



# Wales - heart and circulatory disease statistics from the British Heart Foundation (BHF)

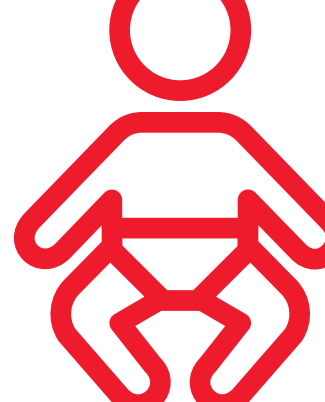
Health statistics give our staff, volunteers, supporters and healthcare professionals a sense of the scale of the challenges we face as we fight for every heartbeat. The statistics here are based on official surveys and data sources.

These are just some of our statistics for Wales. You can make any of them into a jpeg by zooming in and using Snipping Tool or Paint.

 Around **340,000** people are living with heart and circulatory diseases in Wales

 Around **117,000** people are living with coronary heart disease in Wales

 Around **36,000** people in Wales have been diagnosed with heart failure by their GP

 Around **16 babies** a month are diagnosed with a congenital heart defect in Wales

 There are around **70,000** stroke survivors in Wales

 Coronary heart disease is one of Wales's **biggest killers**

 **Every 100 minutes** someone in Wales is admitted to hospital due to a heart attack

 Since the BHF was established, the annual number of heart and circulatory disease deaths in Wales has fallen by half


 Heart and circulatory diseases cause around **26 deaths** each day in Wales

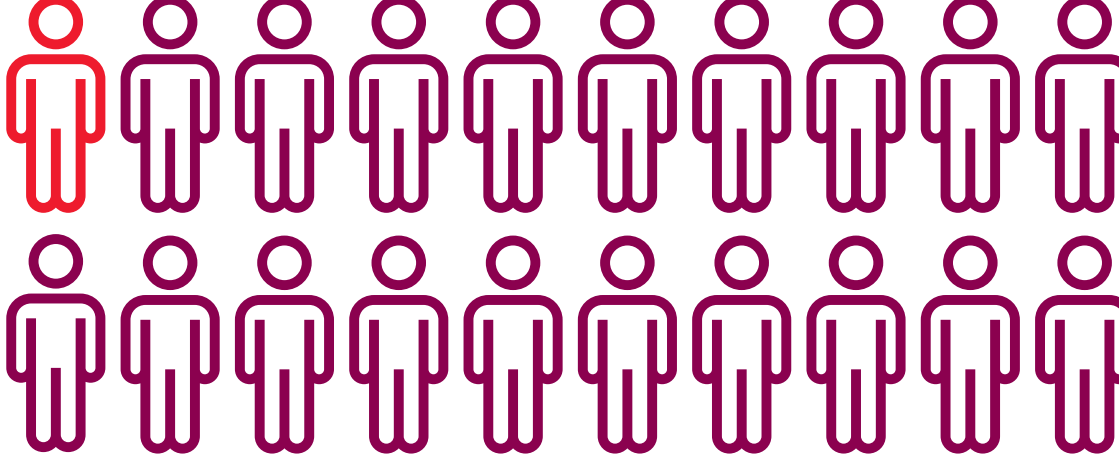
 Heart and circulatory diseases kill **1 in 4** people in Wales

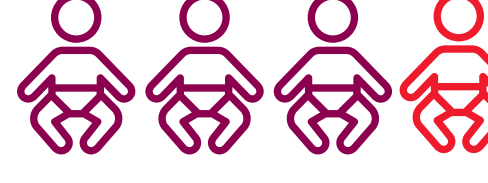
 There are around **2,800** premature deaths from heart and circulatory diseases each year in Wales


 Around **79,000** people in Wales have been diagnosed with atrial fibrillation


 **Every 140 minutes** someone in Wales dies from coronary heart disease

 There are around **2,800** out-of-hospital cardiac arrests in Wales each year

 **Only 1 in 20** people survive an out-of-hospital cardiac arrest in Wales

 Before the BHF, the majority of babies diagnosed with severe congenital heart disease died before their first birthday


 Today in the UK, thanks to research, more than **4 out of 5** survive to adulthood


 Around **30,000** people in Wales have a faulty gene that can cause an inherited heart-related condition

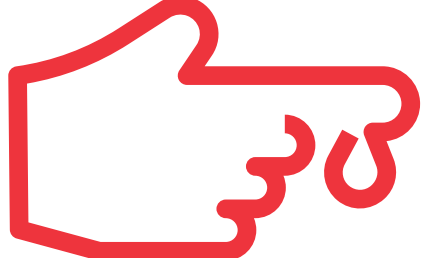
The total annual healthcare cost of heart and circulatory disease in Wales is **£553 MILLION**

 Around **150,000** people in the UK have vascular dementia


... it's all connected

 People with diabetes are **twice as likely** to have a stroke

 People with a family history of coronary heart disease **are significantly more likely** to develop vascular dementia

 In this country **one third** of adults with diabetes die from a heart or circulatory disease

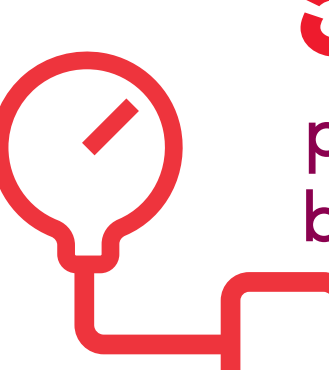
 People with heart failure are **2-3 times more likely** to have a stroke


 Around **50%** of heart attacks and strokes are associated with high blood pressure

 We are the **BIGGEST** independent funder of heart and circulatory disease research in Wales

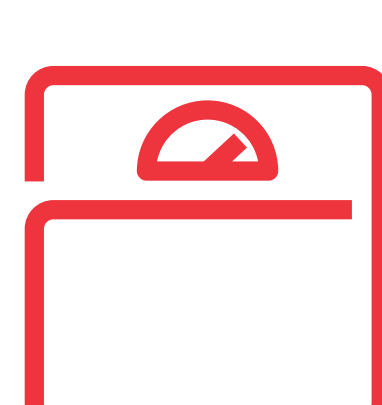
... about the BHF

## Risk Factors

 More than **510,000** people in Wales have been diagnosed with high blood pressure

 Around **200,000** adults have been diagnosed with diabetes in Wales

 Around **25%** of adults in Wales have obesity

 Around **26%** of children in reception year across Wales have a BMI defined as overweight or obese

 Around **47%** of adults in Wales do not meet physical activity recommendations

 Over **1,000** heart and circulatory disease deaths in Wales are attributed to smoking each year

 More than **1 in 6** adults smoke in Wales

Reviewed and updated July 2021.  
Next review due late 2021.

Welsh-language version also available.  
Ar gael yn Gymraeg hefyd.

For references see our factsheets at:

<https://www.bhf.org.uk/statistics>

How you can help:

<https://www.bhf.org.uk/how-you-can-help>

Contact us for any queries:

<https://www.bhf.org.uk/what-we-do/contact-us>