FACTSHEET: Cardiovascular diseases in Argentina

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
- In 2010 CVD cost US$ 863 billion – this is estimated to rise by 22% to US$ 1,044 billion by 2030.

In Argentina...

- Non-communicable diseases (NCDs), including CVDs, are estimated to account for 81% of total adult deaths in Argentina
- CVDs account for over a third (35%) of these deaths
- Some of the CVD related risks factors in adults in Argentina are outlined below:
  - Nearly a quarter (23%) of the population smoke tobacco
  - 9.3 litres of pure alcohol consumed per person
  - Just over a quarter (25.1%) have hypertension which can increase risk of heart attack, heart failure, kidney disease or stroke
  - Nearly a third (29.7%) of adults in Argentina are obese.

Research shows...

- **Low physical activity is responsible for 17% of cardiovascular deaths in Argentina**. Presented at the Argentine Society of Cardiology Congress in October 2015, the research study showed:
  - The effects of low physical activity were greater in women of all ages; reasons cited included because they exercise less than men and having multiple ‘occupations’ - at work and home, including time spent caring for the health of other family members
  - 30 minutes of brisk walking 5 days a week would reduce cardiovascular mortality at any age, but especially in women and those younger than 70
  - The researchers concluded the need for more state policies to encourage people to become more physically active; also to educate them about the benefits, including improvements to the length and quality of life.
- Deaths from heart attacks have decreased by 44% over the last 15 years in Argentina. This reduction is attributed to greater use of treatment and medication. The research also found that there were significantly fewer (55%) smokers between 1996 and 2011.
- However, in the same 15 year period, there was a also a 30% increase in patients with high cholesterol levels and a 53% increase in patients with hypertension; both of which are known risk factors for cardiovascular diseases.

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

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