

# CVD PREVENTION & HYPERTENSION CASEFINDING

Dr Oliver Hassall

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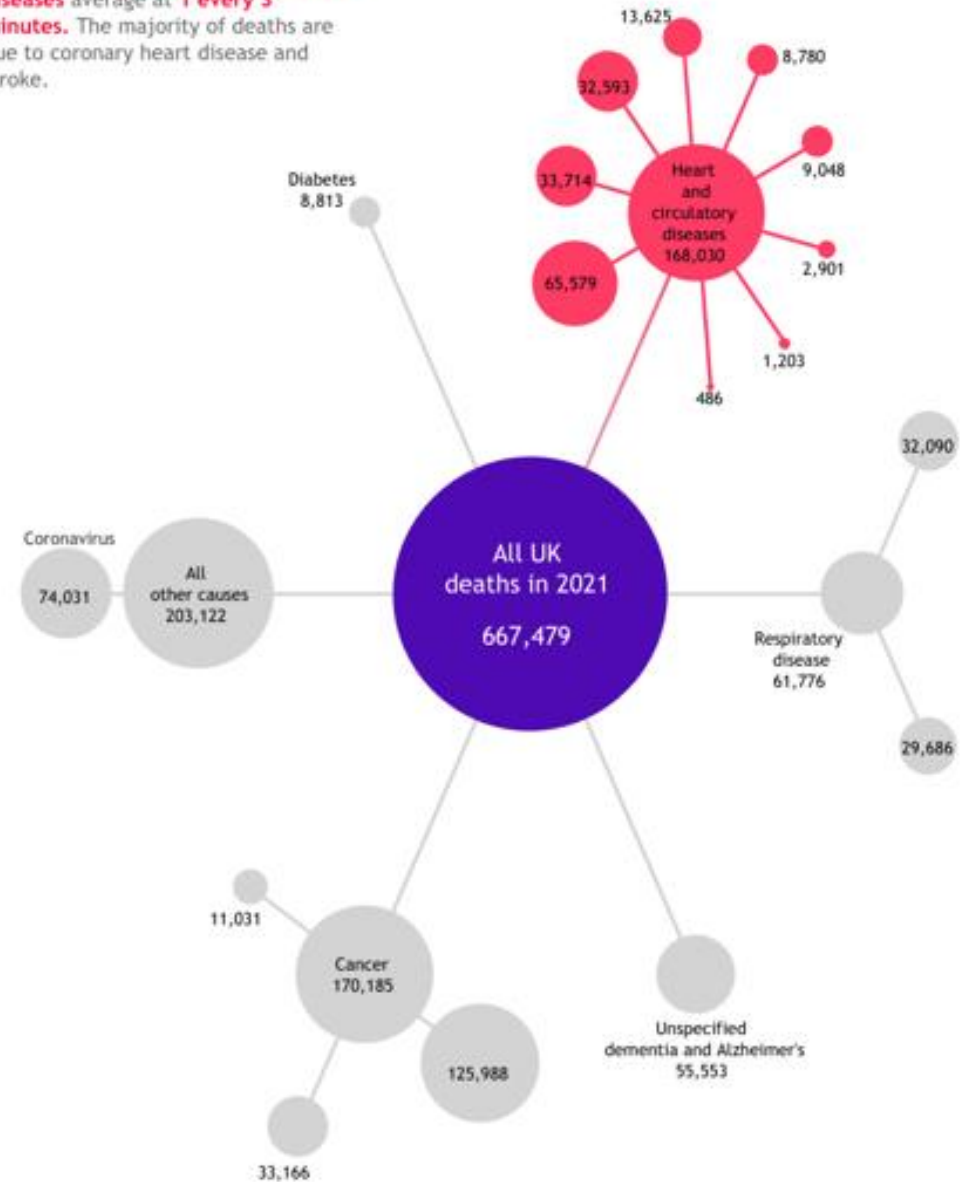
## Heart and circulatory disease in context

UK deaths from **heart and circulatory diseases** average at **1 every 3 minutes**. The majority of deaths are due to coronary heart disease and stroke.

  
**7.6 million**  
 people are living with heart  
 and circulatory diseases

  
**Every 3 minutes**  
 someone dies from a  
 heart or circulatory disease

  
**Every 5 minutes**  
 someone is admitted  
 to hospital due to a stroke





## NHS Long term Plan



Prevent 150,000 cases of heart attacks, strokes, and dementia over ten years

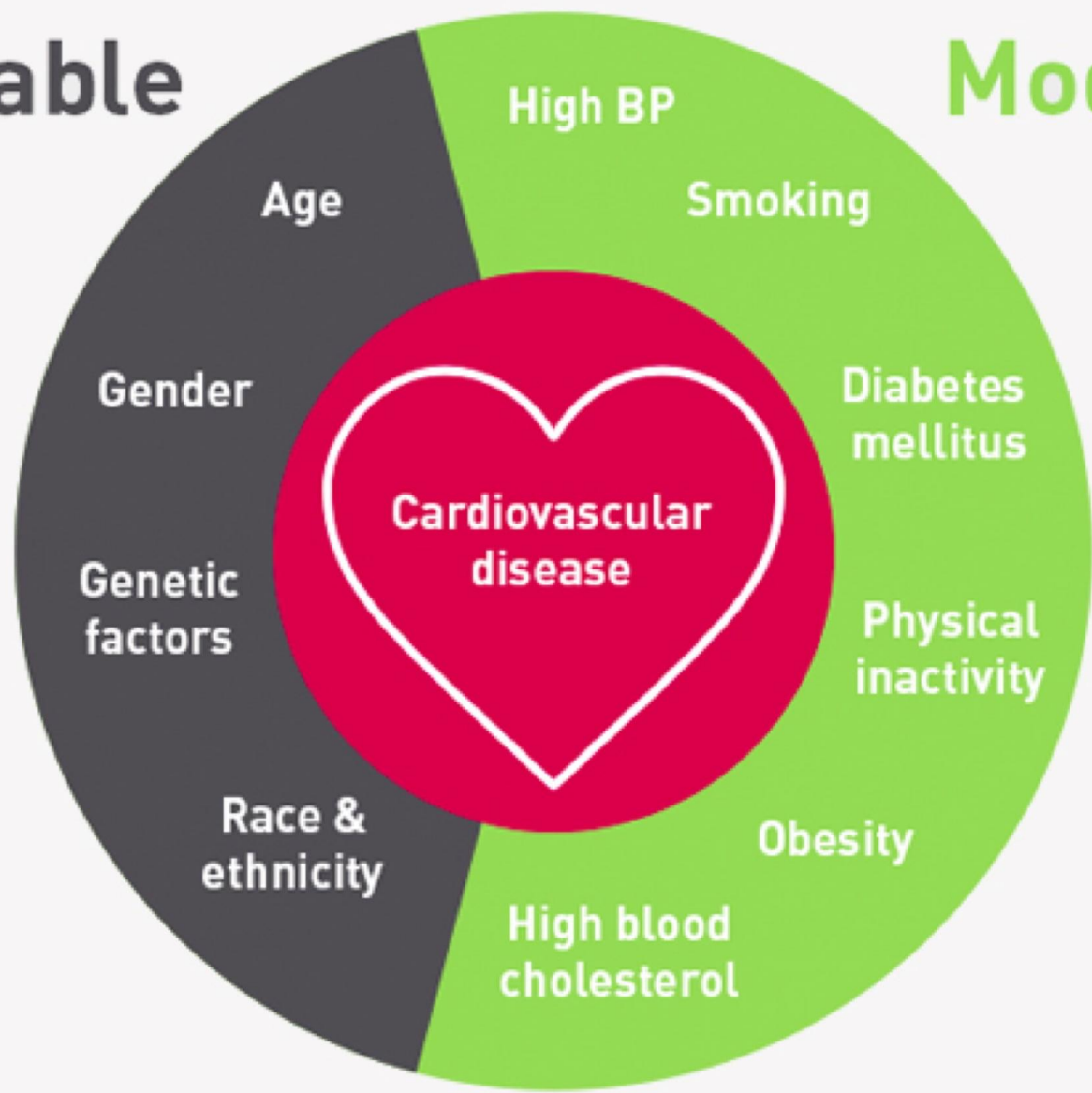


Optimise detection and management of:

Atrial fibrillation  
Hypertension  
Lipid management

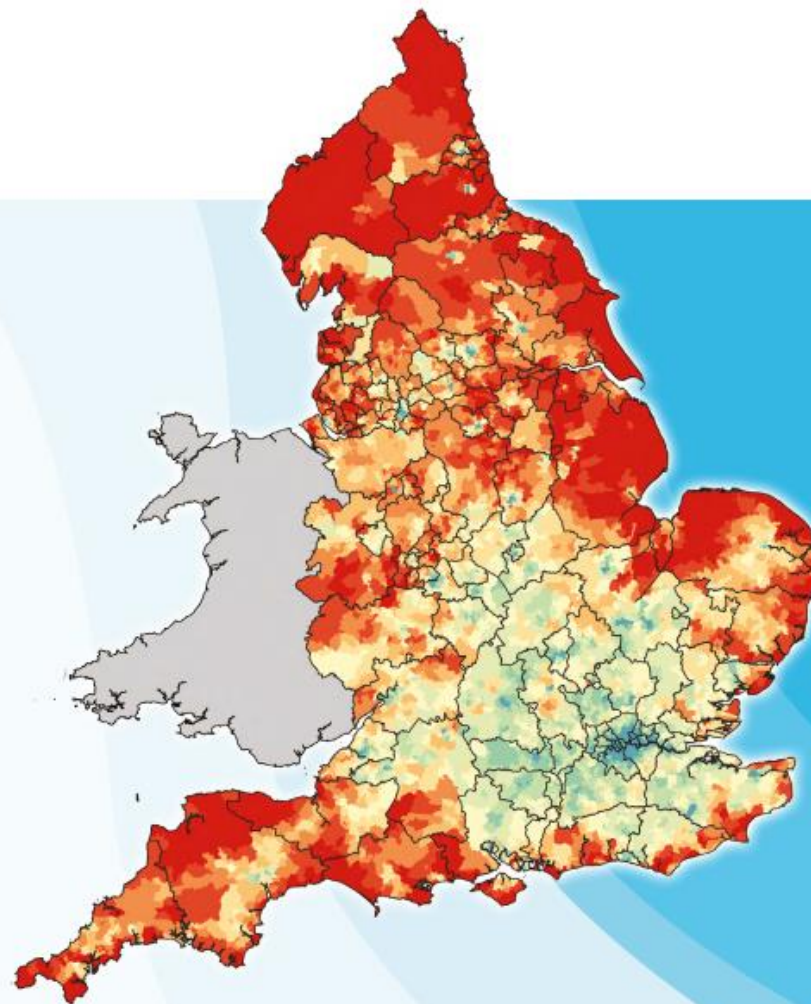
# CARDIOVASCULAR DISEASE AND HYPERTENSION

# Non-modifiable risk factors



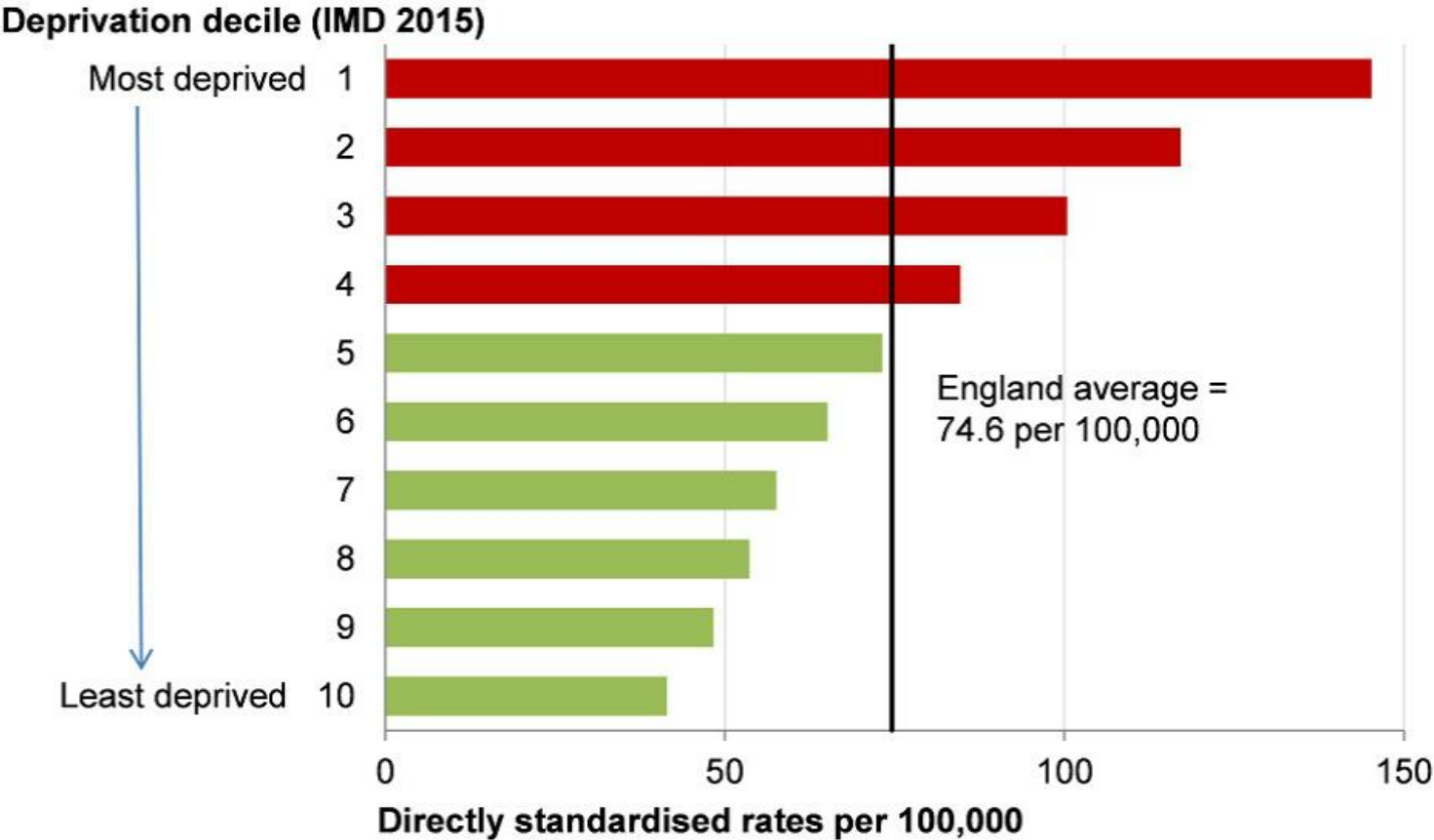
# Modifiable risk factors

## Chief Medical Officer's Annual Report 2021 Health in Coastal Communities



Map showing prevalence of coronary heart disease in England.

# CARDIOVASCULAR DISEASE MORTALITY UNDER 75 YEARS, BY DEPRIVATION DECILE



Compared to England average:

- Significantly below
- Similar
- Significantly above

# REDUCING HEALTHCARE INEQUALITIES

The **Core20PLUS5** approach is designed to support Integrated Care Systems to drive targeted action in health inequalities improvement

**CORE20**  
The most deprived **20%** of the national population as identified by the Index of Multiple Deprivation



**PLUS**  
ICS-chosen population groups experiencing poorer-than-average health access, experience and/or outcomes, who may not be captured within the Core20 alone and would benefit from a tailored healthcare approach e.g. inclusion health groups



Target population

# CORE20 PLUS 5

Key clinical areas of health inequalities



**1 MATERNITY**  
ensuring continuity of care for **75%** of women from BAME communities and from the most



**2 SEVERE MENTAL ILLNESS (SMI)**  
ensuring annual health checks for **60%** of those living with SMI (bringing SMI in line with the success



**3 CHRONIC RESPIRATORY DISEASE**  
a clear focus on Chronic Obstructive Pulmonary Disease (COPD), driving up uptake of Covid, Flu and Pneumonia



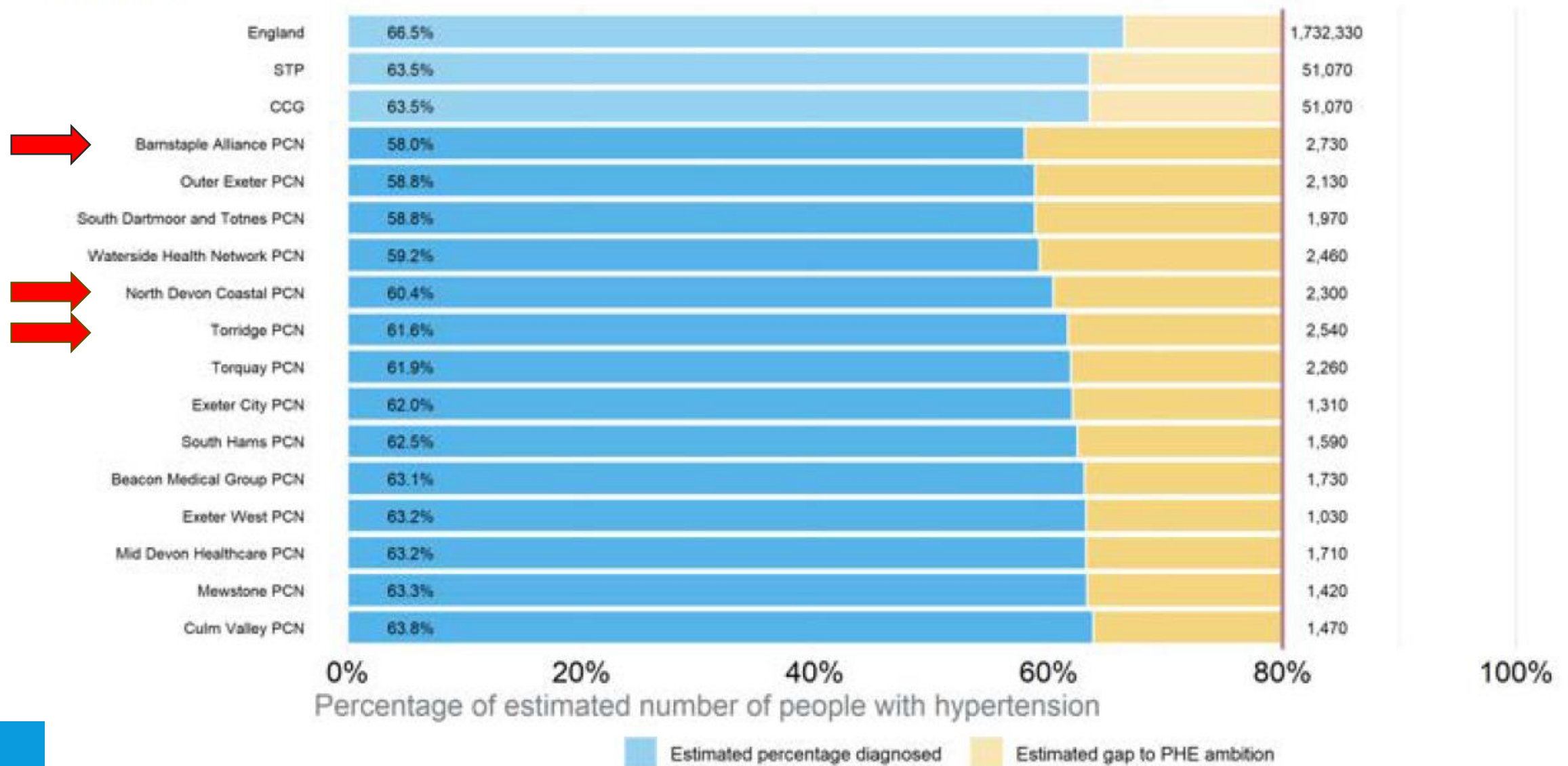
**4 EARLY CANCER DIAGNOSIS**  
**75%** of cases diagnosed at stage 1 or 2 by 2028



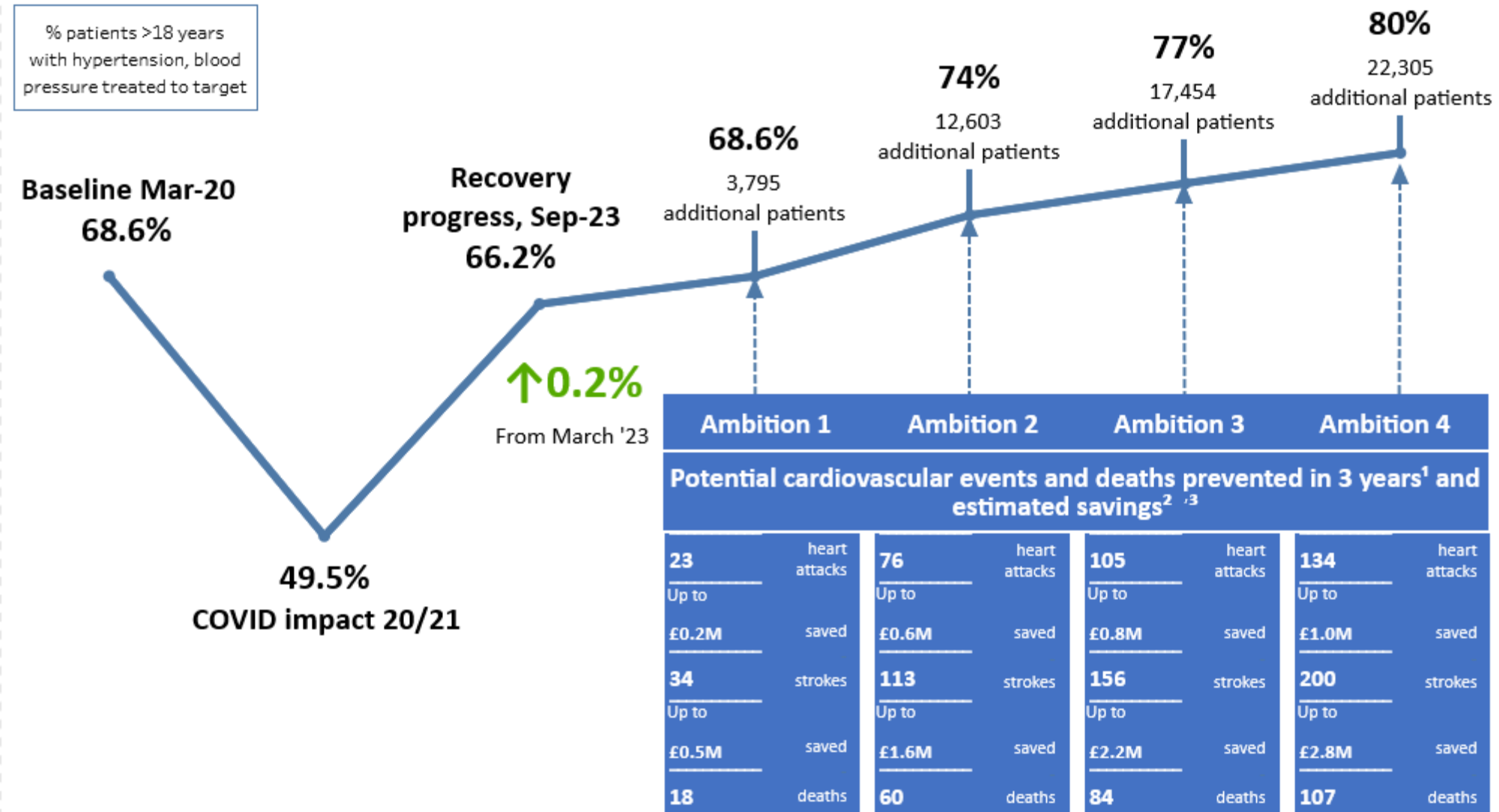
**5 HYPERTENSION CASE-FINDING**  
to allow for interventions to optimise blood pressure and minimise the risk of myocardial infarction

# Hypertension diagnosis (1)

Hypertension QOF recorded prevalence compared with estimated prevalence and estimated additional number of people with hypertension required to be diagnosed to meet the PHE ambition, PCN, CCG, STP and England, 2019/20



# Size of the Prize- Devon BP Optimisation to Prevent Heart Attacks and Strokes at Scale

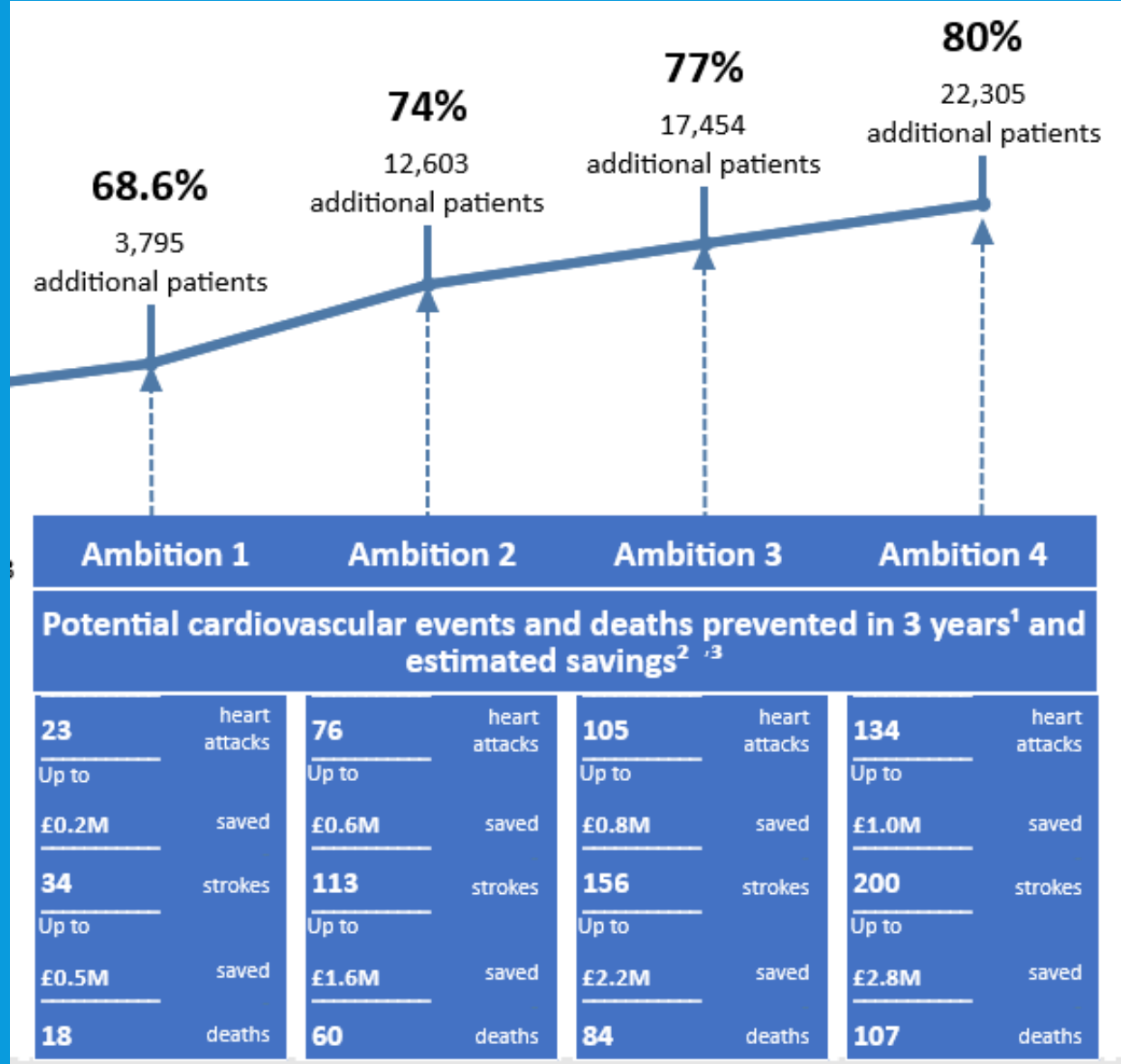


**References**

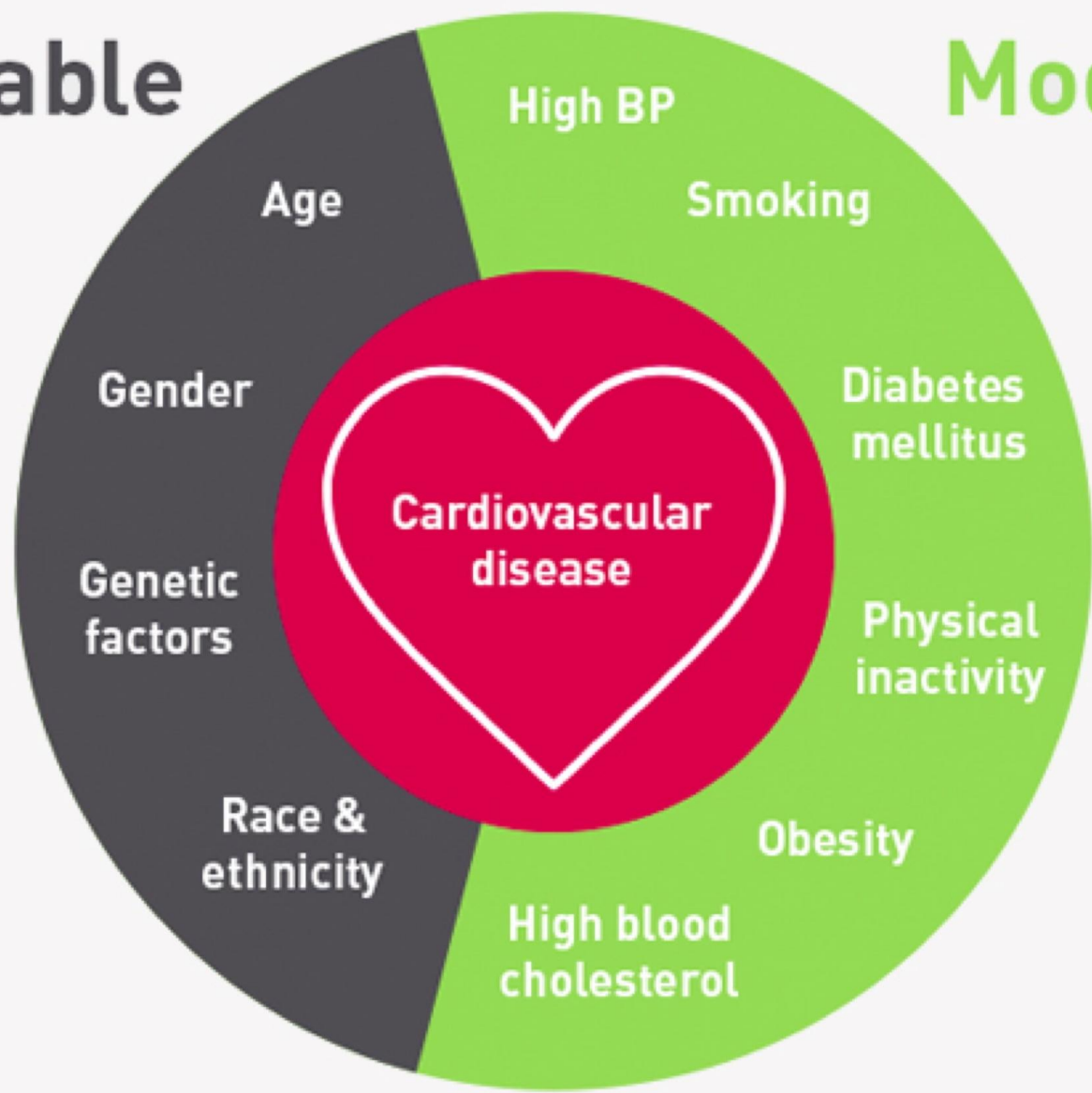
- Public Health England and NHS England 2017 Size of the Prize
- Royal College of Physicians (2016). Sentinel Stroke National Audit Programme. Cost and Cost-effectiveness analysis.
- Kerr, M (2012). Chronic Kidney disease in England: The human and financial cost

**Modelling**

Data source: CVDPrevent. Briefing note: [CVDPrevent online methodology annex v1 December 2022](#)  
Potential events calculated with NNT (theNNT.com). For blood pressure, anti-hypertensive medicines for five years to prevent death, heart attacks, and strokes: 1 in 100 for heart attack, 1 in 67 for stroke.

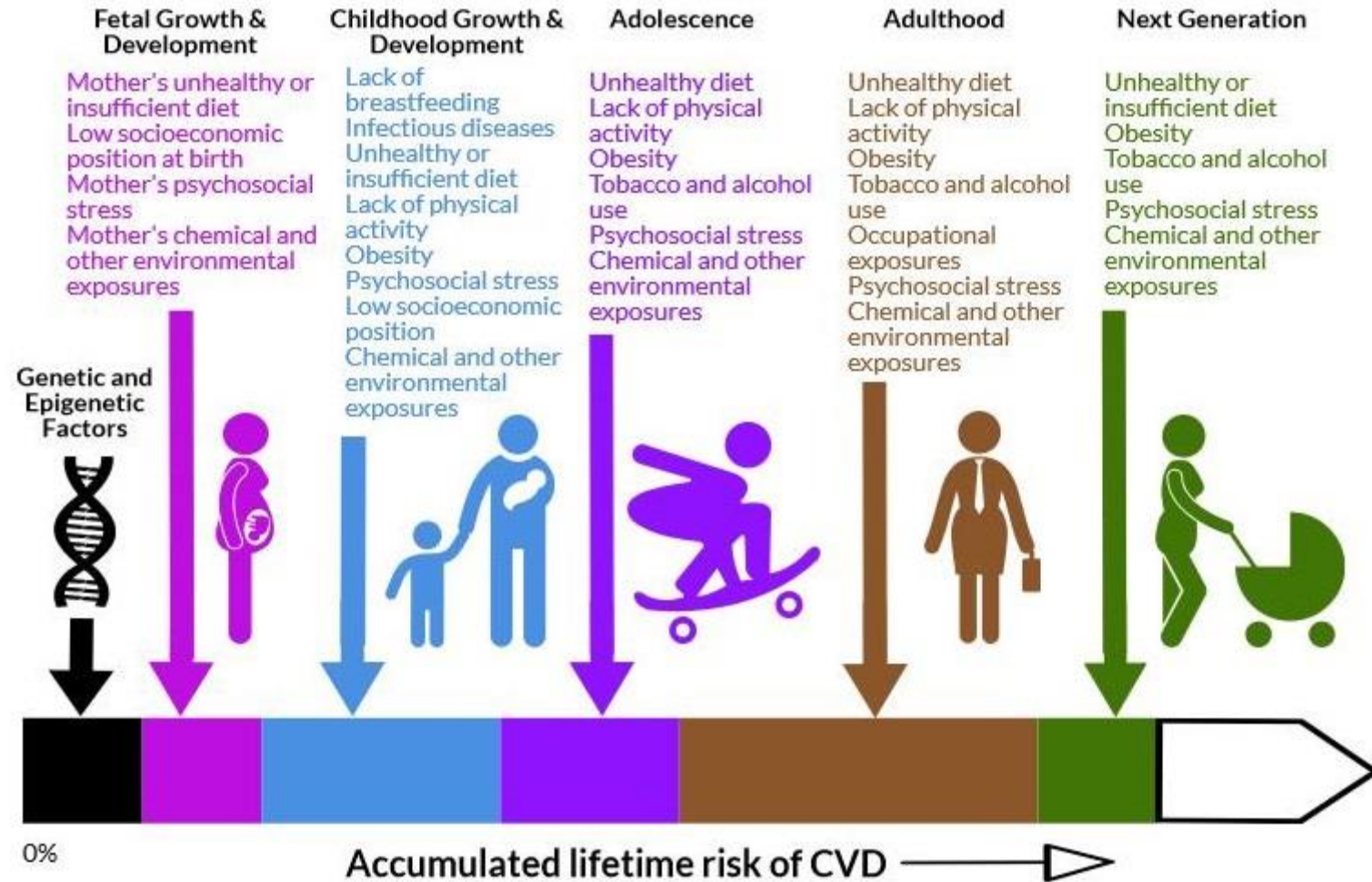


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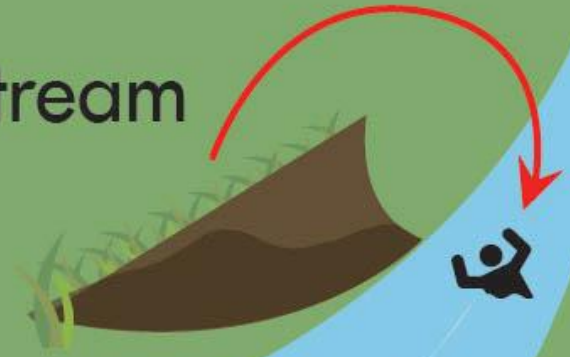
# Modifiable risk factors

# Life Course Model of Cardiovascular Health



Individual risks vary according to each person's life experiences and exposure history.

Upstream



Downstream