

HAMPSHIRE JSNA SPOTLIGHT

Cardiovascular disease

How does this impact our population?

In Hampshire, around **302,000 adults (26%)** live with cardiovascular disease (CVD), a group of conditions affecting the heart and blood vessels including coronary heart disease, stroke and hypertension, contributing to around **20% of deaths under age 75**. Key risk factors include smoking, inactivity, high blood pressure, and overweight/obesity, with prevention possible at primary, secondary, and tertiary levels. Age standardised CVD rates are **21.4% higher in the most deprived areas** when compared to least deprived, with further differences by age, sex, and ethnicity. Demographic changes across HLOW are expected to **increase CVD prevalence by over 20%**, adding pressure on services.

CVD is May's spotlight topic as it is

May Measurement Month (MMM).

This is a global health campaign focused on blood pressure screening and awareness.



Risk Factors for CVD



High Blood Pressure



Unhealthy Diet



High Cholesterol



Diabetes



Overweight & Obesity



Tobacco



Air Pollution



Kidney Disease



Physical Inactivity



Harmful use of alcohol

What support is in place for Hampshire residents?

Residents can access [NHS Health Checks](#) which help to prevent CVD or diagnose it earlier. Additionally, local lifestyle services are available including [smoking cessation](#), [healthy weight support](#), and guidance via the [NHS Hampshire and Isle of Wight ICB](#). Services support prevention, early diagnosis, and ongoing management of CVD.

Where can I learn more?

Visit [Healthy People](#) and [Major Conditions](#) JSNA reports for local insight on CVD. The [JSNA data glossary](#) can help guide you. National data is available from sources such as [CVDPREVENT](#) and [Fingertips](#).

If you have a question and would like to get in touch with Hampshire's Public Health Intelligence Team, you can use the QR code or email PHIT@hants.gov.uk

