FACTSHEET: Cardiovascular diseases in Brazil

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
- 80% of CVD deaths occur in low- to middle-income countries.

In Brazil…

- Non-communicable diseases (NCDs), including CVDs, are estimated to account for nearly three quarters (74%) of total adult deaths in Brazil
- CVDs account for nearly a third (31%) of these deaths
- Some of the CVD related risks factors in adults in Brazil are outlined below:
  - Nearly a fifth (17%) of the population smoke tobacco
  - 8.7 litres of pure alcohol consumed per person
  - Nearly a third (30.8%) have hypertension which can increase risk of heart attack, heart failure, kidney disease or stroke
  - Around a fifth (18.8%) of adults in Brazil are obese, with obesity more common among adult women (21.4%) than men (16%)
  - The rising prevalence of obesity in Brazil is resulting in more people developing type 2 diabetes – it’s estimated that 8.8% of females and 7.4% males are living with diabetes.

Did you know?

- More than 4,000 extra wide seats were made to accommodate Brazil’s increasing obese population during the 2014 World Cup year
- One in three children between the ages of five and nine is overweight
- Only 15% of Brazilian adults are active in their free time; more than 40% of Brazilian men and over 50% of women get insufficient exercise
- Dependency on food that is high in carbohydrates, sugars and salt is believed to be a major contributory factor to the increase in overweight populations, particularly among those with a low income. This is leading to deteriorating cardiovascular health.

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

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3 http://www.escardio.org/The-ESC/Press-Office/Press-releases/Last-5-years/Brazilian-Congress-of-Cardiology-focuses-on-reducing-obesity-and-increasing-exer