



## **FACTSHEET: Cardiovascular diseases in Uruguay**

### **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 preventable<sup>1</sup>
- In 2010 CVD cost US\$ 863 billion – this is estimated to rise by 22% to US\$ 1,044 billion by 2030.<sup>2</sup>

### **In Uruguay...**

- Non-communicable diseases (NCDs), including CVDs, are estimated to account for 85% of total adult deaths in Uruguay
- CVDs account for 30% of these deaths
- Some of the CVD related risks factors in adults in Uruguay are outlined below:
  - A quarter (25%) of the adult population smoke tobacco
  - 7.6 litres of pure alcohol consumed per person
  - Over a third (35.1%) have hypertension which can increase risk of heart attack, heart failure, kidney disease or stroke
  - A quarter (24.8%) adults in Uruguay are obese.

### **Taking action...<sup>3</sup>**

- Uruguay was the first country in Latin America to ban smoking in enclosed public spaces
- The legislation was introduced by Uruguayan President Tabaré Vázquez on 1 March 2006; he is introducing more measures during his second term
- President Vázquez was awarded the World Health Organization Director General's Award in 2006 in recognition of his leadership on tobacco control in Uruguay, which has implemented some of the most stringent tobacco control measures in the world
- It's reported that the tobacco policies from his first term contributed to a decrease in tobacco consumption among youths by 70% in just 10 years
- More recently, in 2015, the Inter-American Heart Association, presented him with the Science of Peace Award in honour of his strong commitment to tobacco control both in Uruguay and around the world
- Talking at the ceremony he said: *"Never before has a pandemic swept and killed so many people in the world. As long as you do nothing, smoking is going to keep killing."*

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

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

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

<sup>3</sup> [http://www.tobaccofreekids.org/tobacco\\_unfiltered/post/2015\\_12\\_11\\_uruguay](http://www.tobaccofreekids.org/tobacco_unfiltered/post/2015_12_11_uruguay)