

JSNA LIGHT BITES: Coronary Heart Disease (CHD)



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, a serious complication is a complete obstruction of blood flow causing heart attacks or even 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 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?



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 Slough** continues to be **significantly lower** than England's. This is largely **due to** Slough's **younger population** profile.



In **Slough** the **prevalence** of **CHD** is **significantly higher** in **men** than women. **CHD prevalence** **increases** with **age** in **both** sexes.



In Oct-23, there were nearly **4,300** people with **diagnosed CHD** in **Slough**. This was **2.6%** of the total population.



Unlike the **national** picture, there are **higher diagnosis** rates of **CHD** in **less** **deprived** areas of **Slough**.



In 2021, **CHD** was the **2nd leading cause** of **death** in **Slough**, behind Covid-19, and **accounted for over 12%** of all deaths.



125 people **died** from **CHD** in **Slough** in 2021. This was a **rate** of **145 per 100,000** population, which was **significantly worse** than England.



In 2021, **Slough's** **under 75 mortality** rates from **CHD** was the **worst in England** compared to all other upper-tier local authorities. **Both men** and **women** had **rates** that were **significantly worse** than England.



In 2021, **men** accounted for **60%** of **all deaths** from **heart disease** in **Slough** and **68%** of **deaths** for those **aged under 75**.

What we recommend for further reading

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