Cardiovascular Disease Risk

What is the issue?

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Wealthier and more urbanised states tend to face a higher risk of cardiovascular disease (CVD).

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What does the data reveal?

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- Cardiovascular disease risk varies widely among states.
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- Kerala faces the highest risk of CVD at 19.5%.
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- Jharkhand has the lowest risk at 13.5%.
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- CVD risk is found to be the highest in the Northern, Northeastern and Southern states.
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What are the driving factors?

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- In the North, Northeast and South, higher body mass index, hypertension, diabetes and smoking prevalence contributed to the risk.
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- **Socio-economic** - There is high variation of risk factors, such as smoking and diabetes.
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- This was influenced by adults' socio-demographic characteristics.
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- BMI and blood glucose and blood pressure were associated with wealth and living in an urban area.
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- Prevalence of high blood glucose and high BP was high in middle and old age among the poorer groups, and in rural areas.
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- Smoking was more common in the poorer groups, in rural areas, and among males.
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- It was most prevalent among males in the Northeastern states and West Bengal.
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- **NCD & CD** - Non-communicable diseases (NCDs) and communicable diseases (CDs) have an inverse relation.
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- E.g. states like Jharkhand have higher prevalence of CDs, while there is a low prevalence of NCD.
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- Developed states have a higher NCD burden and lower CD burden.
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- **Development** - Some states are at high risk of CVDs as they are ahead in development and have better healthcare facilities.
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- In less developed states like Jharkhand, life expectancy at birth is less than in developed states like Kerala.
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- Life expectancy is affected by disease pattern.
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- **Lifestyle** - Lifestyle, dietary patterns and other factors have played a role in the variations.
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- Another factor is obesogenic environment which promotes weight gain and is not conducive to weight loss.
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- It includes higher urbanisation, walking less, using lift instead of stairs, and easy availability of high-calorie food.
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- The data would help in allocating resources to prevent cardiovascular disease to the most in need.
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Source: Indian Express

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