Scottish Heart Disease Statistics
Year ending 31 March 2018
A National Statistics publication for Scotland

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About this release
This release by 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
- There has been a steady downward trend in deaths from coronary heart disease in Scotland and the rest of the UK over the last ten years. In Scotland, the mortality rate fell by 35.5% between 2008 and 2017. However, the rate of decline has slowed in the last five years with increases in 2015 for both sexes and in the males rate only for 2017.

Coronary heart disease – age and sex adjusted mortality rates per 100,000 population, Scotland, 2008-2017
The rate at which new cases of coronary heart disease occur (the incidence) has fallen by 21.7% over the last decade, but there was a small increase in age-standardised incidence rates among both males and females between 2016/17 and 2017/18.

Both incidence rates and mortality rates for heart attacks have decreased over the last 10 years, although the rate of hospital discharges has increased in this period. The percentage of people who survived 30 days or more following their first heart attack improved over the period 2008/09 to 2017/18 from 88% to 93%.

Since 2014 there appears to have been a flattening in the rate of decline in the incidence of heart attacks. There were small increases in rates in 2016 and 2017, with increases slightly higher in females than males.

For heart failure, incidence and mortality rates decreased over the 10 year period while there was a 23% increase in the hospital discharge rate, from 276 per 100,000 population in 2008/09 to 341 in 2017/18. The 30 day survival rate improved slightly over the same period.

Background
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). In 2017, there were 6,727 deaths in Scotland where CHD was 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.

Scotland has a high prevalence of the risk factors associated with heart disease, such as smoking, poor diet and physical inactivity. Overall, it is estimated that around 6.4% of men and 4.0% of women are living with CHD (Scottish Health Survey 2017). Treating and preventing heart disease is a national clinical priority for Scotland, as outlined in the Heart Disease Improvement Plan. Please see News and Updates section of our website for more details.

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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 2020.

ISD and Official Statistics
Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of ‘Official Statistics’. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics. Further information about our statistics.