Scottish Heart Disease Statistics
Year ending 31 March 2019
A National Statistics publication for Scotland

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About this release
This release by the Information Services Division provides an annual update on heart disease in Scotland. The publication includes information on incidence, mortality, hospital activity, 30-day survival following first emergency admission, operations, GP prescribing and ambulance service activity.

Main Points

- The rate at which new cases of coronary heart disease occur (the incidence) has fallen by 19% over the last decade, it has in fact changed very little over the last four years.

- In 2018, there were 6,615 deaths in Scotland where coronary heart disease (CHD) was the underlying cause. However, whilst there has been a 32% reduction in deaths from coronary heart disease in Scotland over the last ten years, the rate of decline has slowed in the last five years.

**Coronary heart disease – age and sex adjusted death rates per 100,000 population, Scotland, 2009-2018**

- Both incidence and death rates for heart attacks have decreased over the last 10 years. However, in the last 5 years the death rate decline slowed, and since 2016 there has been a small increase in death rates from heart attacks.

- Hospital admissions for heart attacks have increased by 10% in the past 10 years.
• In 2018/19, 93% of people survived 30 days or more following their first heart attack compared with 89% a decade earlier.

• For heart failure, incidence and death rates decreased over the 10 year period while the 30 day survival rate improved slightly over the same period.

Background

Heart disease is a broad term for a variety of conditions that affect the structure and function of the heart. The most common type of heart disease is coronary heart disease (CHD) where the blood vessels carrying oxygen-rich blood (coronary arteries) to the heart muscle become narrowed or blocked. If insufficient blood reaches the heart muscle the result can be damage to the heart muscle which is known as a heart attack.

Heart failure is the consequence of failure of the ability of the heart muscle to pump blood efficiently. This can be caused by a heart attack but there are a number of other causes of heart failure (including disease of the heart valves, lung disease, heavy alcohol use and infections affecting the heart).

Scotland has a high prevalence of the risk factors associated with CHD, such as smoking, poor diet and physical inactivity. Despite a substantial reduction in the rate of death from coronary heart disease (CHD) over the last decade, it remains one of the leading causes of death in Scotland (Health of Scotland’s population - Mortality Rates). Overall, it is estimated that around 7% of men and 4% of women are living with CHD (Scottish Health Survey 2018). Treating and preventing heart disease is a national clinical priority for Scotland, as outlined in the Heart Disease Improvement Plan.

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Further Information

The Information Services Division publishes a range of heart disease-related information. You can find all our information on the heart disease section of the ISD website. Further information can be found in the Heart Disease Statistics report.

Corresponding information on stroke can be found on the stroke section of the ISD website.

The next release of this publication will be in January 2021.