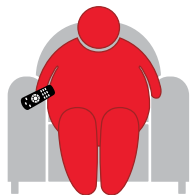


PREVALENCE AND ESTIMATED COST

OF VASCULAR DISEASES IN CANADA

**SUBSTANTIAL
PERSONAL
& FINANCIAL
IMPACT**

UNHEALTHY BEHAVIOURS



**85%
DON'T MEET
PHYSICAL ACTIVITY
GUIDELINES**¹

Physical inactivity related costs are **\$6.8 billion/year**²



**56.2%
CONSUME <5
SERVINGS OF FRUITS
AND VEGETABLES
DAILY**¹

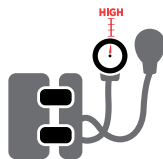
Economic burden of poor diet is **\$6.6 billion/year**³



**20.3%
SMOKE**¹

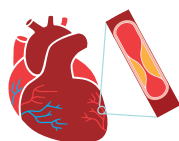
\$16 billion/year is spent on smoking-related diseases⁴

CONTRIBUTE TO RISK FACTORS



**7.4M
DIAGNOSED WITH
HIGH BLOOD
PRESSURE**⁵

High blood pressure costs **\$4 billion/year**⁸



**45%
HAVE HIGH
CHOLESTEROL
LEVELS**⁶



**2.7M
ARE LIVING
WITH DIABETES**⁷

Diabetes cost **\$11.7 billion** in 2010⁹



**60%
ARE EITHER
OVERWEIGHT OR
OBESE**¹

Obesity cost **\$4.6 billion** in 2008¹⁰



**315,000
ARE LIVING WITH
THE EFFECTS OF
STROKE**¹¹

Stroke costs **\$3.6 billion/year**¹⁶



**150,000
ARE LIVING WITH
VASCULAR
DEMENCIA**¹²



**747,000
ARE LIVING WITH
COGNITIVE
IMPAIRMENT**¹²

Dementia cost **\$15 billion** in 2008¹²



**1.3M
ARE LIVING WITH
HEART
DISEASE**¹³



**500,000
ARE LIVING WITH
HEART
FAILURE**¹⁴

Direct & indirect costs of cardio-vascular disease are **\$21 billion/year**¹⁷



**2.6M
EITHER HAVE
KIDNEY DISEASE
OR ARE AT RISK**¹⁵

\$1.4 billion/year is spent on hemodialysis¹⁵

Despite overwhelming impact of vascular health issues it is challenging to have an accurate estimate of the collective prevalence and economic burden of vascular diseases in Canada because there is a gap in available data. Estimates presented in this infographic cannot be considered mutually exclusive and therefore have not been added up to present an overall picture. To avoid under-estimation of the true burden, comprehensive data collection and analysis is required. This schematic illustrates that 3 health behaviours (physical inactivity, poor diet, smoking) are common to development of risk factors (high blood pressure, high cholesterol, diabetes, obesity) which in turn lead to development of vascular disease across various organ systems.