

# JSNA Health and Wellbeing Profile 2021/22

## Cardiovascular Disease

### Summary points

- In 2020 there were 235 premature (aged under 75 years) deaths from cardiovascular disease (CVD) in Bristol. 69% of these were among men.
- The under 75 mortality rate from cardiovascular diseases in Bristol was 78.3 per 100,000 population in 2020, similar to the England average of 73.8.
- Among those who died of CVD, 113 died of coronary heart disease (rate 37.9 per 100,000) and 31 died of stroke (rate 10.7 per 100,000).
- CVD premature mortality rates vary significantly across the city. North and West (inner) locality had the lowest under 75 mortality rate from CVD, and just over a third of the rate of the Inner City locality.
- CVD premature mortality rates in the Inner City locality have been consistently above the Bristol average and over 3 times as high as the rates in the North and West (inner) locality.
- Early death rates from CVD are no longer declining.

### Cardiovascular Disease mortality

Cardiovascular disease (CVD) is one of the major causes of death in under 75s in England.

Early deaths due to CVD were declining nationally from 2001, but this decline has now levelled off. In Bristol rates have levelled off for both males and females, with most recent data showing a slight increase.

In 2020, there were 235 early (under 75) deaths from CVD in Bristol, a rate of 78.3 deaths per 100,000 population. This is similar to the England rate of 73.8 per 100,000<sup>1</sup>.

In Bristol, the rate of under 75 deaths from CVD among males at 109.0 per 100,000 is over double the rate among females (48.6 per 100,000). A similar difference is seen nationally.

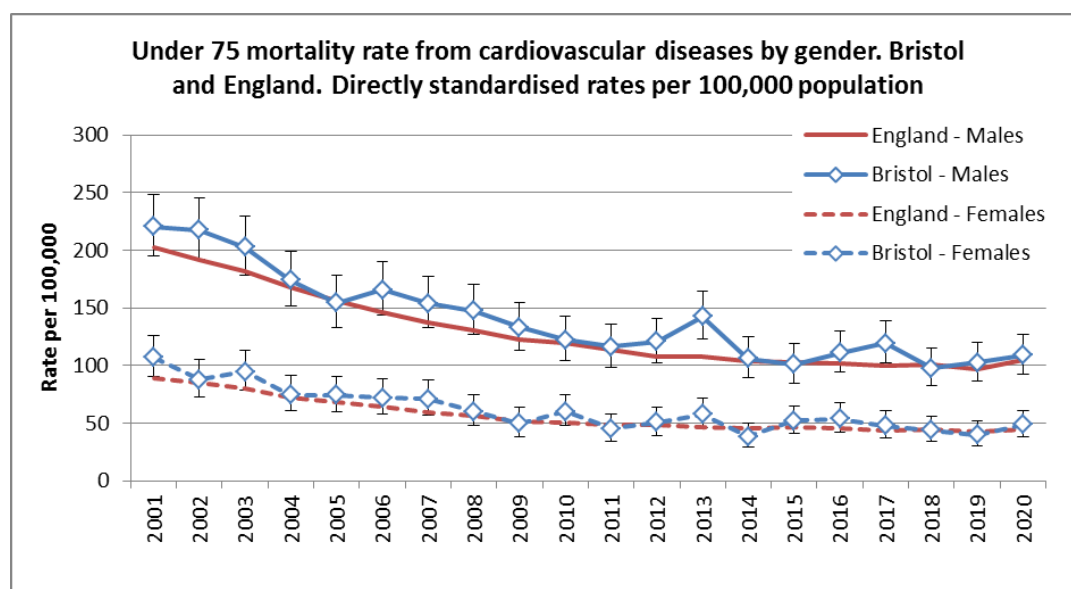


Figure 1: Under 75 mortality rates from all cardiovascular diseases, Public Health Outcomes Framework January 2022

<sup>1</sup> Source: Public Health England (based on ONS data), via PHOF, January 2022

Local data<sup>2</sup> on variation across the city shows the North & West (inner) locality rates are significantly lower than the Bristol average, and the rates are highest among males in the Inner City (Figure 2).

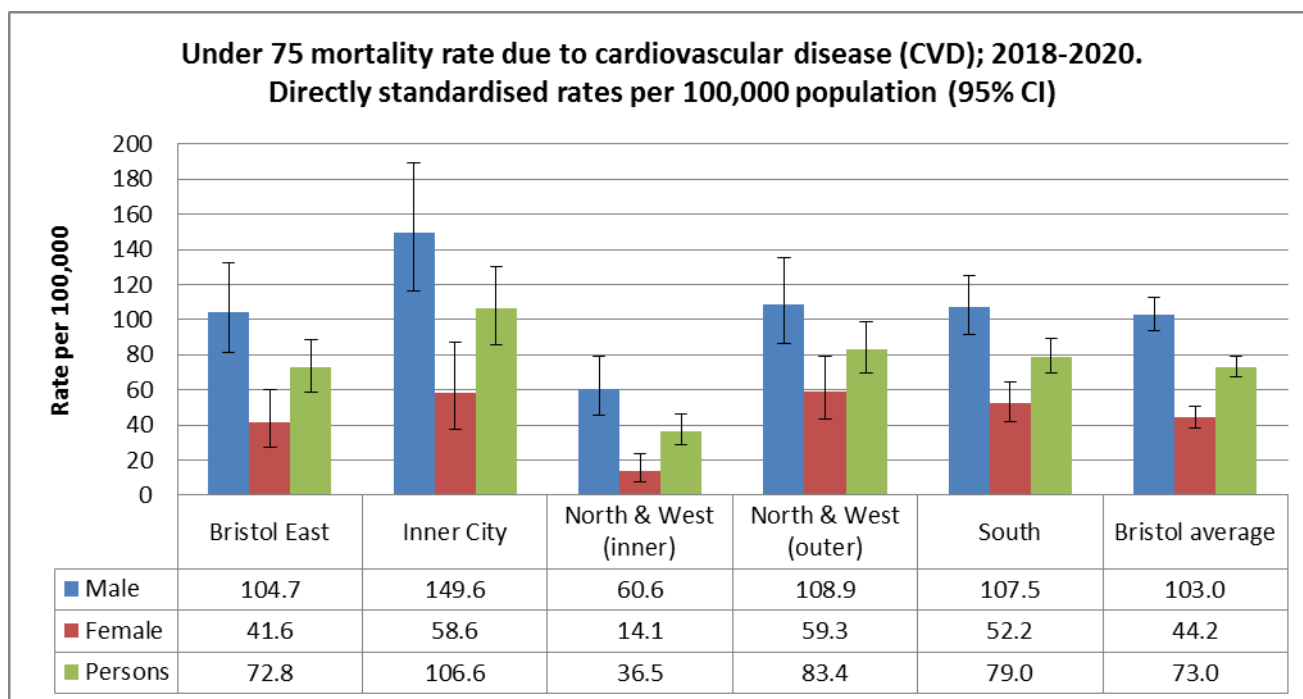


Figure 2: Under 75 mortality rates from all cardiovascular diseases, Primary Care Mortality Database via NHS Digital

<sup>2</sup> 2018-2020 locality data from the Primary Care Mortality Database via NHS Digital

The rates of under 75 mortality from CVD have fallen since 2011-2013 in all localities in Bristol. However, the rates in the Inner City locality have been consistently above the Bristol average and over 3 times as high as the rates in the North and West (inner) locality (Figure 3).

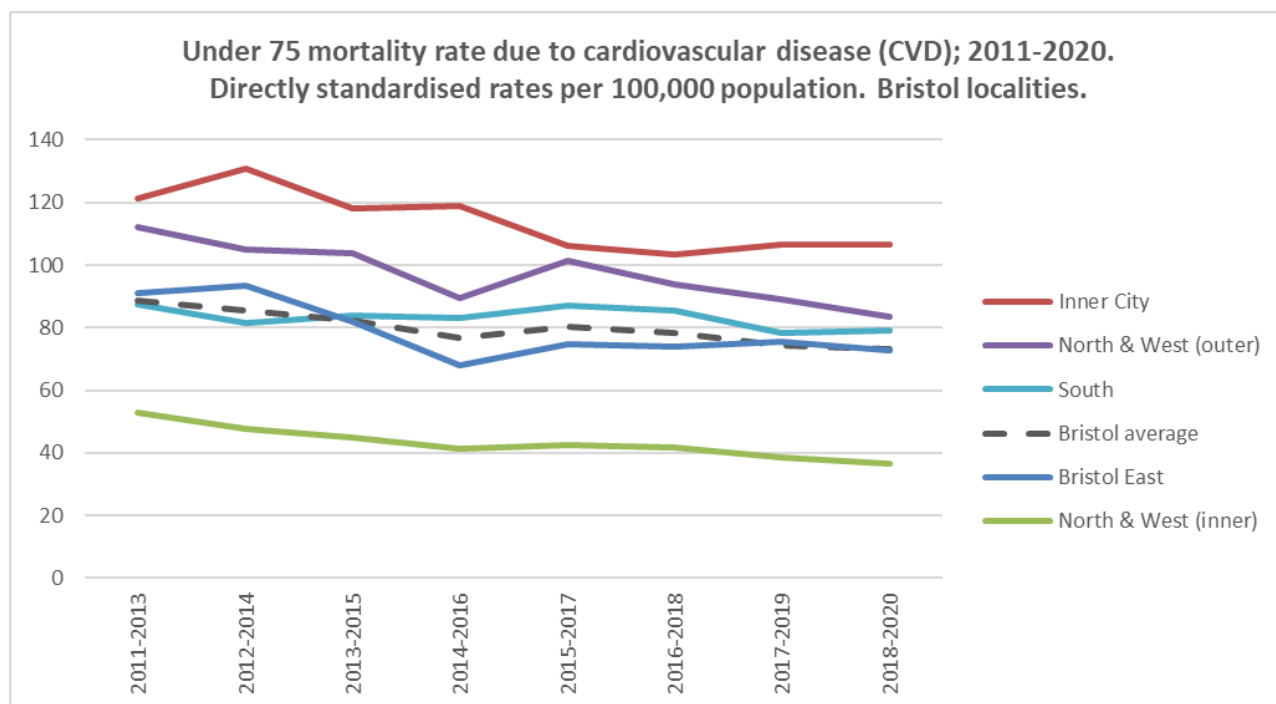


Figure 3: Under 75 mortality rates from all cardiovascular diseases, Primary Care Mortality Database via NHS Digital

### Coronary Heart Disease (CHD)

Data from GP registers<sup>3</sup> shows that recorded prevalence of Coronary Heart Disease (CHD) across Bristol and in England in 2020/21 is similar to the previous year's figures. Bristol recorded prevalence (2.2%) is lower than the England average (3.1%). However, in the North & West (outer) locality the recorded prevalence of CHD is at England's level of 3.0%. While this is over double the rate of the Inner City locality (Figure 4), these data are not age standardised and the lower recorded prevalence in Inner City may in part reflect the higher proportion of younger people living in Inner City than in other localities.

<sup>3</sup> Source: NHS Digital QOF data for 2020/21.

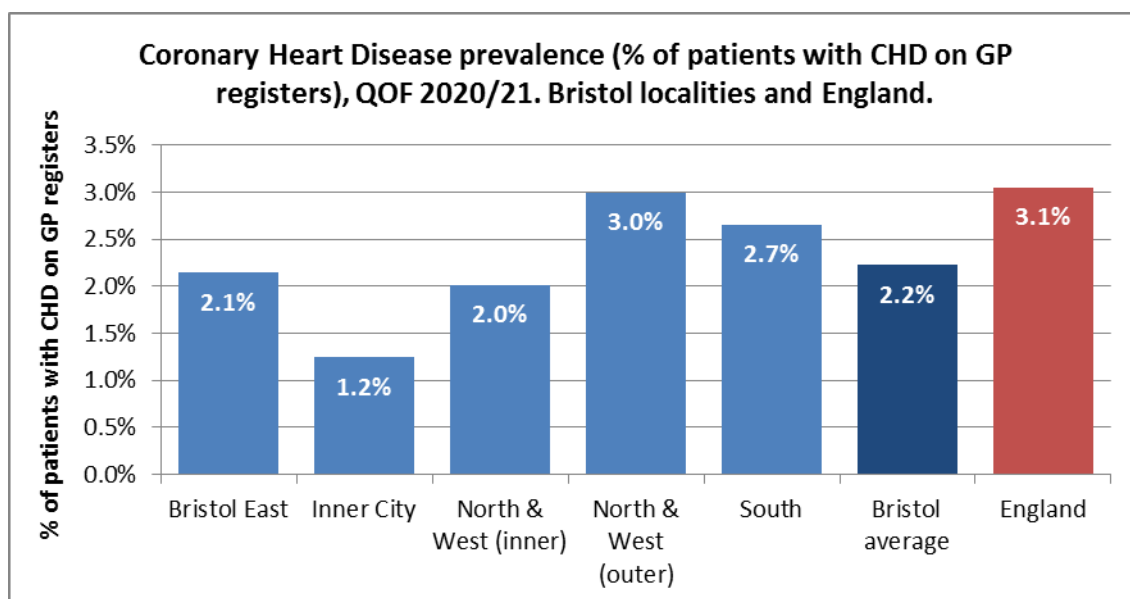


Figure 4: CHD prevalence, NHS Quality Outcomes Framework 2020/21, via NHS Digital

Local data for early deaths from CHD show rates in North and West (inner) locality remain significantly lower than the city average, and are less than half the rates of the Inner City and North and West (outer) localities.

Overall CHD early death rates in Bristol are over 3 times higher for men than for women (Figure 5).

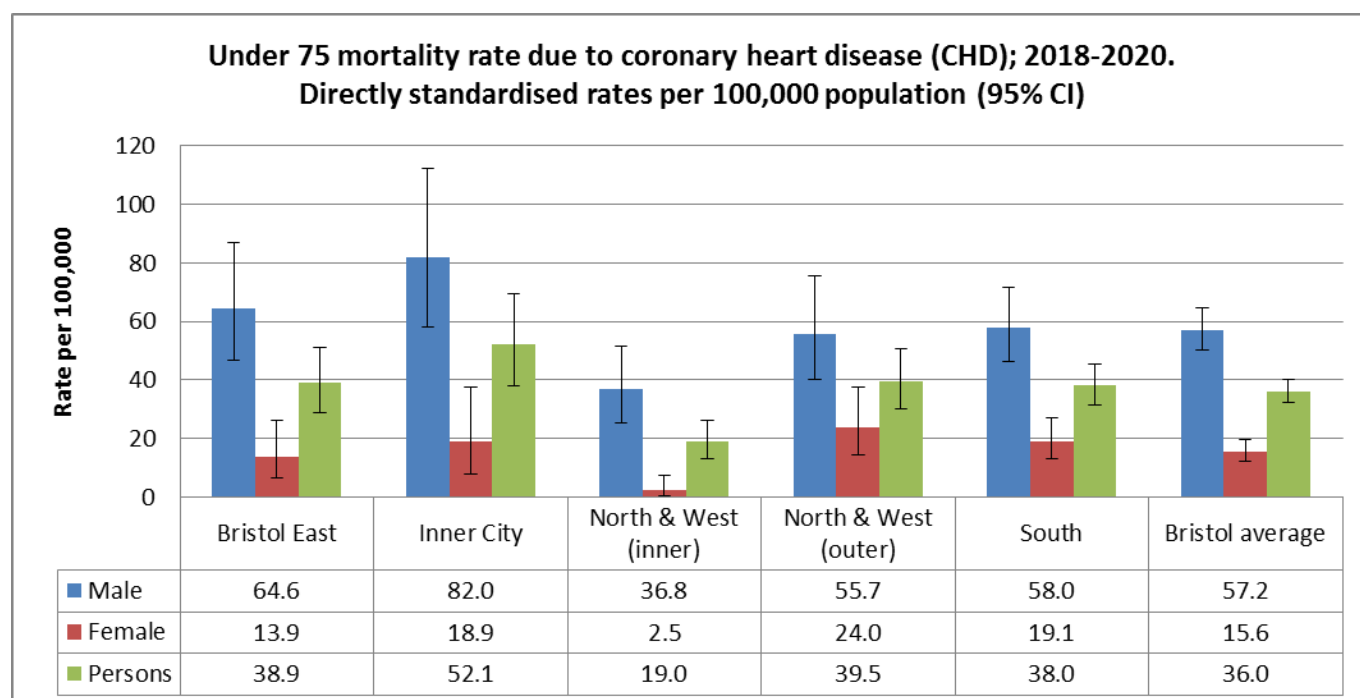


Figure 5: Under 75 mortality rates from coronary heart disease (CHD), Primary Care Mortality Database via NHS Digital

Emergency hospital admissions for CHD during 2020/21 record 63% of Bristol patients were male and 37% were female<sup>4</sup>.

## Stroke

The under 75 death rate from stroke is highest in the inner city, and lowest in the North and West inner. At locality level the figures have wide confidence intervals and are statistically similar to Bristol average.

Overall, in Bristol, over 40% more men than women die early from stroke (Figure 6).

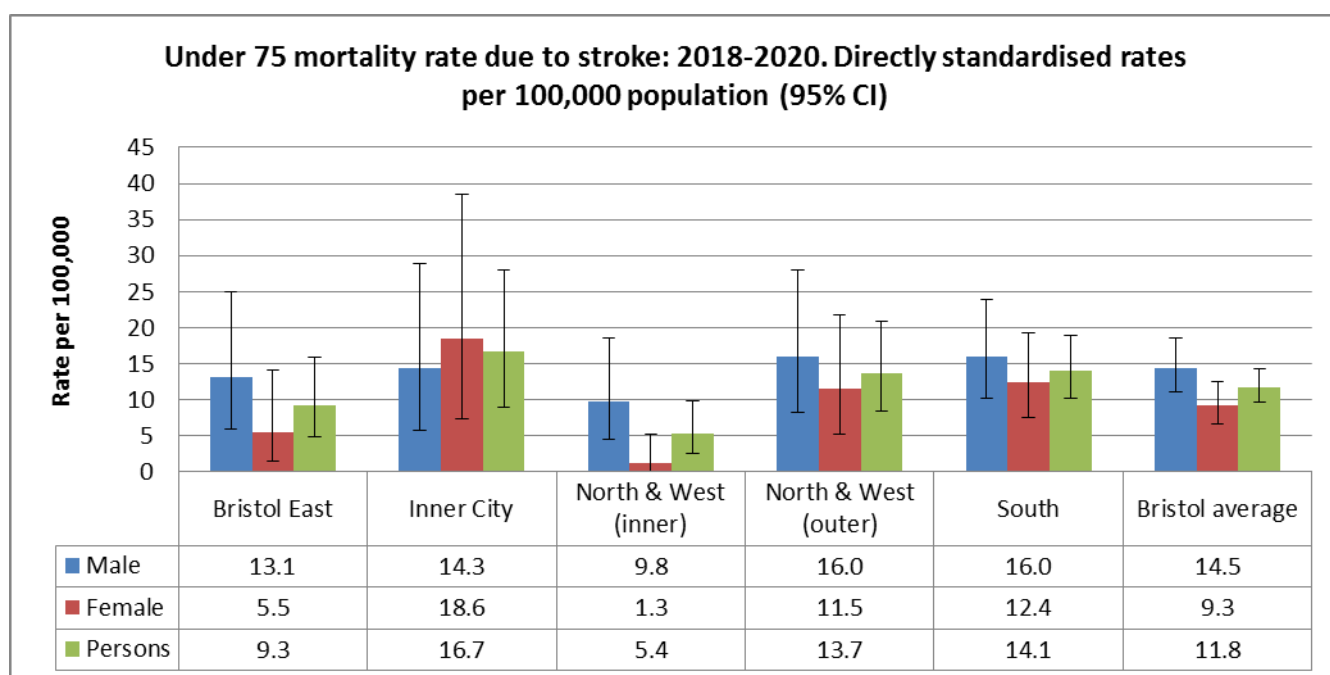


Figure 6: Under 75 mortality rates from stroke, Primary Care Mortality Database via NHS Digital

## High Blood Pressure (Hypertension)

Hypertension increases risk of heart disease or stroke. Prevalence of recorded hypertension varies across the city, with highest rates in the South and North & West (outer), and lowest in North & West (inner) and the Inner City (Figure 7). Overall the recorded prevalence of hypertension in Bristol is lower than in England on average. Note these data are not age-standardised.

<sup>4</sup> Hospital Episode Statistics via NHS Digital

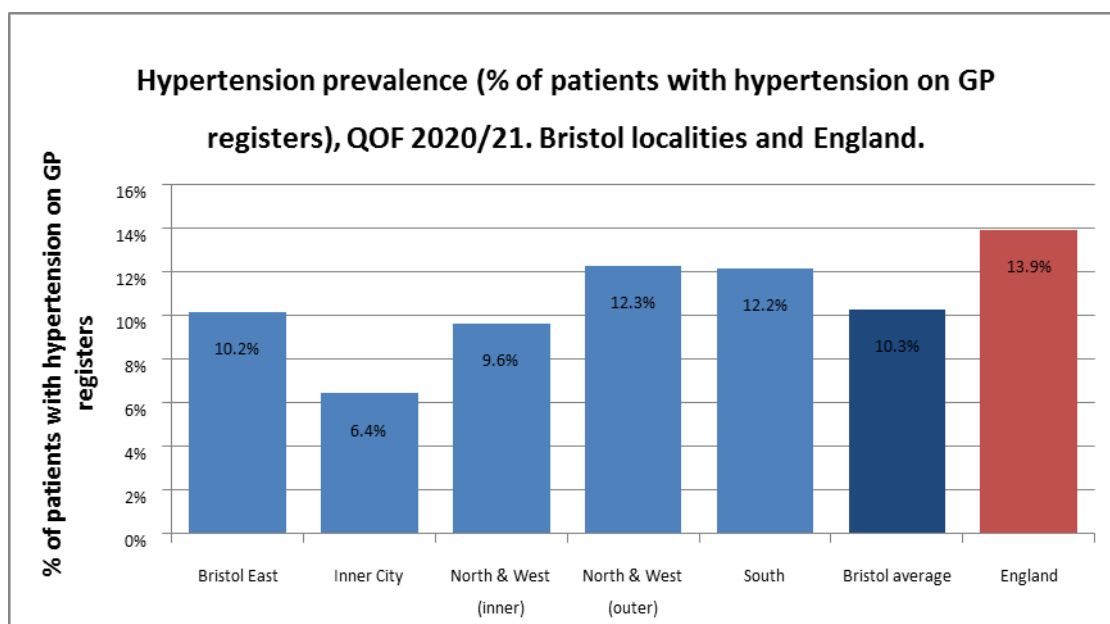


Figure 7: Hypertension prevalence, NHS Quality Outcomes Framework 2020/21, via NHS Digital

### Equalities:

CVD is one of the conditions most strongly associated with socioeconomic deprivation. Of the most common causes of death, CVD is the largest contributor to the gap in life expectancy between the most and least deprived, accounting for up to 25% of the difference. If you live in England's most deprived areas, you are almost four times as likely to die prematurely than those in the least deprived. CVD is also more common where a person is male, older, has a severe mental illness, or ethnicity is South Asian or African Caribbean.<sup>5</sup>

In Bristol the rate of early deaths from CVD is over 3 times higher among people living in the most deprived areas of the city compared to the most affluent areas (Figure 8)

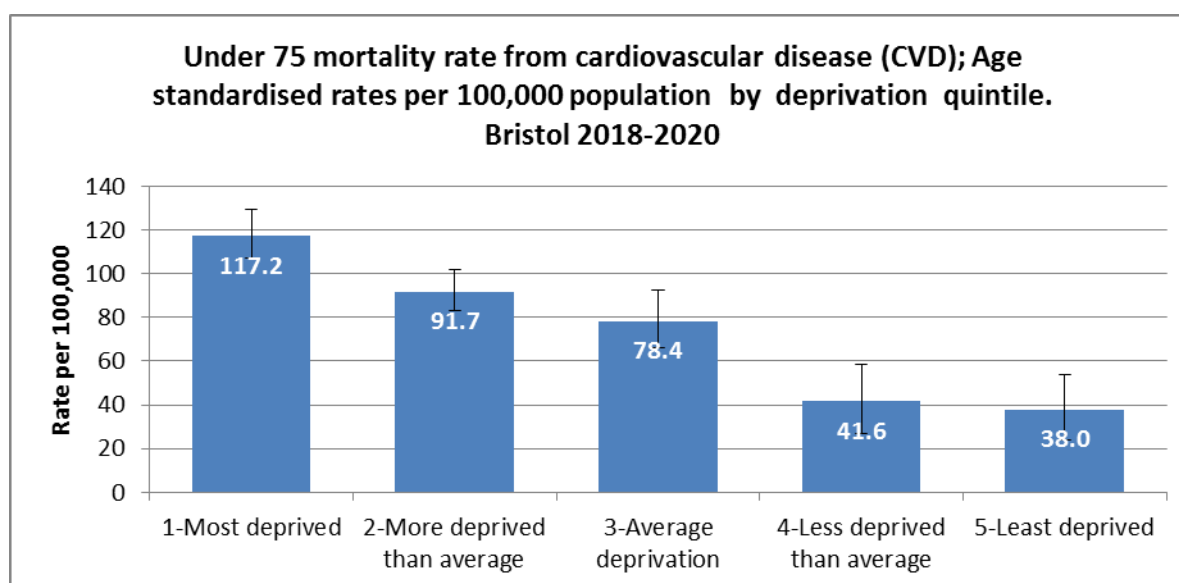


Figure 8: Under 75 mortality rates from CVD by deprivation quintile, Bristol 2018-2020. Primary Care Mortality Database via NHS Digital

<sup>5</sup> Public health matters: Health Matters: Preventing cardiovascular disease.

<https://publichealthmatters.blog.gov.uk/2019/02/14/health-matters-preventing-cardiovascular-disease/>

**Further data / links:**

- Public Health Outcomes Framework: <https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>
- Quality Outcomes Framework: <https://digital.nhs.uk/data-and-information/data-tools-and-services/data-services/general-practice-data-hub/quality-outcomes-framework-qof>
- Public Health England Cardiovascular Disease, Diabetes and Kidney Disease Profiles: <https://fingertips.phe.org.uk/profile-group/cardiovascular-disease-diabetes-kidney-disease>

**Covid-19 impact:**

There is now clear evidence that Cardiovascular disease (CVD) and COVID-19 share common underlying risk factors. 'People with pre-existing CVD, diabetes, obesity and high blood pressure are not only at greater risk of having a heart attack, stroke or developing some forms of dementia, but are known to experience more severe outcomes from COVID-19, including hospitalisation, ventilation and death.'<sup>6</sup>

**Date updated:** January 2022 (Published February 2022)

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<sup>6</sup> Public Health Matters: Cardiovascular disease: building back better.  
[Cardiovascular disease: building back better - Public health matters \(blog.gov.uk\)](#)