Cardiovascular Realities in Europe

Risk Factors

**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.

**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.


www.escardio.org/atlas