

FACTSHEET: Cardiovascular diseases in Mexico

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 a 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 Mexico...

- Non-communicable diseases (NCDs), including CVDs, are estimated to account for 77% of total adult deaths in Mexico
- CVDs account for almost a quarter (24%) of these deaths
- Some of the CVD related risks factors in adults in Mexico are outlined below:
 - 17% of the population smoke tobacco
 - 7.2 litres of pure alcohol consumed per person
 - 22.8% have hypertension which can increase risk of heart attack, heart failure, kidney disease or stroke
 - More than 1 in 3 (32.1%) adults in Mexico are obese
- In 2014 nearly a third (32.7%) of women were classified as obese; obesity is the most common cardiovascular risk factor in women.

Taking action...

- In January 2014, Mexico introduced a new tax levied at a rate of 8% on food with an energy content exceeding 275 Kcal per 100 grams, and 1 peso (EUR 0.06) per litre on sugar-sweetened beverages.³
- A study led by Mexico's National Institute of Public Health (NIPH), published in the British Medical Journal on 6 January 2016, observed the effect on purchases of beverages from stores in Mexico one year after the introduction of the tax on sugar-sweetened beverages⁴:
 - Based on data from 6,200 Mexican households across 53 large cities during the first 12 months since the tax was introduced
 - In the first year, on average, people purchased 6% less sugar-sweetened drinks than would be expected if the tax had not been implemented
 - These changes were most pronounced in households with the lowest incomes
 - During the same period there was a 4% rise in the sales of untaxed drinks, mainly due to more purchases of plain bottled water.
- More recent media coverage⁵ (May 2016) has focused on the reported rise in sales of sugar-sweetened drinks. Opponents of the tax say that this proves that it is not working; Mexico's National Institute of Public Health estimates per capita consumption of sugar-sweetened beverages was 8% lower in 2015 than the pre-tax period of 2007 to 2013 after making adjustments including population growth and economic activity.⁶

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

¹ 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

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

³ OECD, *Obesity Update, page 6, 2014* <http://www.oecd.org/health/Obesity-Update-2014.pdf>

⁴ BMJ: www.bmj.com/content/352/bmj.h6704.abstract

⁵ WSJ: <http://www.wsj.com/articles/soda-sales-in-mexico-rise-despite-tax-1462267808>

⁶ National Institute of Public Health: <http://www.insp.mx/epppo/blog/4063-tax-sugar-sweetened-beverages.html>