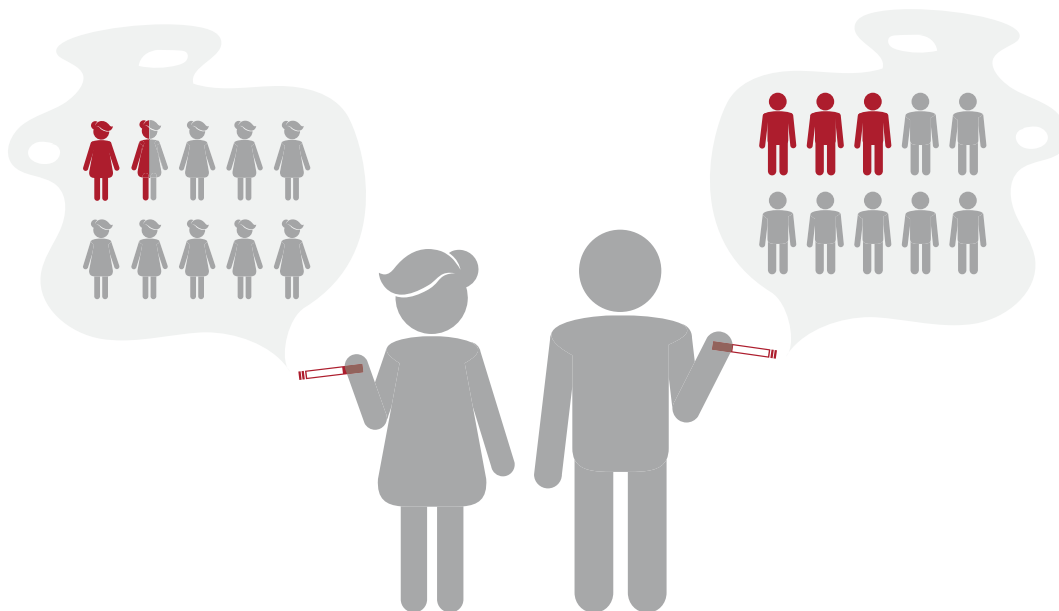


# Cardiovascular Realities in Europe

## Risk Factors

### Smoking Prevalence

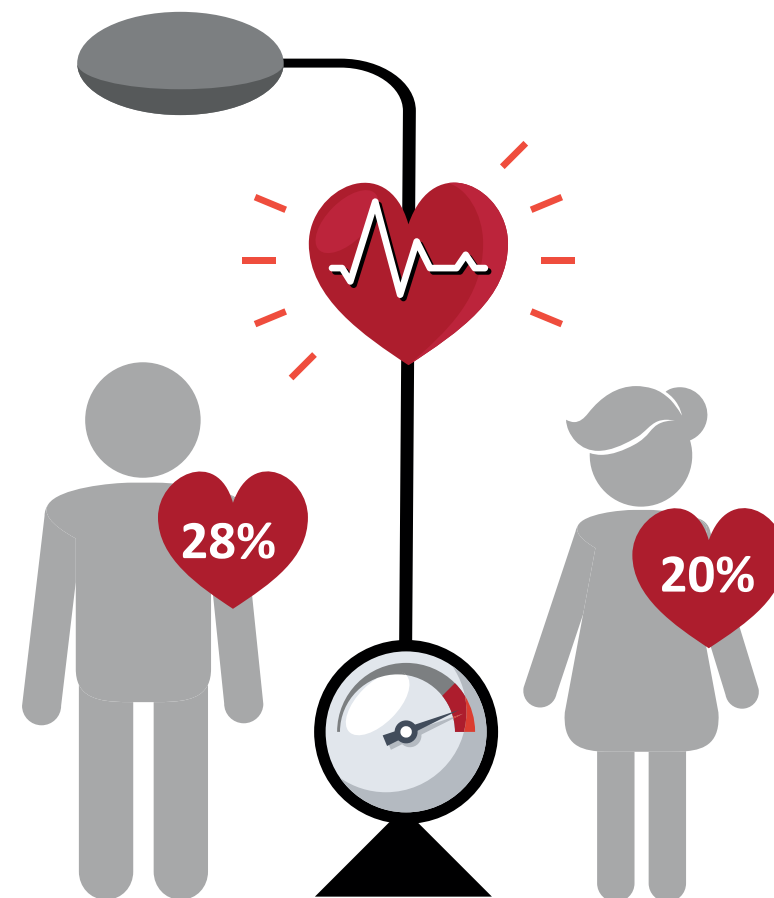
The average percentage of smokers across European countries is 31% for men and 16% for women. However, in some countries smoking prevalence is much higher, peaking at 55% for men in Russia and 33% for women in Bulgaria. Smoking is a major risk factor for cardiovascular disease.



# 1 in 5

### Obesity

The average prevalence of obesity across European countries is above 20% (more than 1 in 5) for both men and women. Obesity is a major risk factor for cardiovascular disease.



### Raised Blood Pressure

High blood pressure is a major risk factor for cardiovascular disease. The average proportion of men and women with raised blood pressure across European countries is 28% and 20%, respectively.