

## **Prevalence, Incidence, and Risk Factors Unveiled for Heart Failure**

The authors provide a detailed overview of the global burden of heart failure, including the incidence and prevalence of [heart failure](#), disease etiology, risk factors, and disease outcomes across geographical regions and populations.



### **Introduction**

Heart failure is a multifactorial clinical syndrome caused by structural and functional cardiac abnormalities. The key symptoms include shortness of breath, ankle swelling, fatigue, and clinical symptoms, such as increased jugular venous pressure, [pulmonary crackles](#), and peripheral edema.

Heart failure can be of three types depending on the left ventricular ejection fraction, i.e., heart failure with preserved ejection fraction, heart failure with mildly reduced ejection fraction, and heart failure with reduced [ejection fraction](#).

Non-modifiable risk factors of heart failure include age, gender, and genetic variants. Medically modifiable risk factors include hypertension, diabetes, obesity, hyperlipidemia, atrial fibrillation, sleep apnea, poor renal function, pregnancy-related hypertension, [chronic kidney disease](#), and chronic obstructive pulmonary disease.

Lifestyle-related risk factors of heart failure include smoking and alcohol drinking habits, unhealthy diet, lack of [physical activity](#), stress, and socioeconomic deprivation.

### **Global Incidence of Heart Failure**

Over the past decade, the global incidence of [heart](#) failure has decreased. However, this reduction varies significantly by region and demographic. In the USA, heart failure patients aged 65 years and above have experienced a reduction from 36 cases per 1,000 individuals in 2011 to 26 cases per 1,000 individuals in 2016. A similar reduction has been noticed in Canada.

In Europe, the incidence of heart [failure](#) ranges from 1.99 in Italy to 6.55 in Germany per 1000 person-years. In the UK, a 7% reduction in the incidence of heart failure was observed between 2002 and 2014.

A higher incidence of heart failure has been noticed in [women](#) compared to men in the USA and Europe. However, the incidence of heart failure with preserved ejection fraction is significantly higher in women than men in Europe.

In the USA, the highest incidence has been observed in non-Hispanic Black adults, followed by Hispanic adults, White adults, and Chinese American adults. In the UK, a 61% higher risk of incident heart failure has been observed among individuals with the [lowest socioeconomic status](#).

In Australia, the annual incidence of heart failure was 0.348% between 2013 and 2018. In China, the [age-standardized incidence](#) was 275 per 100,000 person-years in 2017.

In South America, an incidence of 1.99 cases per 1000 person-years and 5.57 cases per 1000 person-years have been reported in [Brazil](#) and Argentina, respectively.

### **Mortality Rate**

A variation in heart failure-related mortality has been observed across geographical regions and populations, which could be due to the differences in [healthcare](#) access, economic resources, population health profiles, and clinical management practices.

A systematic review involving 1.5 million heart failure patients has shown that the 1-year, 2-year, 5-year, and 10-year [survival rates](#) of heart failure are 87%, 73%, 57%, and 35%, respectively. A systematic review involving 1.5 million heart failure patients has shown that the 1-year, 2-year, 5-year, and 10-year survival rates of heart failure are 87%, 73%, 57%, and 35%, respectively.

Comparatively higher mortality has been observed in Black adults compared to that in other races and ethnicities. In the USA, age-adjusted [mortality](#) in young adults has increased from 2.36 in 1999 to 3.16 in 2019, which is a more significant rise than that in older adults.

### **Source:**

<https://www.news-medical.net/news/20240630/Global-burden-of-heart-failure-prevalence-incidence-and-risk-factors-unveiled.aspx>