



World Heart Day

Why in News?

World Heart Day is celebrated on 29th September, every year. Maharashtra's STEMI project helps detect over 2,000 heart attacks in a year.

What is World Heart Day?

- **About:**
 - It was **first observed in the year 2000** after the **World Heart Federation** collaborated with the [World Health Organization \(WHO\)](#).
 - It is a global campaign through which the federation **unites people in the fight against the Cardiovascular Disease (CVD) burden** as well as inspires and drives international action to encourage heart-healthy living.
- **Theme:**
 - The theme for World Heart Day 2022 is, **"Use Heart For Every Heart"**.

What are Cardio Vascular Diseases (CVDs)?

- **About:**
 - CVDs are a **group of disorders of the heart and blood vessels** and include coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions.
- **Global Scenario:**
 - **CVDs are the leading cause of death globally**, taking an estimated **17.9 million lives in 2019** according to **WHO**.
 - More than **four out of five CVD deaths are due to heart attacks and strokes**, and one third of these deaths occur prematurely in people under 70 years of age.
- **Indian Scenario:**
 - As per WHO, India reported **63% of total deaths in 2016 due to NCDs, of which 27%** were attributed to CVDs.
 - CVDs also account for **45% of deaths in the 40-69-year age group**.
- **Risk Factors:**
 - The most important behavioural risk factors of heart disease and stroke are **unhealthy diet, physical inactivity, tobacco use and alcohol consumption**.
 - The effects of behavioural risk factors may show up in **individuals as intermediate risk factors** such as **raised blood pressure, raised blood glucose, raised blood lipids, and obesity**.
- **Indian Initiative:**
 - **National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS)** is being implemented under the [National Health Mission \(NHM\)](#).
 - **Affordable Medicines and Reliable Implants for Treatment (AMRIT)** Deendayal outlets have been opened at 159 Institutions/Hospitals with an objective to make available Cancer and Cardiovascular Diseases drugs and implants at discounted prices to the patients.
 - **Jan Aushadhi** stores are set up by the Department of Pharmaceuticals to provide generic medicines at affordable prices.

- **ST-Elevation Myocardial Infarction (STEMI) Project:** The **Maharashtra government** launched the STEMI programme recognised by **NHM** in 2021 to **enable rapid diagnosis of heart disease**.
 - ST-Elevation Myocardial Infarction (STEMI) is a condition wherein one of the **heart's major arteries, supplying oxygen-rich blood to the heart** muscle, gets completely blocked.

Way Forward

- **Cessation of tobacco use, reduction of salt in the diet, eating more fruit and vegetables, regular physical activity and avoiding alcohol consumption** have been shown to reduce the risk of cardiovascular disease.
- **Health policies that create conducive environments for making healthy choices affordable** and available are essential for motivating people to adopt and sustain healthy behaviours.
- **Identifying those at highest risk of CVDs** and ensuring they receive **appropriate treatment** can prevent premature deaths.
- **Access to noncommunicable disease medicines and basic health technologies** in all primary health care facilities is essential to ensure that those in need receive treatment and counselling.

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