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

Key Points

- Coronary heart disease, including heart attacks, is a leading cause of illness and death
  in Scotland.

- The incidence rate for coronary heart disease decreased over the past decade by
  nearly 30% (adjusted for age and sex). Incidence rates for coronary heart disease
  remain consistently higher in males than females.

- There has been a steady downward trend in deaths from coronary heart disease in
  Scotland, UK and Europe over the last ten years. In Scotland, the mortality fell by over
  40% between 2005 and 2014.

- The reduction in death rates for coronary heart disease was seen in both the most and
  least deprived communities. The percentage reduction in deaths in the most deprived
  category (36.1%) over the last ten years was smaller than that in the least deprived
  category (46.5%).

- For an individual admitted to hospital as an emergency with their first heart attack, their
  chances of surviving at least 30 days has improved over the last ten years from 85.2%
  to 92.3%.

- The number of prescriptions for drugs to treat diseases of the circulation, including
  cerebrovascular and coronary heart disease, increased by 10.5% in the last ten years,
  although the trend has levelled off over the last six years. Despite this increase, the cost
  of prescriptions dispensed for these drugs has halved over the last ten years to £109.5
  million in 2014/15.
Background

Although this is a preventable disease, there were 6,872 deaths in Scotland in 2014 where coronary heart disease is the underlying cause. The disease is caused when the heart’s blood vessels, the coronary arteries, become narrowed or blocked and cannot supply enough blood to the heart. This can cause a heart attack, angina or heart failure.

It is estimated that around 7.8% of men and 4.7% of women are living with coronary heart disease (information taken from the Scottish Health Survey 2014).

Scotland has a high prevalence of the risk factors associated with heart disease such as smoking, poor diet and physical inactivity. Treating and preventing heart disease is a national clinical priority for Scotland, as outlined in the Better Heart Disease and Stroke Care Action Plan.

Contact

Charles Guthrie  
Senior Information Analyst  
charles.guthrie@nhs.net  
0131 275 6340

Alex Henriquez  
Information Analyst  
ahenriquez@nhs.net  
0131 275 7999

Andrew Deas  
Principal Information Analyst  
andrew.deas@nhs.net  
0131 275 7030

Heart Disease & Stroke inbox  
nss.isdhdstroke@nhs.net

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. Corresponding information on stroke can be found on the stroke section of the ISD website. Further information can be found in the Heart Disease Statistics report.

The next update of this publication will be in January 2017.