

FACTSHEET: Cardiovascular diseases in India

Globally...

- Cardiovascular diseases (CVDs), commonly referred to as heart disease or stroke, are the number 1 cause of death around the world
- 1 in 3 deaths globally are as result of CVD, yet the majority of premature heart disease and stroke is preventable¹
- In 2010 CVD cost US\$ 863 billion – this is estimated to rise by 22% to US\$ 1,044 billion by 2030²
- 80% of CVD deaths occur in low- to middle-income countries.

In India...

- Non-communicable diseases (NCDs), including CVDs, are estimated to account for 60% of total adult deaths in India
- CVDs account for over a quarter (26%) of these deaths
- Some of the CVD related risks factors in adults in India are outlined below:
 - 15% of the population smoke tobacco
 - 4.3 litres of pure alcohol consumed per person
 - Just over a fifth (21.1%) have hypertension which can increase risk of heart attack, heart failure, kidney disease or stroke

Taking action...

- In line with WHO's *Global action plan for the prevention and control of NCDs 2013-2020*, in 2015 India became the first country to develop specific national targets and indicators aimed at reducing the number of global premature deaths from NCDs by 25% by 2025
- India's National Monitoring Framework for Prevention and Control of NCDs calls for a 50% relative reduction in household use of solid fuel and a 30% relative reduction in prevalence of current tobacco use by 2025
- India has implemented WHO's Framework Convention on Tobacco Control aimed at reducing the demand for tobacco products. The country has prohibited sales of tobacco products around educational institutions, restricted tobacco imagery in films and TV programmes, banned some smokeless tobacco products and developed tobacco-free guidelines for educational institutions.

Sources: World Health Organization (WHO) unless specified in footnotes below

¹Institute for Health Metrics and Evaluation (IHME). The Global Burden of Diseases, Injuries and Risk Factors Study 2010 (GBD 2010). Generating Evidence, Guiding Policy Report

² World Economic Forum, The Global Economic Burden of Non-communicable Diseases, Harvard School of Public Health, 2011