

# ECONOMIC IMPACT OF CORONARY HEART DISEASE

## Abstract

Evidences showed that the numbers of heart attack has come down drastically. It is just because of the changing lifestyle of people. Facts and figures showed that Coronary Heart Disease in Indian community, particularly young men, is almost twice as high as their western counterparts. Previous century witnessed very low rate of heart diseases. But currently heart diseases have become the number one global killer. Today technology has made life easier but at the same time proved to be dangerous for health making people more prone to heart disease. Heart diseases are now a global health problem with no geographic, gender, or socio-economic boundaries.

It was believed that between 2008 and 2030, the global population will grow by 20%, from 6.7 billion to 8.1 billion people. The crude death rate is expected to remain more or less stable at around 8.4 deaths per thousand. Globally, **non-communicable diseases** (NCDs) are the leading causes of death. Of the 57 million global deaths in the year 2008, 36 million were due to NCDs and out of these nearly half (17.3 million) were due to cardiovascular disease (CVD)s. In 2008, it was found that five out of the top ten causes for mortality worldwide were **non-communicable diseases** and it was estimated to be seven out of ten by the year 2030. By then, about 76% of the deaths in the world will be due to non-communicable diseases (NCDs). **Cardiovascular diseases** (CVDs) comprising a major portion of non-communicable diseases was also increasing at an alarming rate. In 2010, studies concluded that of all projected worldwide deaths, 23 million are expected to be because of cardiovascular diseases. CVDs were thought to be the single largest cause of death in the world accounting for more than a third of all deaths. (WHO, 2004 and 2008,)

So what are the reasons or factors due to which number of heart patients in India had increased at such an alarming rate? Does the modern life style is responsible for the growth of heart disease among the younger generation? Is it improper food habits and lack of physical activity along with high level of stress and increase in smoking and alcohol consumption or our genes which led to such a serial killer? What makes us more prone to cardiovascular diseases?

In this paper one study description of CHD and its natural history, the distribution, prevalence and incidence of CHD in India as well at its economic burden and risk factors for CHD and their significance.