raw-disease-prevalence-trend-data-northern-ireland</a> Diabetes UK <a href="http://www.diabetes.org.uk/professionals/position-statements-reports/statistics">www.diabetes.org.uk/professionals/position-statements-reports/statistics</a>
<i>Linked conditions:</i> 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	<a href="http://www.ncbi.nlm.nih.gov/pubmed/20609967">www.ncbi.nlm.nih.gov/pubmed/20609967</a> <a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2809299/">www.ncbi.nlm.nih.gov/pmc/articles/PMC2809299/</a> <a href="http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)60484-9/fulltext">www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)60484-9/fulltext</a>
<i>Linked conditions:</i> 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 (England and Wales data) <a href="https://digital.nhs.uk/data-and-information/publications/statistical/national-diabetes-audit/report-2--complications-and-mortality-2017-18">https://digital.nhs.uk/data-and-information/publications/statistical/national-diabetes-audit/report-2--complications-and-mortality-2017-18</a>

STATISTIC	REFERENCE
<b>Other Risk Factors</b>	
Adults 13% smoke ~ 200k cigarette smokers	DHNI/NISRA Health Survey Northern Ireland: first results 2023/24 and BHF analysis/ONS population estimates <a href="http://www.health-ni.gov.uk/topics/health-survey-northern-ireland">www.health-ni.gov.uk/topics/health-survey-northern-ireland</a> – also 13% from ONS Annual Population Survey 2023 (UK/4N survey)
Particulate matter pollution - attributable deaths	Global Burden of Disease (GBD) (2024) Northern Ireland estimates
smoking deaths	NI Direct estimate <a href="http://www.nidirect.gov.uk/articles/smoking">www.nidirect.gov.uk/articles/smoking</a> – NB GBD has an alternative estimate
hospital admissions from smoking-related causes	Tobacco Control Northern Ireland 2015; Public Health Agency
Obesity/BMI, 5-a-day, alcohol, physical activity (PA)	Health Survey Northern Ireland: first results 2023/24 NB many indicators have not been updated during the pandemic years (NB child BMI last included in 2019/20; alcohol 2022/23) <a href="http://www.health-ni.gov.uk/topics/health-survey-northern-ireland">www.health-ni.gov.uk/topics/health-survey-northern-ireland</a>

For any queries please contact [healthinsights@bhf.org.uk](mailto:healthinsights@bhf.org.uk) and we will do our best to help