

# European cardiovascular disease (CVD) survey results



In October 2021, 6000 adults were surveyed in the UK, Spain, Germany, Italy and the Netherlands by an independent research consultancy to assess public perceptions of CVD in Europe

## European impact

EACH YEAR CVD CAUSES

# 3.9 MILLION DEATHS

IN EUROPE, MAKING IT THE LEADING CAUSE OF DEATH



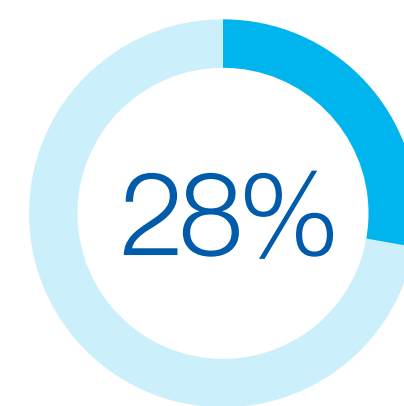
However,

# 76%

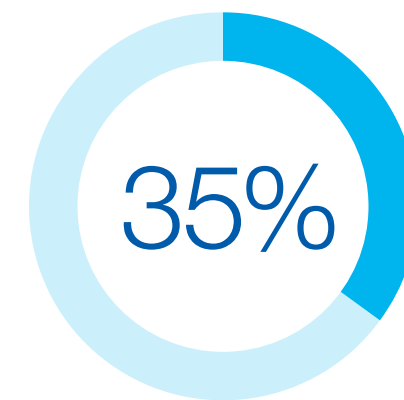
of those surveyed did not know that it is Europe's leading cause of death



## Knowledge about risk factors



Do not know what both their cholesterol and blood pressure levels are



Do not understand the impact high cholesterol has on their heart health

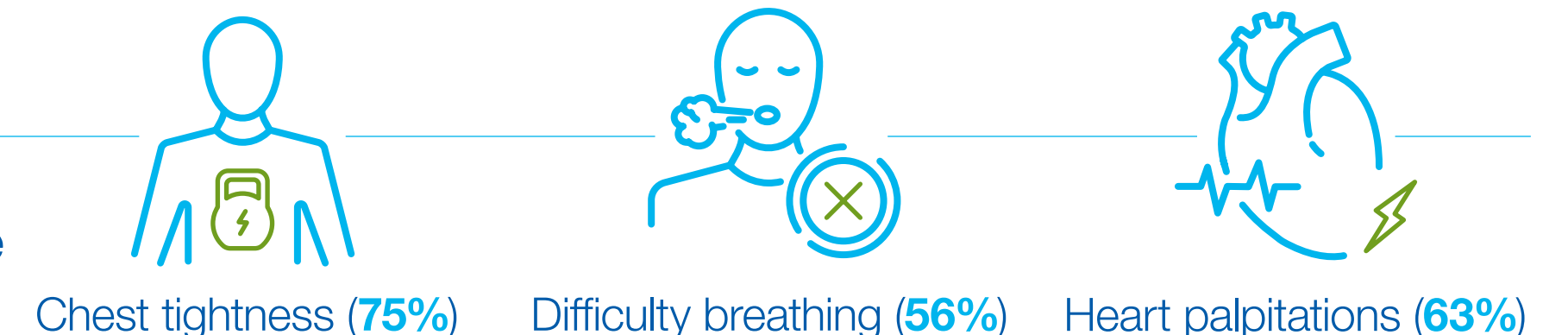


## Recognising the symptoms

# 50%

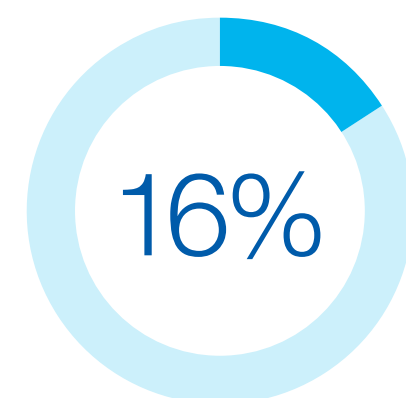
experienced at least one symptom of heart disease in 2021

Only three symptoms of heart disease were recognised by over half of respondents:



## Seeking care

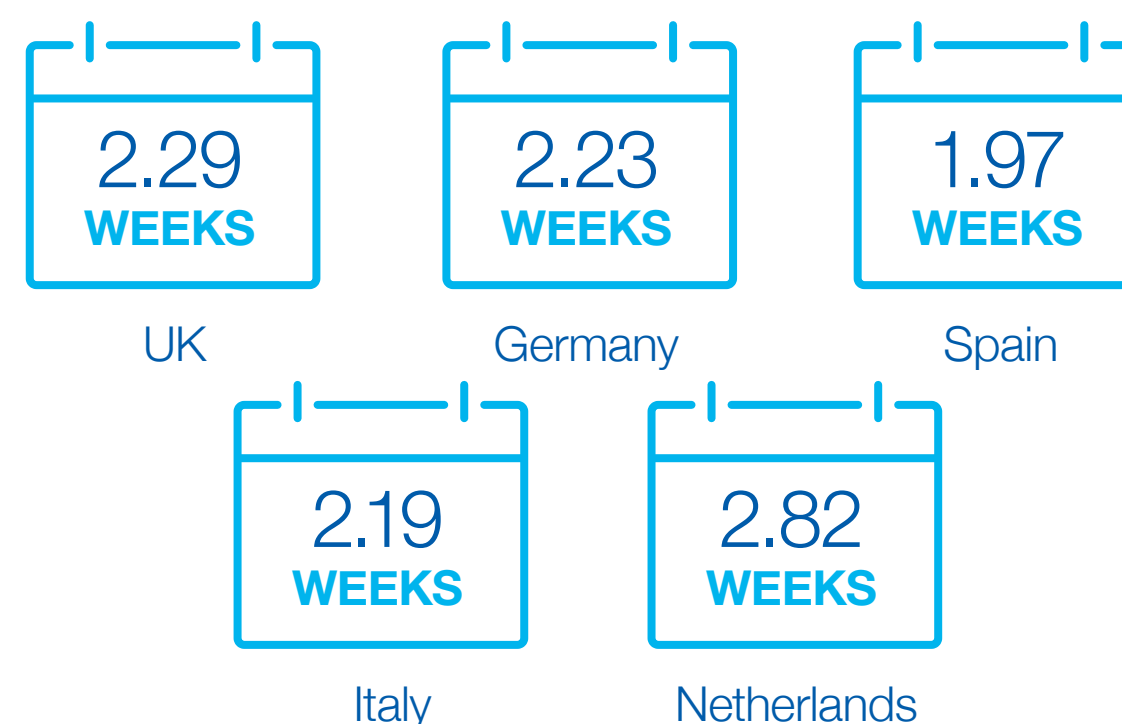
Over half (53%) of those who experienced a symptom in the past year did not make an appointment with a healthcare professional (HCP) after experiencing their symptom



of those experiencing symptoms of heart disease waited more than four weeks before making an appointment with a healthcare professional



The average number of weeks waited before making an appointment with a HCP due to experiencing symptoms of heart disease in each country:



## Self care

# 43%

adopted a healthy, balanced diet after being personally diagnosed with heart disease or knowing of a friend or family member who had been diagnosed



# 80%

would consider using a smartphone or online app to help them achieve a healthier lifestyle and improve heart health.

