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匠人学术

——《中国心血管健康与疾病报告2021》概况

《中国心血管健康与疾病报告2021》(以下简称年报)显示,中国心血管病死亡率呈上升趋势,为居民的首位死亡原因。2019年农村、城市心血管病分别占死因的46.74%和44.26%。每5例中就有2例死于心血管病。从2003年至今,农村地区脑血管病死亡率一直高于城市,防治重点在农村。

年报指出,2017年,中国吸烟导致的死亡人数占全球因烟草使用而死亡人数的近1/3,烟草使用对中国人健康危害的程度远超全球平均水平。中国15岁及以上人群吸烟率下降,但下降速度低于全球。膳食结构不合理的现象仍然存在,农村脂肪供能比首次突破30%推荐上限。超重和肥胖率继续增加,农村增幅更为显著。与其他年龄组相比,青年人经常参加锻炼的比例最低。

健康的生活方式可有效改善疾病和死亡风险。例如,增加身体活动可以降低高血压发病率、降低缺血性卒中风险及心血管病死亡率。大庆糖尿病预防研究提示,合理膳食加运动的强化生活方式干预可延缓糖尿病的发生、降低糖尿病并发症的发生风险和心血管事件、增加预期寿命。

高血压、高脂血症、高血糖(三高)患病率增长趋势明显,代表防控水平的知晓率、治疗率和控制率虽明显提高,但仍处于较低水平,心血管疾病负担日益加重,控制心血管疾病危险因素是当务之急。

未完,请扫描下方二维码查看全文:



王增武.《中国心血管健康与疾病报告2021》概况[J].中国全科医学,2022,25(27):目次页.

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