



## Higher Mortality from Cardio-Vascular Diseases

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In India & the world, **Cardiovascular diseases (CVD)** are the **leading cause of death**. More people die annually from CVDs globally than from any other ailment.

- According to a study conducted by **PURE** (Prospective Urban Rural Epidemiology), “the CVD mortality is highest in the Low-Income Countries (LIC) and lowest in the High-Income Countries (HIC).”
- Cardiovascular diseases (CVDs) are a group of disorders that are related to the heart and blood vessels.
- The study was conducted over 1.6 lacs individuals for **over a decade**, living in **21** countries.

### Findings from the Study

- Most cardiovascular disease cases and deaths in Low-Income Countries (LIC) are attributed to:
  - **Lower quality** of health care, and it's low availability.
  - **Lack of insurance** - which acts as an affordability barrier.
  - Some of the factors like, **hypertension** and **education** have extensive global effects.
  - **Household/Indoor air pollution** acts as an **emerging source** of risk for cardiovascular disease in LIC.
  - Other factors include Poor Diet, consumption of dairy-products causing CVD cases, etc.
- Some of these factors vary as per a country's economic level.
- Deaths from the cardiac disease were **three times** that of cancer-related deaths in LIC including India, while in high-income countries- death from cancer was **twice** that of CVD.
- The fact that cancer-related deaths are frequent in high-income countries indicates a transition in the predominant causes of death in the middle age group.

### Way Forward

- Health policies should focus on risk factors that have the greatest effects on averting cardiovascular diseases and deaths globally.
- In specific groups of countries, additional emphasis must be laid on risk factors of greatest importance. **Eliminating indoor pollution** is the crucial step to be taken in this regard.
- The need of the hour is to **insure** each & every individual medically so that the finances do not act as a barrier in availing health facilities.

**Source: TH**