

Heart disease in Asia Pacific

#MoveYourHeart

World Heart Day
29 Sep 2017



Cardiovascular disease (CVD), which includes heart disease and stroke, is the region's number one killer. But the good news is that much CVD can be prevented by making just a few simple daily changes, like eating and drinking more healthily, getting more exercise and stopping smoking.

Mortality rate

- Globally 1 in 10 people aged 30-70 die from cardiovascular disease
- 80% of all cardiovascular deaths are due to heart attack and stroke
- >75% of deaths from cardiovascular disease occur in low-income and middle-income countries

Premature mortality due to CVD highest and lowest absolute figures

% Highest	% Lowest
Mongolia 20%	Republic of Korea 2%
Philippines 17%	Japan 3%
Fiji 16%	Singapore 4%
India 15%	Taiwan 4%



Countries with physical activity highest and lowest absolute figures

% Highest
Nepal 96%
Vanuato 92%
Cambodia 90%
Laos 90%
Myanmar 90%

% Lowest
Malaysia 48%
Nauru 59%
New Zealand 60%
Japan 66%
Singapore 67%

Stay active

Aim for at least 30 minutes of moderate-intensity activity 5 times a week

Know your blood pressure

High blood pressure is the number one risk factor for CVD. It's called the 'silent killer' because it usually has no warning signs or symptoms, and many people don't realize they have it.



Countries with raised blood pressure highest and lowest absolute figures

% Highest	% Lowest
Mongolia 31%	Republic of Korea 11%
Nepal 27%	Singapore 14%
India 25%	Australia 15%
Cambodia 24%	New Zealand 16%
Fiji 24%	Japan 17%
Laos 24%	



Stop smoking

Stopping smoking is the single best thing you can do to improve your heart health

Countries with highest and lowest absolute tobacco use figures for males and females

Males		Females	
% Highest		% Highest	
Indonesia 76% 2015		Nauru 52% 2015	
Laos 57%		Australia 13%	
Korea 50%		Nepal 11%	
% Lowest		% Lowest	
Australia 17%		Malaysia 1%	
India 20%		Bangladesh 1%	
Sri Lanka 28%			

Source: World Health Organization 2016

Know your blood glucose levels

High blood glucose (blood sugar) can be indicative of diabetes. CVD accounts for 60% of all deaths in people with diabetes so if it's left undiagnosed and untreated it can put you at increased risk of heart disease and stroke.

Countries with highest and lowest absolute diabetes figures

% Highest	% Lowest
Nauru 29%	Vietnam 5%
Fiji 17%	Laos 6%
Vanuato 13%	Philippines 6%
Thailand 10%	Rep Korea 6%
	Myanmar 7%

Know your Cholesterol & BMI

Obesity increases the likelihood of diabetes, hypertension, coronary heart disease and stroke

Countries with highest and lowest absolute obesity figures

% Highest
Nauru 46%
Fiji 36%
Vanuato 35%
Australia 29%
New Zealand 29%
% Lowest
Republic of Korea 2%
Cambodia 3%
Japan 3%
Myanmar 3%
Vietnam 4%



Source: CVD World Monitor