




CHD is when your coronary arteries, the arteries which supply the heart with oxygen-rich blood, become narrow from a build up of fatty material. It is sometimes referred to as Ischaemic Heart Disease. If arteries become badly diseased, serious complication could lead to complete obstruction of blood flow, causing heart attacks or heart failure.

## Why is it important?

CHD is a significant cause of mortality and morbidity, accounting for a quarter of all deaths in the UK. It is estimated there are **2.3 million** people in the UK living with CHD. In the UK in 2016, there were **66,000 deaths** which occurred from CHD. 22,000 deaths occurred in people aged under 75 years of age, which is around a third of all deaths from CHD. Each year, it is also estimated that there are over **200,000 hospital visits** due to heart attacks.

## Who is affected by CHD?



Anyone can be affected by coronary heart disease, but risk and lifestyle factors can significantly increase the risk of building up fatty material, such as smoking, having high blood pressure, having high cholesterol, not exercising regularly or if a person has diabetes.

## Who are at a higher risk?



Risk of CHD increases with age and deaths are more common in winter months from retracting arteries.

There is evidence that people in more deprived areas are also at greater risk, as well as people from a South Asian background.

## What do we know locally?



The **prevalence** rate of **CHD** in **Bracknell Forest** continues to be **significantly lower** than England.



The **prevalence** of **CHD** in **men** is **more than double** that of women in **Bracknell Forest** (**3.3%** compared to **1.5%**). **CHD** prevalence **increases** with **age** in **both sexes**.



In Oct-23, there were nearly **3,000** people with **diagnosed CHD** in **Bracknell Forest**. This was **2.4%** of the total population.



Locally, there is **no clear association** between **deprivation** and **CHD prevalence**.



In 2021, **CHD** was the **2nd leading cause** of **death** in **Bracknell Forest**, behind Covid-19, and accounted for **nearly 10%** of all deaths.



**81** people **died** from **CHD** in **Bracknell Forest** in 2021. This was a **rate** of **80 per 100,000** population, which was **similar** to England.

**34** people who **died** of **CHD** in **Bracknell Forest** were **under the age of 75**. This was a **rate** of **34 per 100,000** population, which was also **similar** to England.



In 2021, **men** accounted for **64%** of **all deaths** from **heart disease** in **Bracknell Forest** and **74%** of **deaths** for those **aged under 75**.

## What we recommend for further reading

- [OHID Public Health Profiles - Cardiovascular Disease](#)
- [NICE - Acute coronary syndromes](#)