

Global Atlas on cardiovascular disease prevention and control



Published by the World Health Organization
in collaboration with the World Heart Federation
and the World Stroke Organization.





CORRIGENDUM

Global Atlas on cardiovascular disease prevention and control. ISBN: 978 92 4 156437 3

The list of Figures on pages 127-129 should be amended as follows:

Figure 1. Normal heart with its blood supply (i). Ties van Brussel, http://en.wikipedia.org/wiki/File:Anatomy_Heart_English_Tiesworks.jpg. Image placed in the public domain.

Figure 2. Normal brain with its blood supply (i). Image licensed under the Creative Commons Attribution ShareAlike 3.0 licence, <https://creativecommons.org/licenses/by-sa/3.0/>.

Figure 59. Electrocardiogram ; atrial fibrillation compared with normal sinus rhythm. Atrial fibrillation (top) and normal sinus rhythm (bottom). The purple arrow indicates a P wave, which is lost in atrial fibrillation (i). J. Heuser. Image licensed under the Creative Commons Attribution ShareAlike 3.0 licence, <https://creativecommons.org/licenses/by-sa/3.0/>.

Photograph: Cardiac arrest due to an arrhythmia requires emergency resuscitation (i) U.S. Navy photo by Photographer's Mate Airman Apprentice Nicholas Garrett US Navy 040421-N-8090G-001

Figure 60. Congenital heart disease; diagram of a healthy heart and one suffering from tetralogy of Fallot. (i). Mariana Ruiz Villarreal http://en.wikipedia.org/wiki/Tetralogy_of_Fallot#/media/File:Tetralogy_of_Fallot.svg. Image placed in the public domain.

Figure 61. Diagram of a heart with patent ductus arteriosus; an abnormality seen in 50% of children with congenital rubella syndrome (i). http://en.wikipedia.org/wiki/File:Patent_ductus_arteriosus.jpg. Original source NIH National Heart, Lung and Blood Institute.

Figure 62. Rheumatic heart disease at autopsy with characteristic findings (thickened mitral valve, with its attachments (chordae tendineae), and hypertrophied left ventricular wall (i).

Group A streptococci (i) Centers for Disease Control and Prevention's Public Health

Image Library (PHIL) <http://phil.cdc.gov/phil/details.asp>

Streptococcal pharyngitis with typical exudate on tonsils (i). James Heilman MD.
Image licensed under the Creative Commons Attribution ShareAlike 3.0 licence,
<https://creativecommons.org/licenses/by-sa/3.0/>.

Page 68

Photograph: Better housing can help to prevent Chagas disease through vector control
(i). <http://en.wikipedia.org/>

Global Atlas on cardiovascular disease prevention and control

**Published by the World Health Organization in collaboration with
the World Heart Federation and the World Stroke Organization .**

editors: Shanthi Mendis, Pekka Puska and Bo Norrving



WHO library Cataloguing-in-Publication Data

Global atlas on cardiovascular disease prevention and control 2011/ edited by Shanthi Mendis ...[et al].

1.Cardiovascular diseases - prevention and control. 2.Cardiovascular diseases - epidemiology. 3.Cardiovascular diseases - economics. 4.Cardiovascular diseases - mortality. 5.Health promotion. 6.Atlases. I.Mendis, Shanthi. II.Puska, Pekka. III.Norrving, B. IV.World Health Organization. V.World Heart Federation. VI.World Stroke Organization.

ISBN 978 92 4 156437 3

(NLM classification: WG 120)

Suggested citation: Global Atlas on Cardiovascular Disease Prevention and Control. Mendis S, Puska P, Norrving B editors. World Health Organization, Geneva 2011.

This document was developed by the World Health Organization (Shanthi Mendis) in collaboration with the World Heart Federation (Pekka Puska) and the World Stroke Organization (Bo Norrving)

Contributions were made by A. Alwan, T. Armstrong, D. Bettcher, T. Boerma, F. Branca, J. C.Y. Ho, C. Mathers, R. Martinez, V. Poznyak, G. Roglic, L. Riley, E. d'Espaignet, G. Stevens, K.Taubert and G. Xuereb. Others who provided assistance in various ways in the compilation of this document include A. Ayinla, X. Bi, F. Besson, L. Bhatti, A. Enyoma, N. Christenson, F. Lubega, P. Nordet, M. Osekre-Amey and J. Tarel.

© World Health Organization 2011

All rights reserved. Publications of the World Health Organization are available on the WHO web site (www.who.int) or can be purchased from WHO Press, World Health Organization, 20 Avenue Appia, 1211 Geneva 27, Switzerland (tel.: +41 22 791 3264; fax: +41 22 791 4857; e-mail: bookorders@who.int).

Requests for permission to reproduce or translate WHO publications – whether for sale or for noncommercial distribution – should be addressed to WHO Press through the WHO web site (http://www.who.int/about/licensing/copyright_form/en/index.html).

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by the World Health Organization in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use.

Printed in France

Table of contents

Abbreviations and Measurements	V
Foreword	VI
Section A – Cardiovascular diseases (CVDs) due to atherosclerosis	1
1. What are cardiovascular diseases (CVDs)?	2
2. Death and disability due to CVDs (heart attacks and strokes)	8
3. The underlying pathology of heart attacks and strokes	14
4. Evidence for prevention of heart attacks and strokes	16
5. Reducing cardiovascular risk to prevent heart attacks and strokes	18
6. Tobacco: The totally avoidable risk factor of CVDs	26
7. Physical inactivity: A preventable risk factor of CVDs	28
8. Harmful use of alcohol: A preventable risk factor of CVDs	30
9. Unhealthy diet: A preventable risk factor of CVDs	32
10. Obesity: A risk factor of CVDs	36
11. Raised blood pressure (hypertension): A major risk factor of CVDs	38
12. Raised blood sugar (diabetes): A major risk factor of CVDs	40
13. Raised blood cholesterol: A major risk factor of CVDs	42
14. Social determinants and CVDs	44
15. Risk factors take root in the womb, childhood and youth	46
16. Heart attacks and strokes in women	48
17. Other determinants of CVDs: Ageing, globalization and urbanization	50
18. Inequities and CVDs	54
Section B – Other cardiovascular diseases	57
19. Cardiac arrhythmia	58
20. Congenital heart disease	60
21. Rheumatic heart disease: A neglected heart disease of the poor	62
22. Chagas disease (American trypanosomiasis): A neglected disease of the poor	66

Section C – Prevention and control of CVDs: Policies, strategies and interventions	69
23. Prevention and control of CVDs: How do we know what works?	70
24. Prevention and control of CVDs: The need for integrated and complimentary strategies	72
25. Prevention and control of CVDs: Health in All Policies	74
26. Prevention and control of CVDs: The need for a national NCD policy framework	76
27. Policies and strategies for tobacco control	78
28. Policies and strategies to facilitate healthy eating	80
29. Policies and strategies to facilitate physical activity	84
30. Policies and strategies to address the harmful use of alcohol	88
31. Individual interventions for prevention and control of CVDs	92
32. Role of primary health care in prevention and control of CVDs	94
33. Best buys for cardiovascular disease (CVD) prevention and control	96
34. Bridging the implementation gap for prevention and control of CVDs	100
35. Monitoring CVDs	102
36. Social mobilization for prevention and control of CVDs	104
37. Prevention and control of CVDs and socioeconomic development	106
38. Generating resources for CVD prevention and control	108
39. CVD prevention and control: Why it should not be ignored any longer?	110
40. CVD prevention and control : Vision, roadmap and a landmark event	114
World Health Organization, World Heart Federation and World Stroke Organization	118
References	119
List of figures	127
References for figures	131
Annexes	133
Annex I – World Health Assembly resolution A64/61	134
Annex II – Moscow Declaration	136
Annex III – Regional Declarations on NCDs	139

预览已结束，完整报告链接和二维

<https://www.yunbaogao.cn/report/index/report?report>