

# CV Health Across the Lifespan

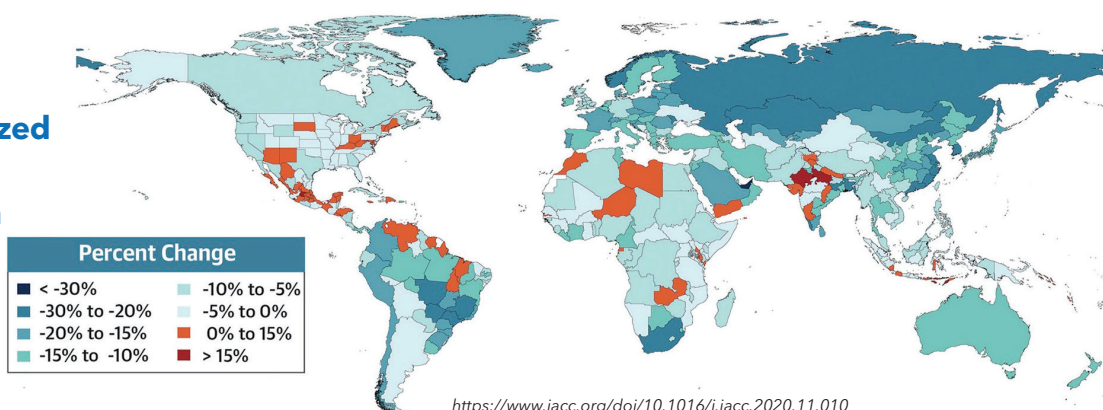
## Raising the Alarm: Managing Modifiable Risks



The burden of cardiovascular disease (CVD) attributable to **modifiable risk factors** continues to increase globally, sounding the alarm for global action.

### Percent Change in Age-Standardized CVD Death Rate from 2010-2019

Since 2010, **age-standardized rates of CVD deaths have either plateaued or are on the rise** in many regions and countries, including in the U.S., where they were previously declining.



### Top 5 Modifiable Risk Factors Contributing to CVD Burden



1 High Systolic Blood Pressure



2 Dietary Risks



3 High LDL Cholesterol



4 Air Pollution



5 High Body-Mass Index

### Three Types of Modifiable Risk Factors

1. Metabolic
2. Behavioral
3. Environmental

**Mental health** is also increasingly recognized as a risk factor, both by itself and as a contributor to other risk factors like alcohol and tobacco use.



Thank you to JACC Global Burden of CVD Webinar moderator Valentin Fuster, MD, PhD, MAAC, along with webinar participants Mpiko Ntsekhe, MD, FACC; Michael Pratt, MD; Yuling Hong, MD; and Yvo Smulders, MD, for sharing their insights and perspectives on modifiable CVD risk factors. Scan the QR code to access the webinar series.

# CV Health Across the Lifespan

## Raising the Alarm: Managing Modifiable Risks

### TIME FOR ACTION

Successfully addressing modifiable CVD risk factors requires global action, including:



#### Promoting healthy aging across the lifespan,

starting as early as preschool with teaching healthy lifestyle habits before risk factors have a chance to appear.

#### Earlier interventions

to address risk factors like cholesterol and hypertension in younger adults between 20 and 30 years of age.

#### Investment in research and cost-effective public health programs

targeting diet, diabetes, physical activity and obesity.

#### Adoption of public health policies and measures

that encourage population-level risk factor control in order to reduce health care inequities and ensure equal access to care.

Learn More:



JACC Global Burden Hub



JACC Global Burden Interactive Tool



NCD Academy

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