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SHIYONG XINNAOFEI XUEGUANBING ZAZHI

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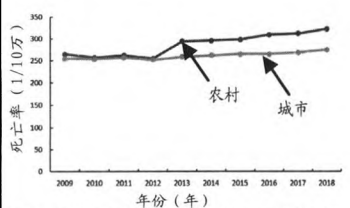
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## 权威发布 数据“说”心血管病负担

2020年《中国心血管健康与疾病报告》(以下简称《报告》)指出,由于人们广泛存在不健康饮食、身体活动不足、吸烟等不良生活习惯,导致我国患有高血压、血脂异常、糖尿病和肥胖的绝对人数不断攀升,这将进一步推高我国心血管病的发病率和死亡率。

《报告》显示,中国心血管病患病率处于持续上升阶段。推算心血管病现患人数3.3亿,其中高血压2.45亿,下肢动脉疾病4530万,脑卒中1300万,冠心病1139万,心力衰竭890万,肺源性心脏病500万,心房颤动487万,风湿性心脏病250万,先天性心脏病200万。

2018年,心血管病死亡仍是我国城乡居民总死亡的首要原因,农村为46.66%,城市为43.81%。其中农村心血管病死亡率从2009年起超过并持续高于城市水平。2009—2018年心血管病死亡率依次为265/10万、257/10万、262/10万、255/10万、294/10万、296/10万、298/10万、309/10万、312/10万、322/10万,城市2009—2018年心血管病死亡率依次为255/10万、254/10万、257/10万、252/10万、259/10万、262/10万、265/10万、265/10万、268/10万、275/10万,见下图。



2009—2018年中国城乡居民心血管病死亡率变化

(来源: <http://rs.yiigle.com/>)

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