

JSNA Summary: Cardiovascular Diseases (CVDs)

CVDs are a group of disorders of the circulatory system (heart and blood vessels).

Coronary heart

disease is a form of CVD caused by the narrowing and blockage of arteries supplying the heart which can result in angina, chest pain or a myocardial infarction (heart attack), often complicated by disorders of heart rhythm (arrhythmia). The outcome can be acute heart failure, sudden death or slower progression to chronic heart failure.



Atrial fibrillation is a heart condition that causes an irregular and often abnormally fast heart rate. Usual symptoms include noticeable heart palpitations often for a few seconds or, in some cases, a few minutes. This can cause problems including dizziness, shortness of breath and tiredness. Atrial fibrillation increases the risk of stroke fivefold and can also lead to heart failure.

Stroke is caused by the interruption of the blood supply to the brain, usually because a blood vessel bursts or is blocked by a clot. This cuts off the supply of oxygen and nutrients, causing damage to the brain tissue. A very severe stroke can cause sudden death.

Hypertension is the medical term for high blood pressure. Persistent high blood pressure puts extra strain on blood vessels. Over time this makes it easier for arteries to become blocked by atheroma (fatty deposits), reducing or preventing the flow of blood to the heart and other organs.

Heart failure means that the heart is unable to pump blood around the body properly. It is a long-term condition that usually occurs because the heart has become too weak or stiff and tends to get gradually worse over time.

CVD risk factors in Leicester's population

Risk factor	Likely to increase / decrease / not significantly impact CVD susceptibility compared to England's population
Age	Just 28% of Leicester's population is over 50 years old compared to 39% for England overall
Ethnicity	Half of Leicester residents are of South Asian or Black heritage
Deprivation	Leicester is the 31 st most deprived of 317 lower-tier local authorities
Unhealthy diet	27% of residents eat five portions of fruit or vegetables per day, which is significantly lower than England overall (33%)
Physical inactivity	33% of Leicester adults do less than 30 minutes' physical activity per week compared to 22% in England
Overweight and obesity	68% of Leicester adults are overweight or obese compared to 64% in England overall
Smoking	13% of Leicester adults smoke, which is similar to England overall
Excessive alcohol consumption	Half of Leicester residents abstain from alcohol, although many of those who drink consume at least 14 units a week

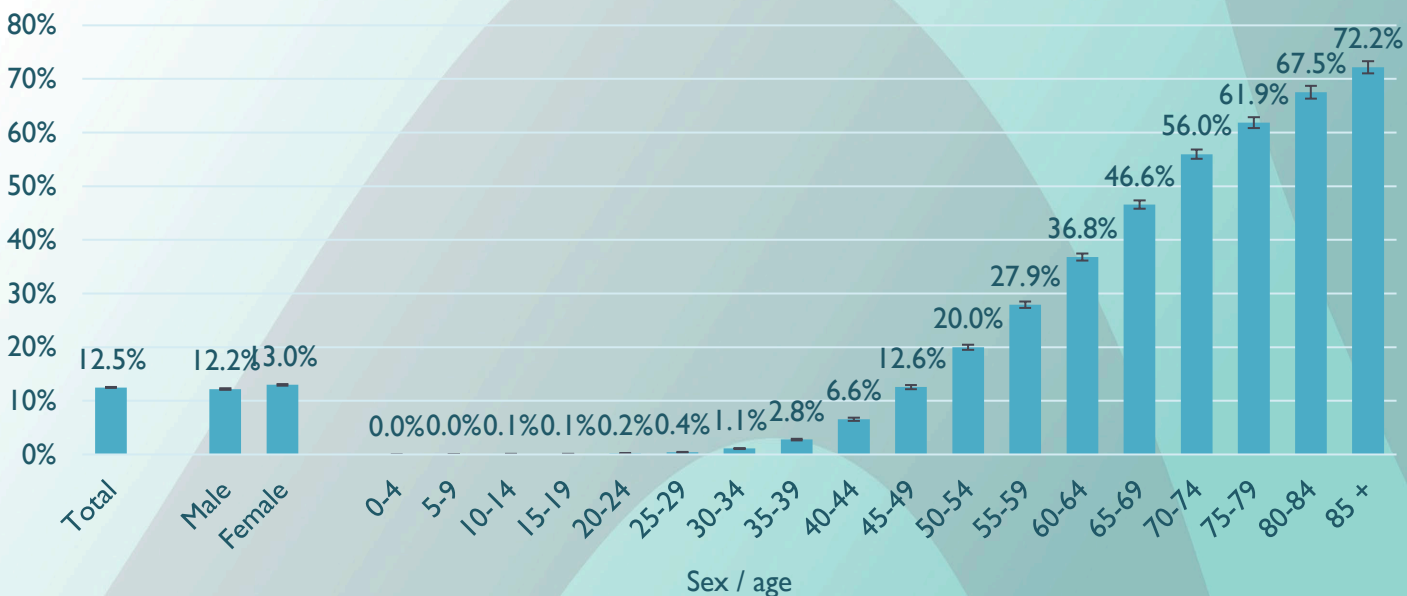


CVD Prevalence

Long-term cardiovascular condition	Leicester count	QOF prevalence by ICB sub-location, 2021/22				
		Leicester (04C)	West Leicestershire (04V)	East Leicestershire and Rutland (03W)	LLR ICB	England
Hypertension	52,211	12.2%	14.9%	16%	14.3%	14.0%
Coronary heart disease	9,951	2.3%	2.8%	3.2%	2.7%	3.0%
Stroke or TIA	5,237	1.2%	1.9%	2.0%	1.7%	1.8%
Atrial fibrillation	4,532	1.1%	2.3%	2.7%	2.0%	2.1%
Heart Failure	3,567	0.8%	1.3%	1.3%	1.1%	1.0%

- Leicester has a lower QOF prevalence than England and the other sub-locations within the Leicester, Leicestershire and Rutland Integrated Care Board for all the most common cardiovascular conditions.
- Hypertension (high blood pressure) is the most common condition, affecting at least 12% of the population in Leicester. Similar to other conditions, such as Coronary Heart Disease (CHD) and stroke, prevalence increases significantly with age.
- Substantial numbers of hypertension and atrial fibrillation cases are estimated to be undiagnosed. Detecting and managing these conditions early can help to prevent more serious illness.

Percentage of people registered with a Leicester GP with hypertension, 2023



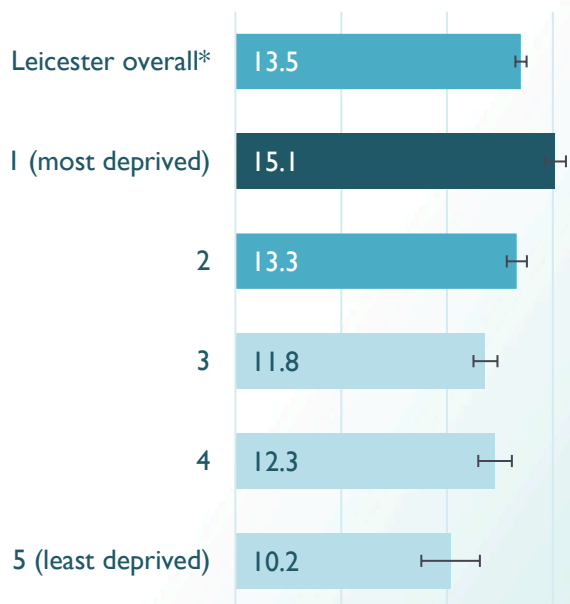
Source: GP Registers: SystemOne, 2023

Admissions:

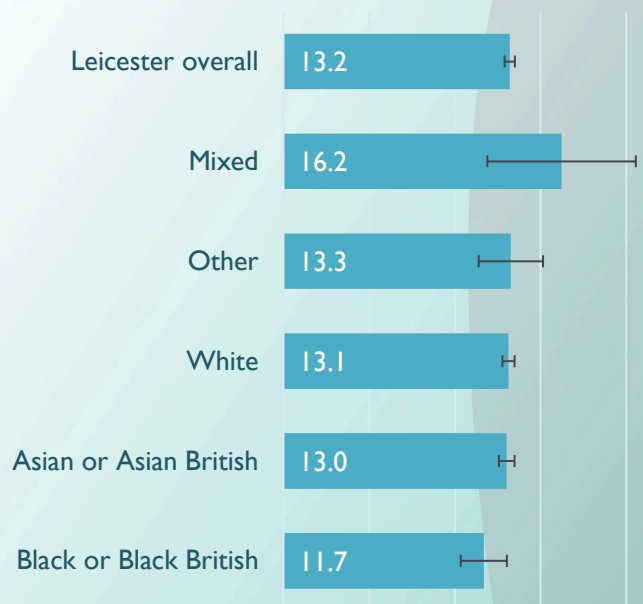
There were 9,863 emergency hospital admissions of Leicester residents between 2018/19 and 2020/21. Coronary heart disease was the most common primary diagnosis, accounting for 22% of CVD hospital admissions. For all CVD, people from Leicester's most deprived areas were significantly more likely to be admitted. Admission rates for CHD were significantly higher in the Asian population than the White or Mixed populations.

All cardiovascular disease

IMD2019 Quintile

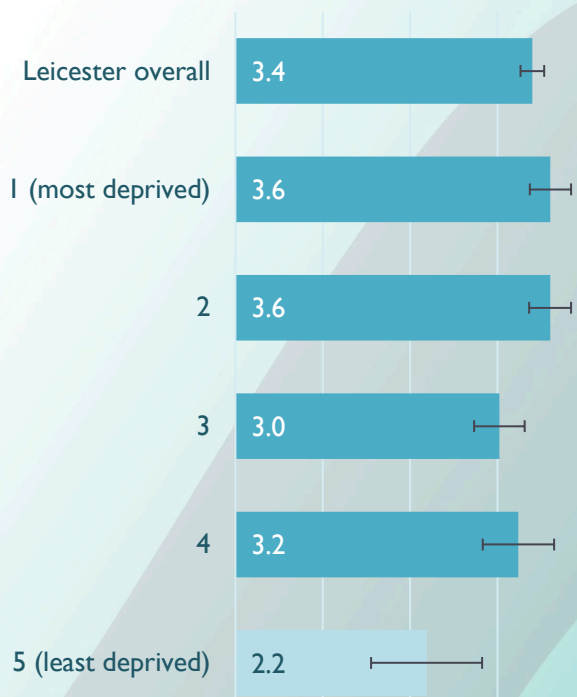


Ethnicity

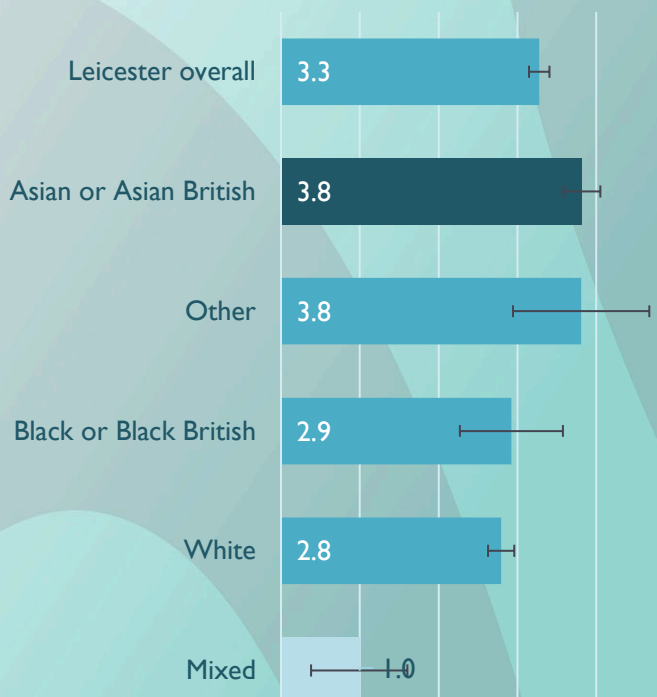


Coronary heart disease

IMD2019 Quintile



Ethnicity

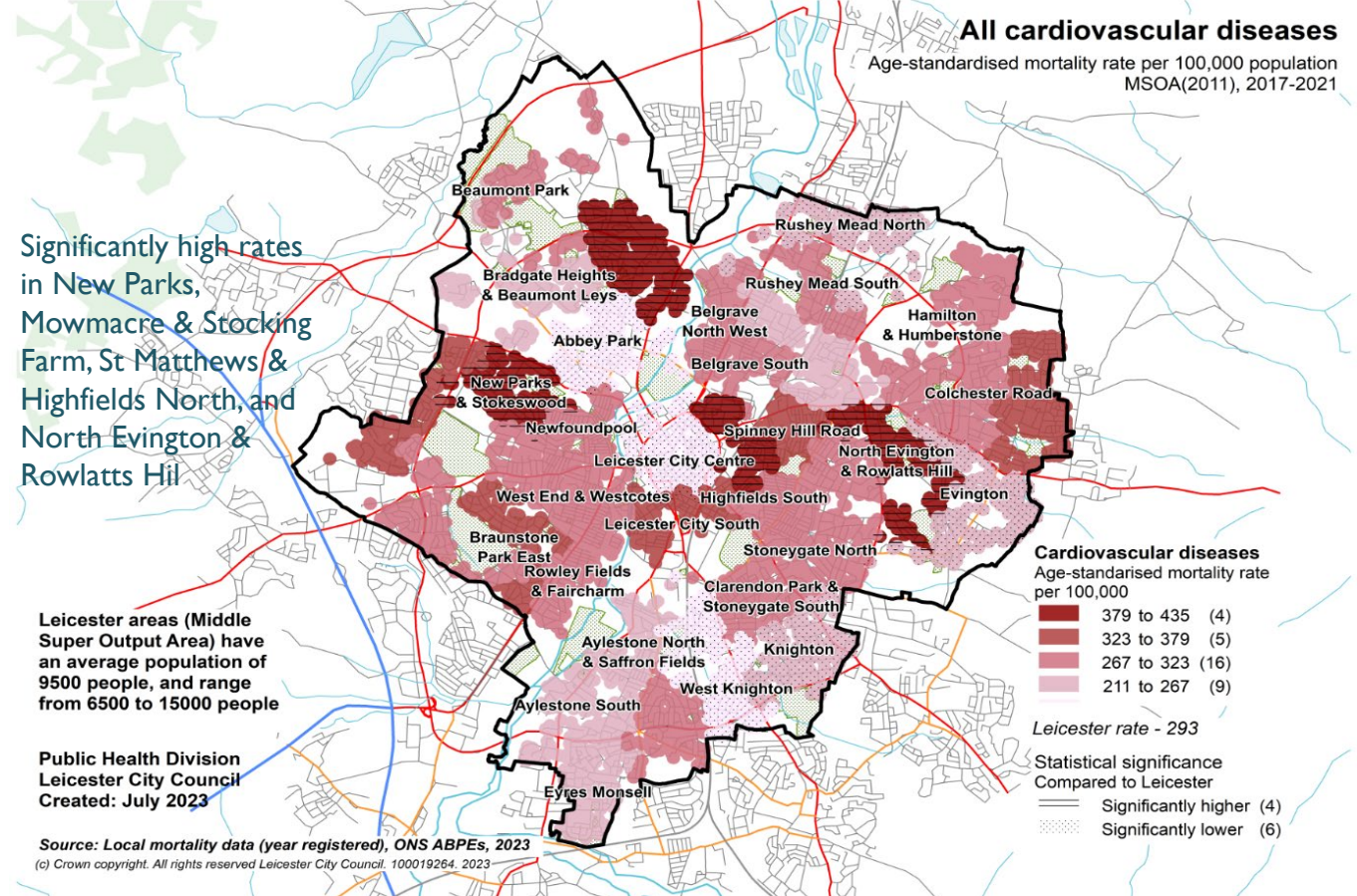


Statistically significantly lower than Leicester overall

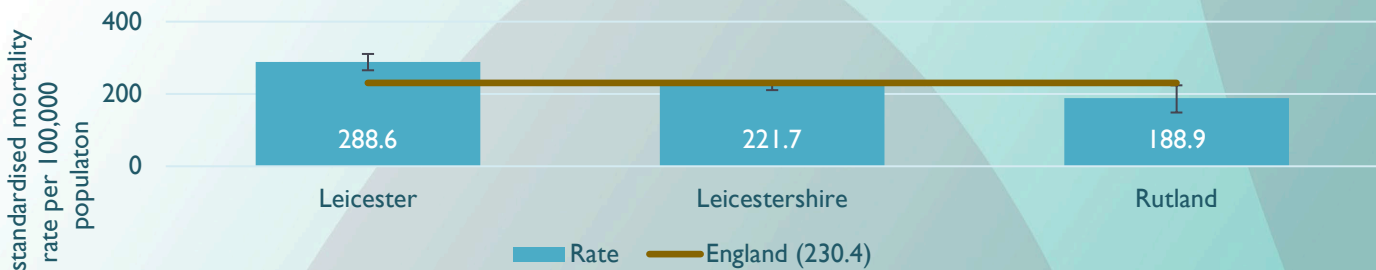
Statistically significantly higher than Leicester overall

Mortality

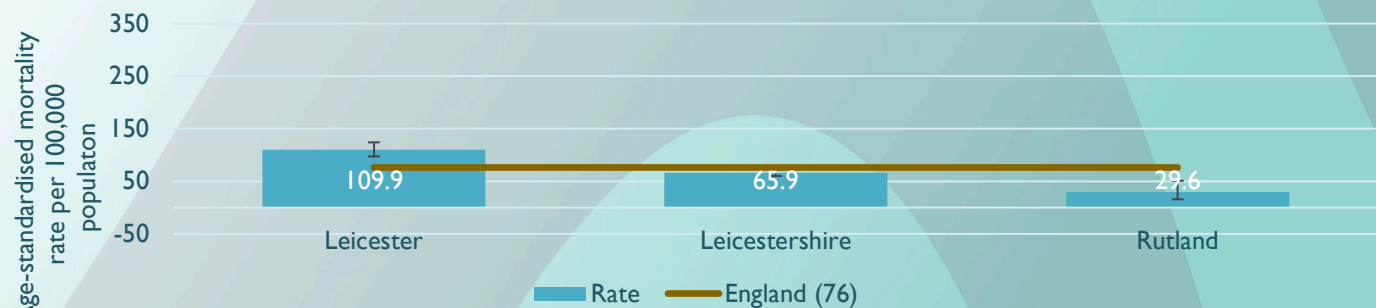
In 2021 there were 663 deaths from CVD in Leicester, accounting for 22.3% of all deaths. Cardiovascular diseases were the most common cause of death, closely followed by cancer (20.6%). Leicester has a significantly higher CVD mortality rate than the other local authority areas in LLR.



Mortality rate from all cardiovascular diseases, all ages, 2021



Under 75 mortality rate from all cardiovascular diseases, 2021



Source: ONS Mortality data, ONS population estimates