

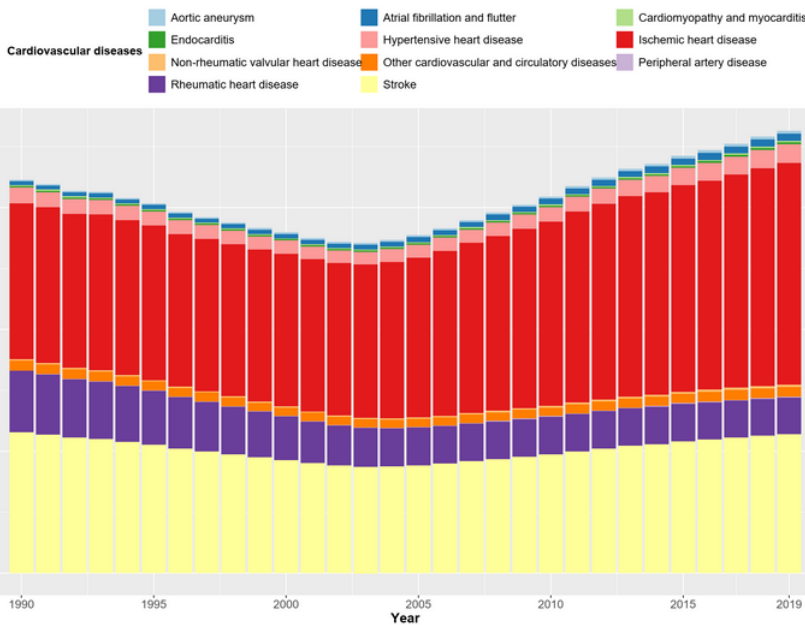
Use Heart, Know Heart



This day is a reminder to everyone around the world to take care of their hearts. The campaign focuses on the essential step of knowing our hearts first.

Cardiovascular Diseases in Nepal

In Nepal, there is a growing problem of Cardiovascular Diseases (CVDs), which has become more severe in the past few decades posing challenges to public health and healthcare systems. This issue of INSIGHTS explains the burden of CVDs and prevalence of raised blood pressure, examining it across various demographic parameters. Drawing on evidence from the Global Burden of Diseases (GBD) Study 2019 and the Nepal Demographic Health Survey (NDHS) 2022, we shed light on the concerning trends, implications, and the need for a response to this escalating health concern.



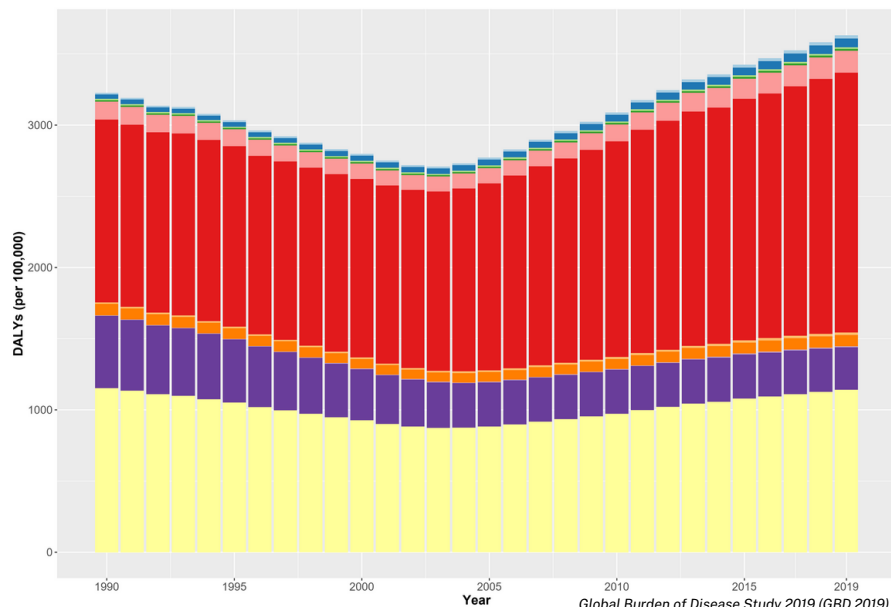
Global Burden of Disease Study 2019 (GBD 2019)

A significant rise in deaths from ischemic heart disease, while experiencing a notable decline in rheumatic heart disease mortality.

- The rate of deaths due to CVDs in Nepal was 153 per 100,000 population in 2019.
- From 1990 to 2019, Nepal experienced notable shifts in the death rate due to cardiovascular diseases. Deaths due to ischemic heart disease exhibited substantial growth, increasing by over 70%.
- In contrast, rheumatic heart disease showed significant decline of approximately 28%.

Ischemic heart disease, stroke major DALY contributors; notable declines observed in Rheumatic Heart Disease and Stroke

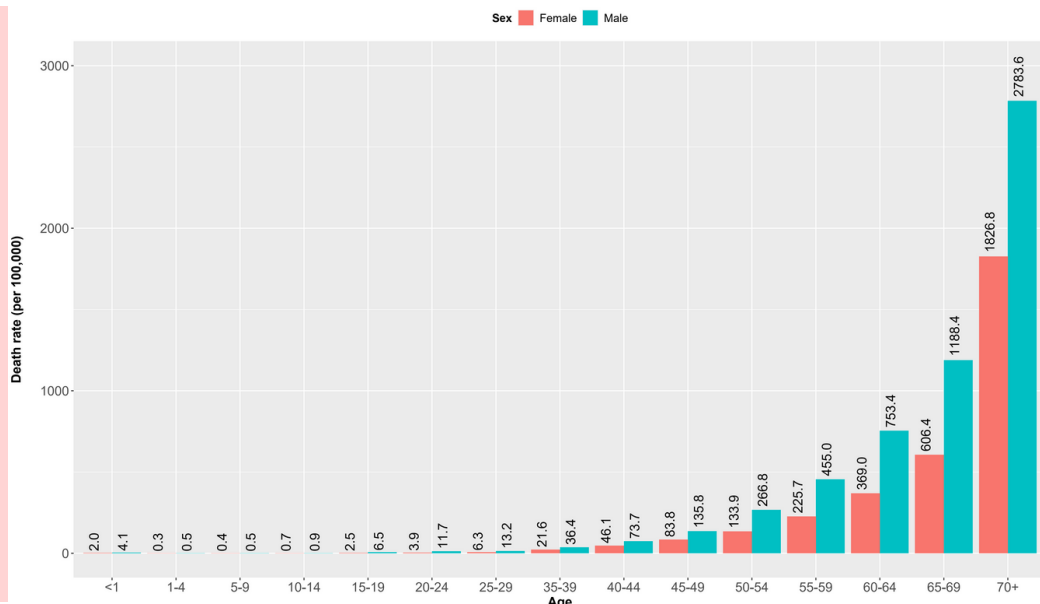
- The Disability Adjusted Life Years (DALYs) attributed to CVDs show similar pattern across the decades.
- The contributors to the DALYs attributed to CVDs across all years were Ischemic Heart Disease and Stroke.
- Almost all specific CVD causes showed an increase in DALYs from 1990-2019, besides Rheumatic Heart Disease and Stroke with 40% and 1% decrease respectively.



Global Burden of Disease Study 2019 (GBD 2019)

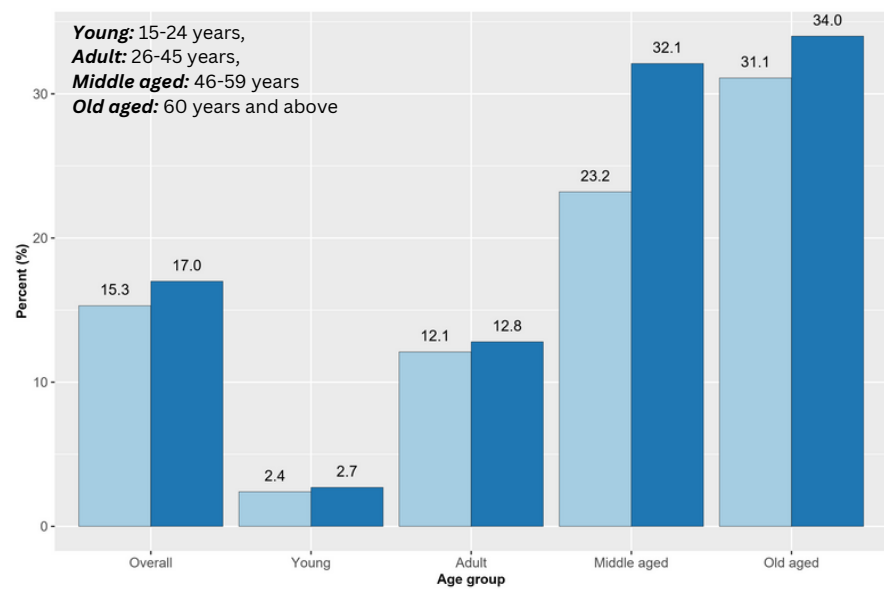
Higher CVD mortality in older age; Males more affected than females.

- The mortality rate due to CVDs was higher among older age group compared to younger.
- It is relatively higher in males compared to females in each age group.



Global Burden of Disease Study 2019 (GBD 2019)

Location Rural Urban



Nepal Demographic and Health survey 2022 (NDHS 2022)

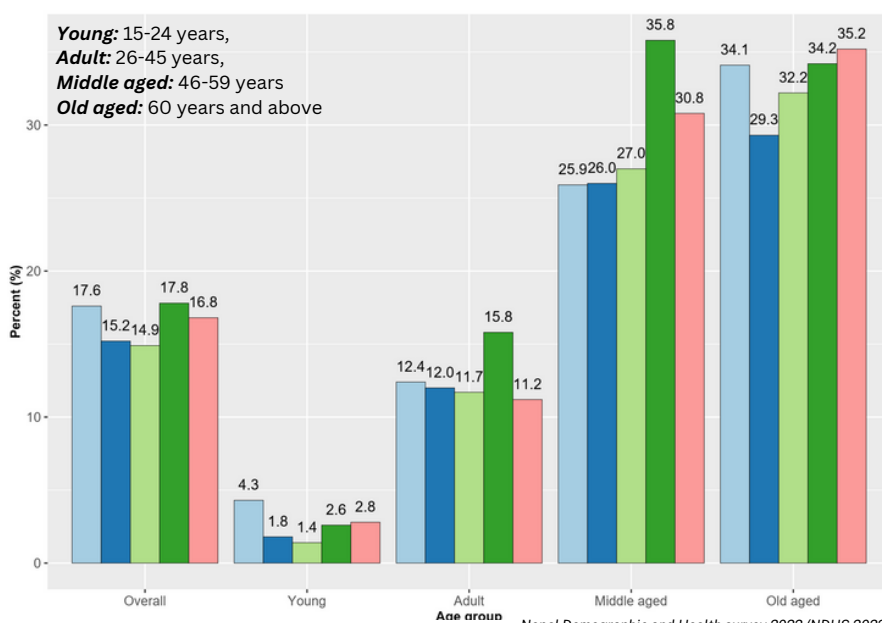
Urban areas have higher raised blood pressure prevalence

- The NDHS 2022 findings reveal notable difference in the prevalence of raised blood pressure, with higher prevalence observed in urban areas compared to rural ones.
- There is remarkable difference of 8.9% point between rural and urban area among middle aged population.
- There is an increase in the prevalence of Blood pressure across age groups from young to middle-aged individuals.

Raised blood pressure rises with age

- Among young and adult population, poorest have higher prevalence of raised blood pressure (higher by 1.5% point in young and 1.2% point in adult).
- Among middle-aged and old aged population, the prevalence of raised blood pressure is higher among richest compared to poorest (higher by 4.9% point among middle aged and 1.1% point among old aged adult)

Wealth quintile Poorest Poorer Middle Richer Richest



Nepal Demographic and Health survey 2022 (NDHS 2022)

References

- Global Burden of Disease Collaborative Network. Global Burden of Disease Study 2019 (GBD 2019) Results. Seattle, United States: Institute for Health Metrics and Evaluation (IHME), 2020. Available from <https://vizhub.healthdata.org/gbd-results/>
- Nepal Demographic and Health survey 2022