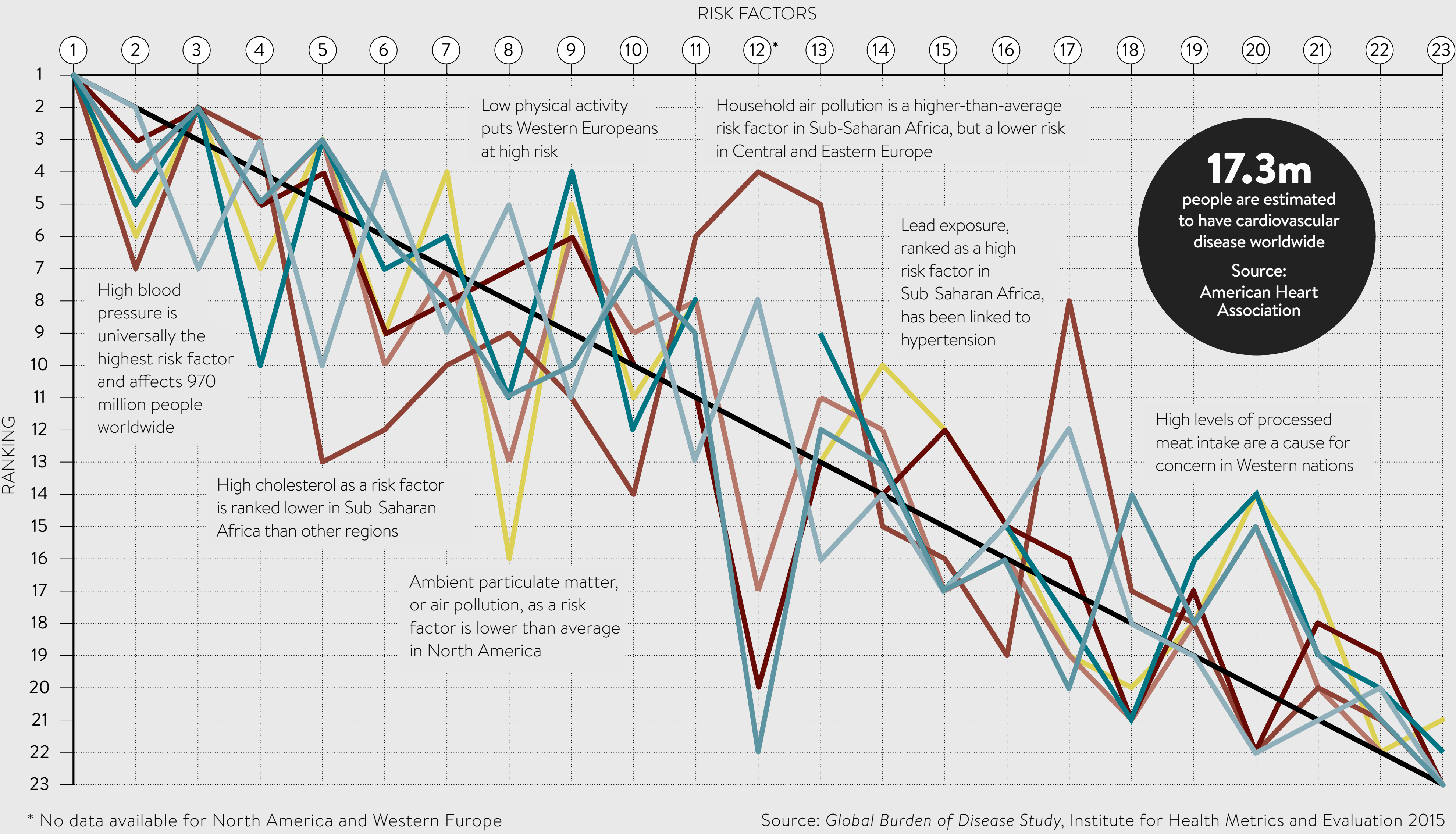


A GLOBAL LOOK AT CARDIOVASCULAR DISEASE

RANKING OF CVD RISK FACTORS

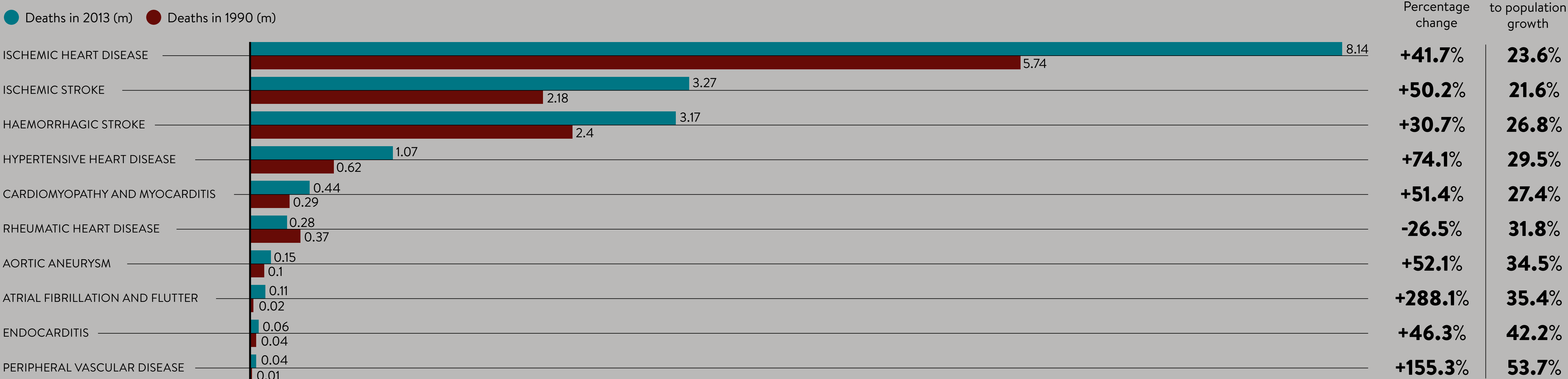
Cardiovascular disease is a global problem, but risk factors vary from region to region due to differences in diet, lifestyle and environment. The graph plots the top 23 risk factors worldwide to identify where each region deviates from the global average

- REGION
- GLOBAL AVERAGE
 - WESTERN EUROPE
 - CENTRAL AND EASTERN EUROPE
 - ASIA-PACIFIC
 - MIDDLE EAST AND NORTH AFRICA
 - SUB-SAHARAN AFRICA
 - LATIN AMERICA AND CARIBBEAN
 - NORTH AMERICA



- RISK FACTORS
- 1 HIGH BLOOD PRESSURE
 - 2 HIGH SODIUM
 - 3 HIGH BODY-MASS INDEX
 - 4 LOW FRUIT INTAKE
 - 5 HIGH TOTAL CHOLESTEROL
 - 6 SMOKING
 - 7 HIGH FASTING PLASMA GLUCOSE
 - 8 AMBIENT PARTICULATE MATTER
 - 9 LOW PHYSICAL ACTIVITY
 - 10 LOW WHOLE GRAIN INTAKE
 - 11 LOW VEGETABLE INTAKE
 - 12 HOUSEHOLD AIR POLLUTION
 - 13 LOW GLOMERULAR FILTRATION
 - 14 LOW NUTS AND SEEDS INTAKE
 - 15 LOW OMEGA-3 INTAKE
 - 16 LOW FIBRE INTAKE
 - 17 LEAD EXPOSURE
 - 18 ALCOHOL USE
 - 19 LOW POLYUNSATURATED FATTY ACIDS
 - 20 HIGH PROCESSED MEAT
 - 21 HIGH TRANS FAT
 - 22 SECOND-HAND SMOKE
 - 23 HIGH SWEETENED BEVERAGES

NUMBER OF GLOBAL CVD-RELATED DEATHS 1990-2013



Source: Global Burden of Disease Study, Institute for Health Metrics and Evaluation 2015

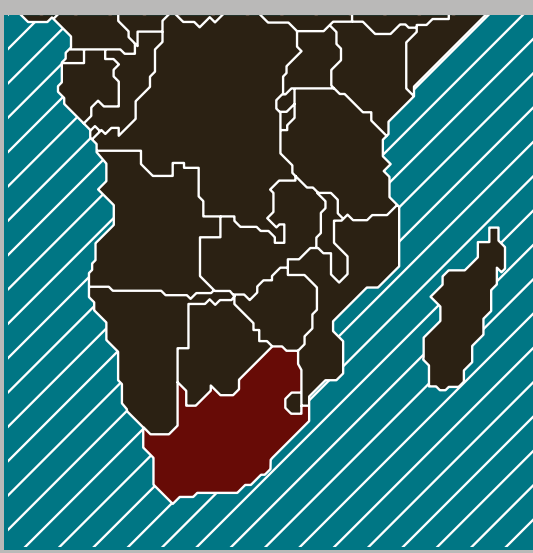
HEART DISEASE WORLDWIDE



BRAZIL

CVD accounts for about 26 per cent of total adult deaths. Around one-fifth (18 per cent) of adults are obese. Almost a fifth (17 per cent) of the population smoke tobacco.

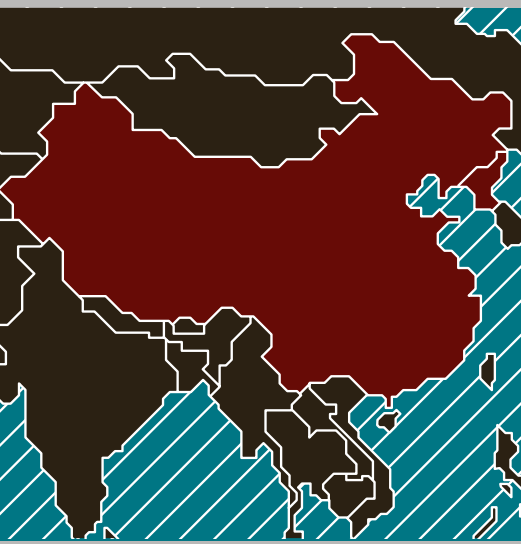
More than 40 per cent of men and over 50 per cent of women get insufficient exercise. Some 8.8 per cent of women and 7.4 per cent of men live with diabetes.



SOUTH AFRICA

CVD accounts for about 8 per cent of total adult deaths. Some 31.3 per cent of adults are obese and 18 per cent of the population smoke tobacco. In February, South Africa became the first African country to announce

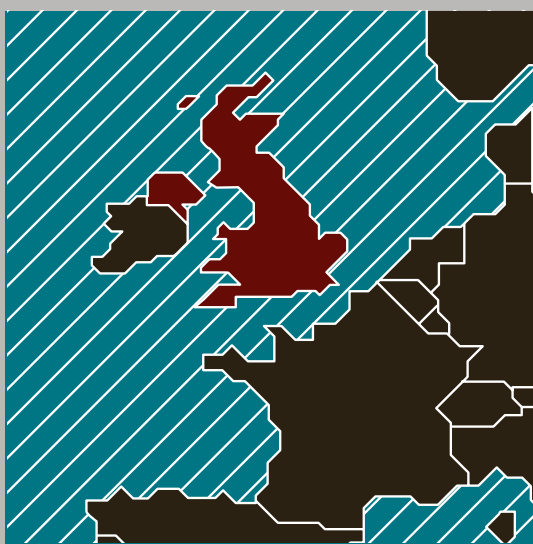
plans to introduce a new tax on sugar-sweetened drinks, coming into effect in April 2017. In 2013, the government introduced legislation aimed at reducing salt intake to less than 5g a day per person by 2020.



CHINA

CVD accounts for about 39 per cent of total adult deaths. One in five adults has a cardiovascular disease, one of the highest CVD death rates in the world. Some 28 per cent of adults and half

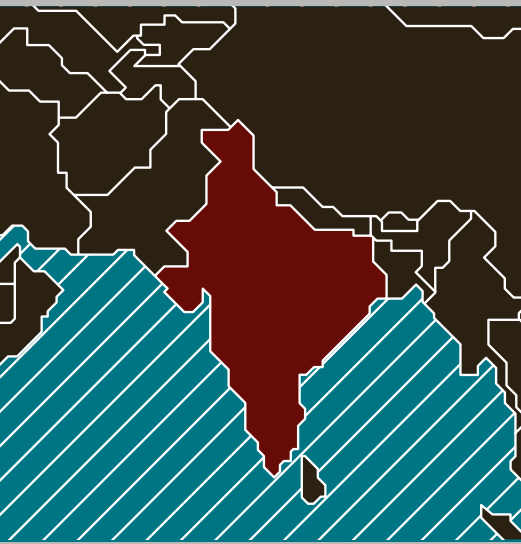
of all men smoke tobacco, while 5.7 per cent of adults are obese. Cardiovascular events are projected to increase by 50 per cent among the population between 2010 and 2030.



UNITED KINGDOM

CVD accounts for about 28 per cent of total adult deaths. Some 26.9 per cent of adults are obese. An estimated 30 per cent of children are overweight or obese. More than a fifth (22 per

cent) of adults smoke tobacco. The economic burden of CVD, including indirect costs from premature death and disability, is estimated to be more than £15 billion each year.



INDIA

CVD accounts for about 16 per cent of total adult deaths. Some 15 per cent of the population smoke tobacco. Some 21.1 per cent have hypertension which can increase risk of heart attack, heart failure, kidney

disease or stroke. India was the first country to develop specific national targets and indicators aimed at reducing the number of premature deaths from non-communicable diseases by 25 per cent by 2025.



UNITED STATES

CVD accounts for about 28 per cent of total adult deaths. About 69 per cent of adults are overweight or obese. Some 19 per cent of men and 15 per cent of women are smokers. Some 30 per

cent of adults do not participate in any leisure-time physical activity. The number of overweight children has doubled and the number of overweight adolescents trebled since 1980.



MEXICO

CVD accounts for about 18 per cent of total adult deaths. Some 32.1 per cent of adults are obese and 17 per cent of the population smoke tobacco. In 2014, Mexico introduced a new tax on sugar-sweetened drinks to combat

obesity. In the first year, on average, people purchased 6 per cent fewer sugar-sweetened drinks than would have been expected. These changes were most pronounced in households with the lowest incomes.



URUGUAY

CVD accounts for about 25 per cent of total adult deaths. A quarter (24.8 per cent) of adults are obese. A quarter (25 per cent) of the adult population smoke tobacco. Uruguay

was the first country in Latin America to ban smoking in enclosed public spaces. More than a third (35.1 per cent) have hypertension.

Source: World Health Organization