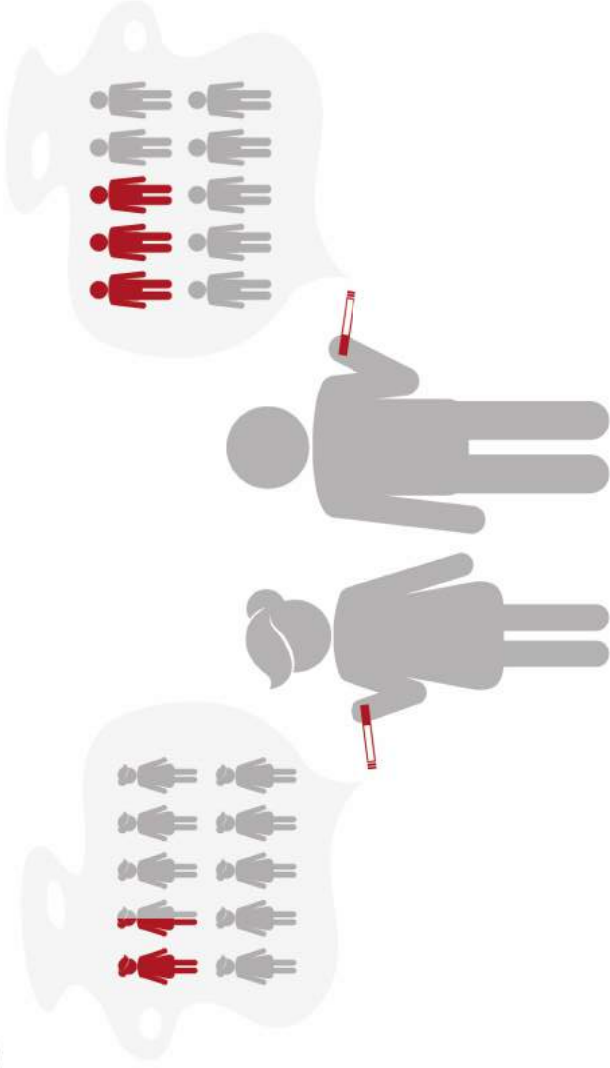


Cardiovascular Realities in Europe

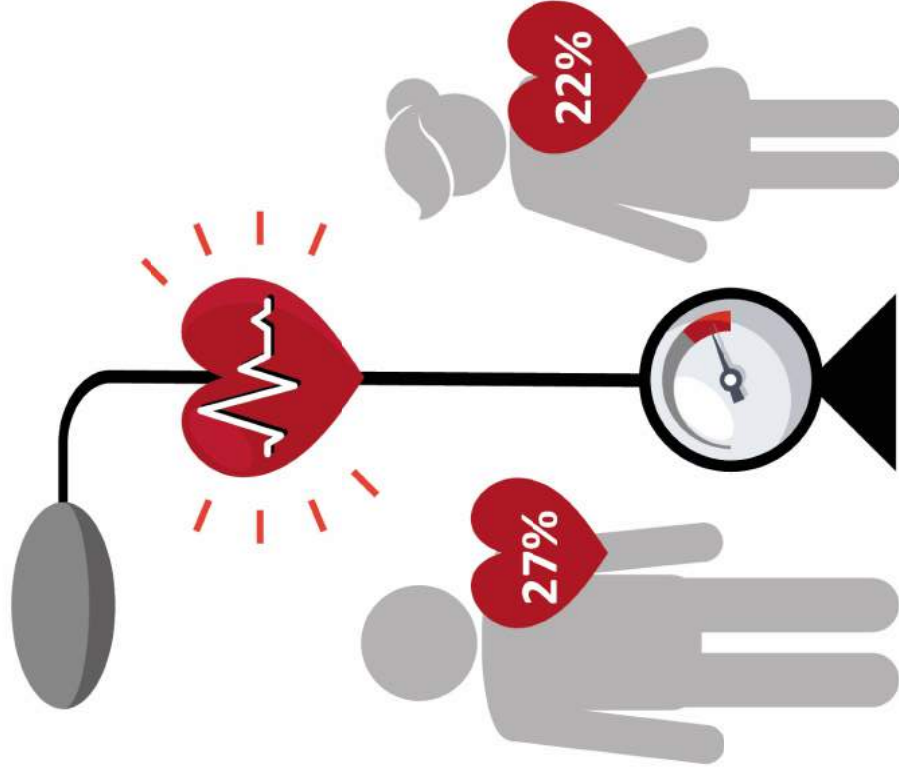
Risk Factors

Smoking Prevalence

The average percentage of smokers across European countries is 27% for males and 15% for females. However, in some countries smoking prevalence is much higher, peaking at 52% for males in Russia and 31% for females in Serbia. Smoking is a major risk factor for cardiovascular disease.



The average prevalence of obesity across European countries is above 20% (more than 1 in 5) for both males and females. 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 males and females with raised blood pressure across European countries is 27% and 22%, respectively.

For more data on cardiovascular disease consult
ESC Cardiovascular Realities 2020