

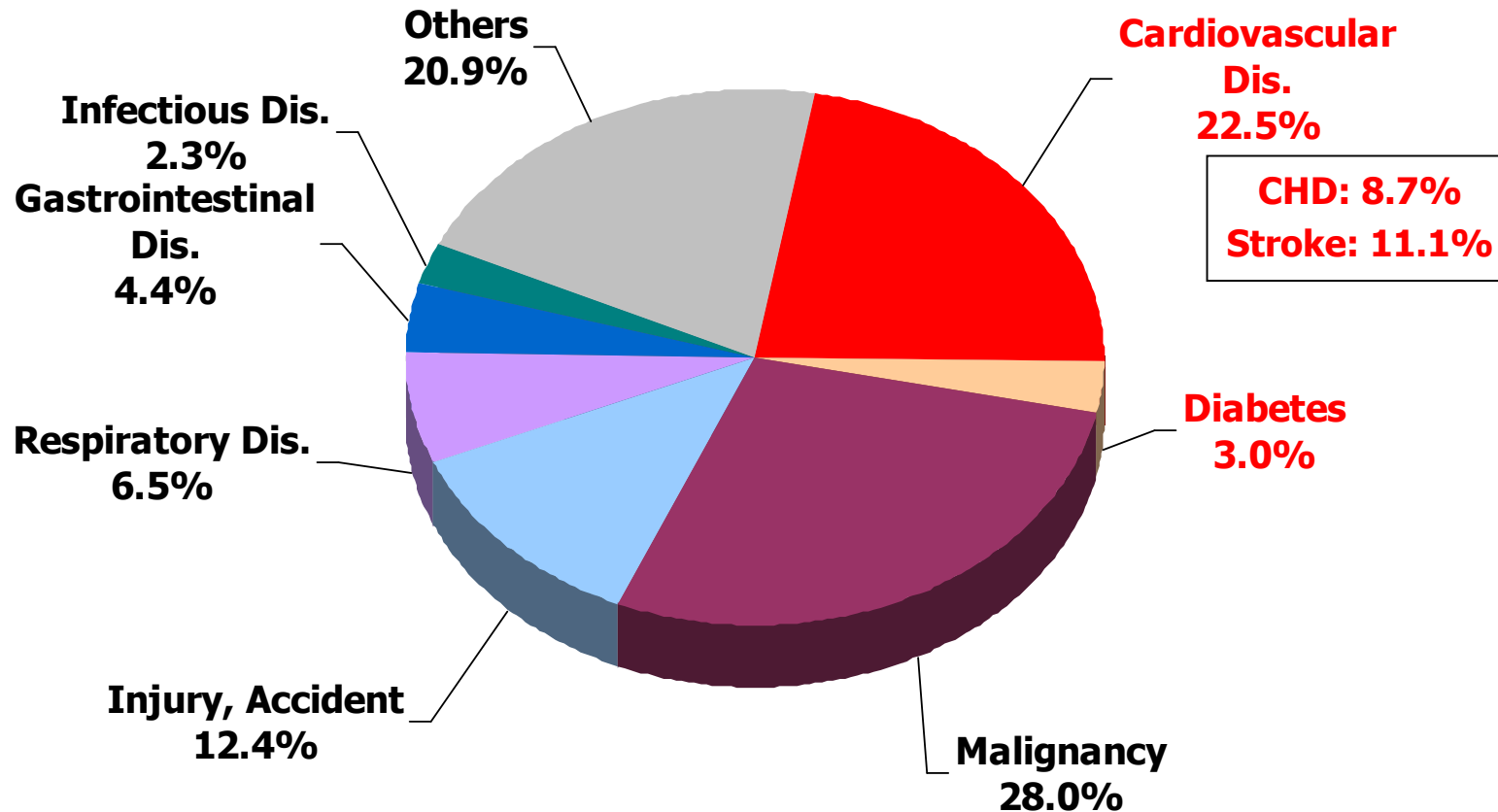
Current Policy for Cardiovascular Disease Prevention and Rehabilitation in Korea



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CVD Burden in Korea

Cause of Deaths in Korea, 2008

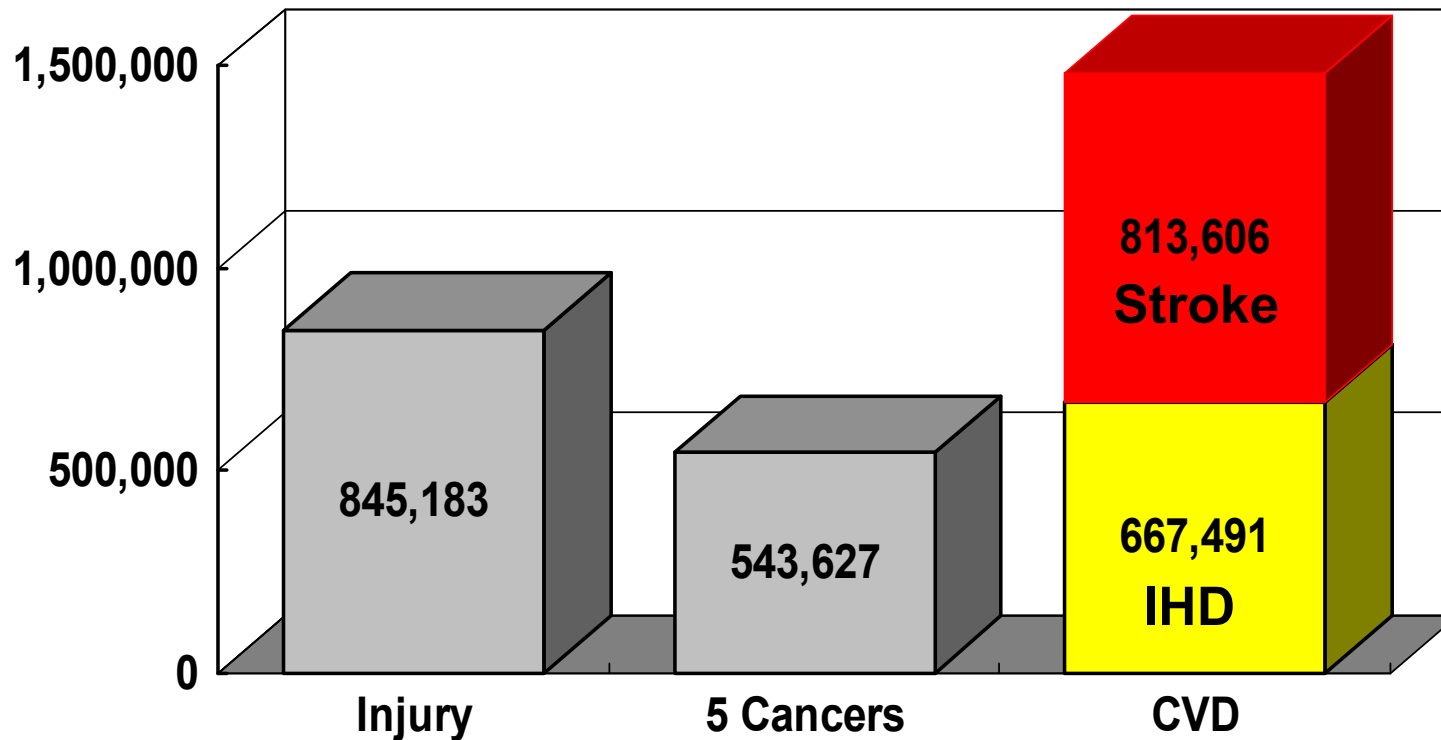


- CVD deaths accounted for 22.5% of all deaths.
- Stroke is the leading cause of death for Koreans.

Data: National Statistical Office

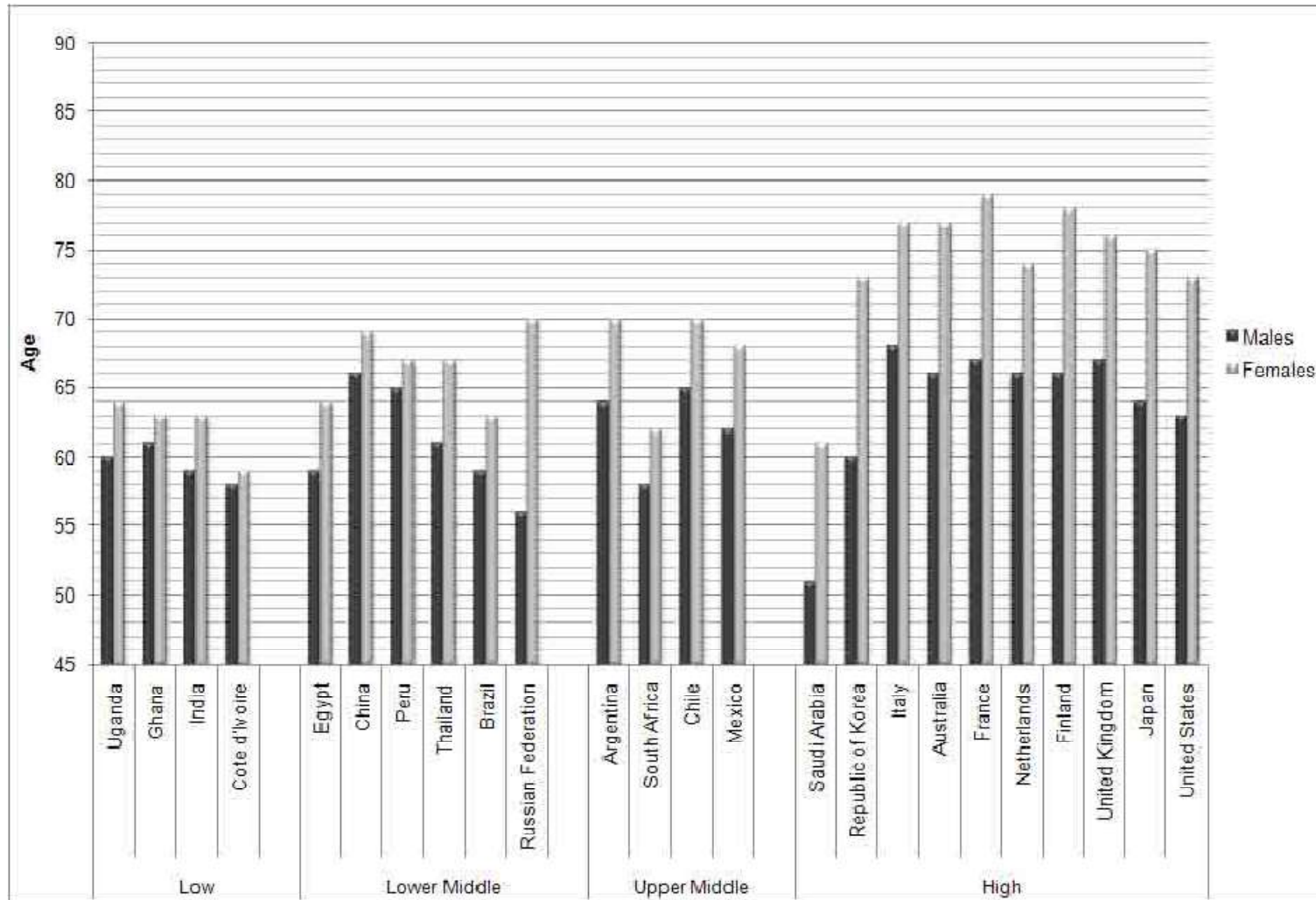
Disease Burden (DALY), Korea

DALY, person-year



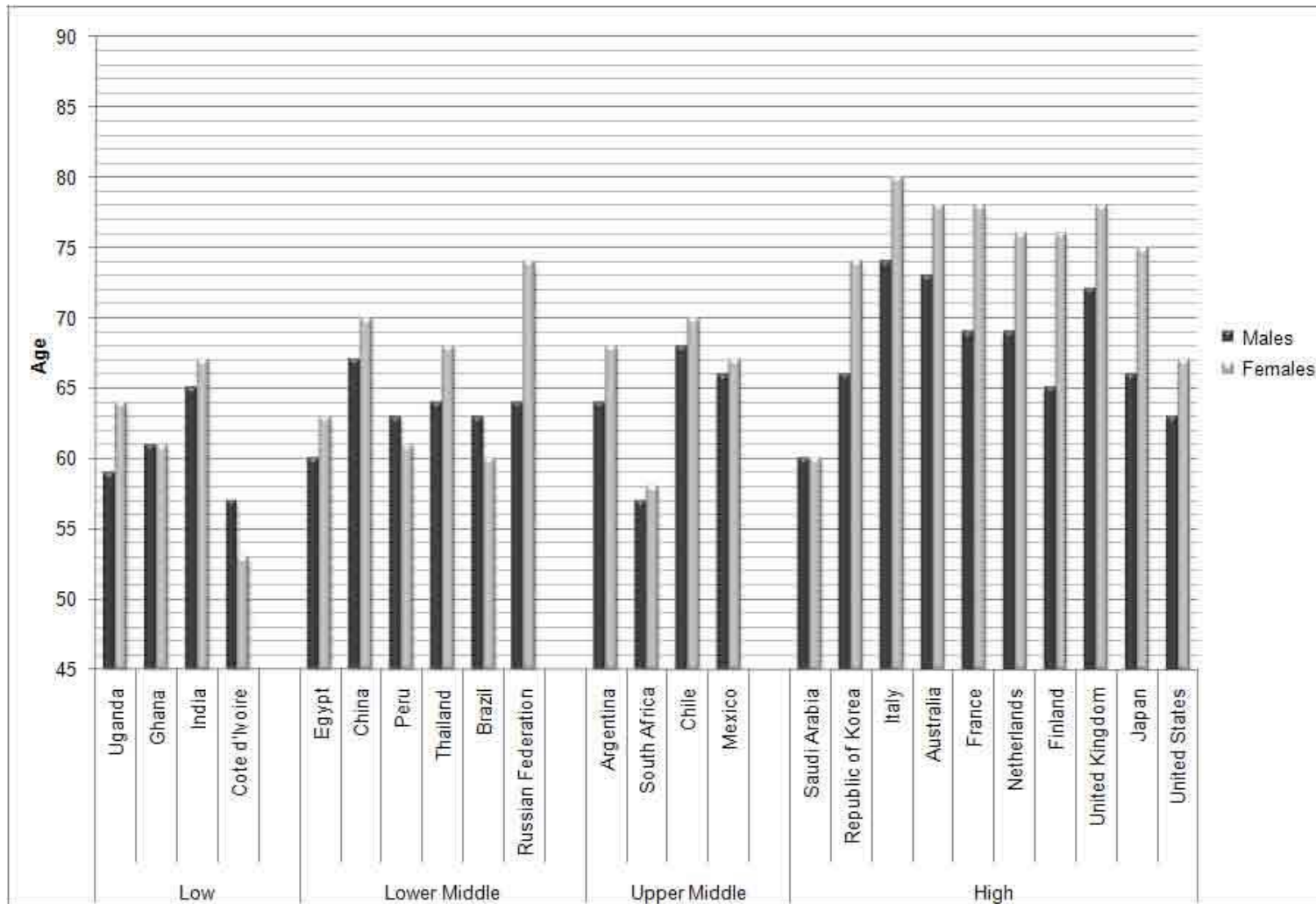
Kim et al., 2003

Median age at acute myocardial infarction



Data: Global Burden of Disease Project, 2004.

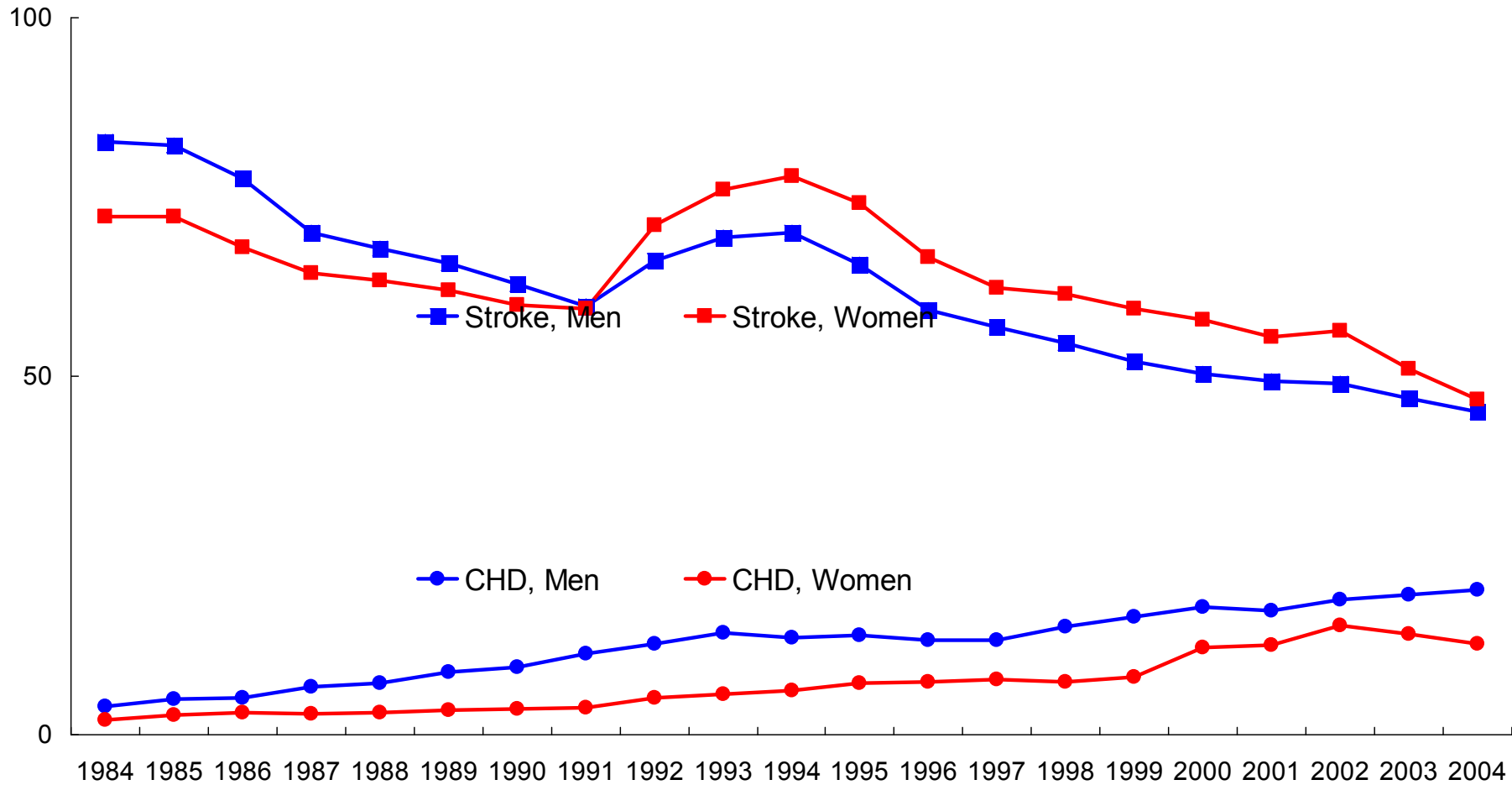
Median age at first stroke



Data: Global Burden of Disease Project, 2004.

CHD and stroke mortality in Korea 1984-2004

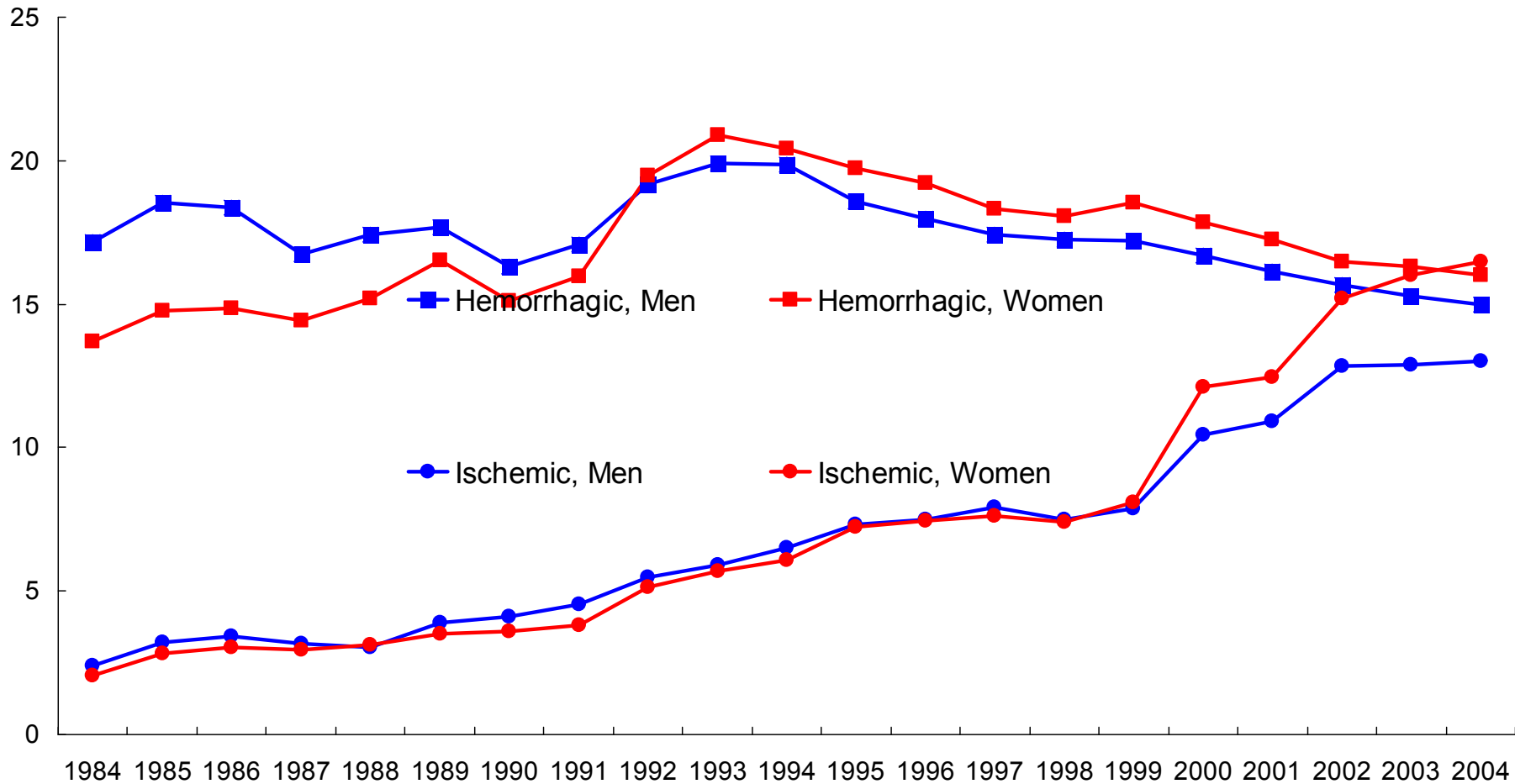
Age adjusted mortality
per 100,000 person-year



Data: National Statistical Office

Stroke mortality by subtype in Korea 1984-2004

Age adjusted mortality
per 100,000 person-year



Data: National Statistical Office

CVD Risk Factors in Korea

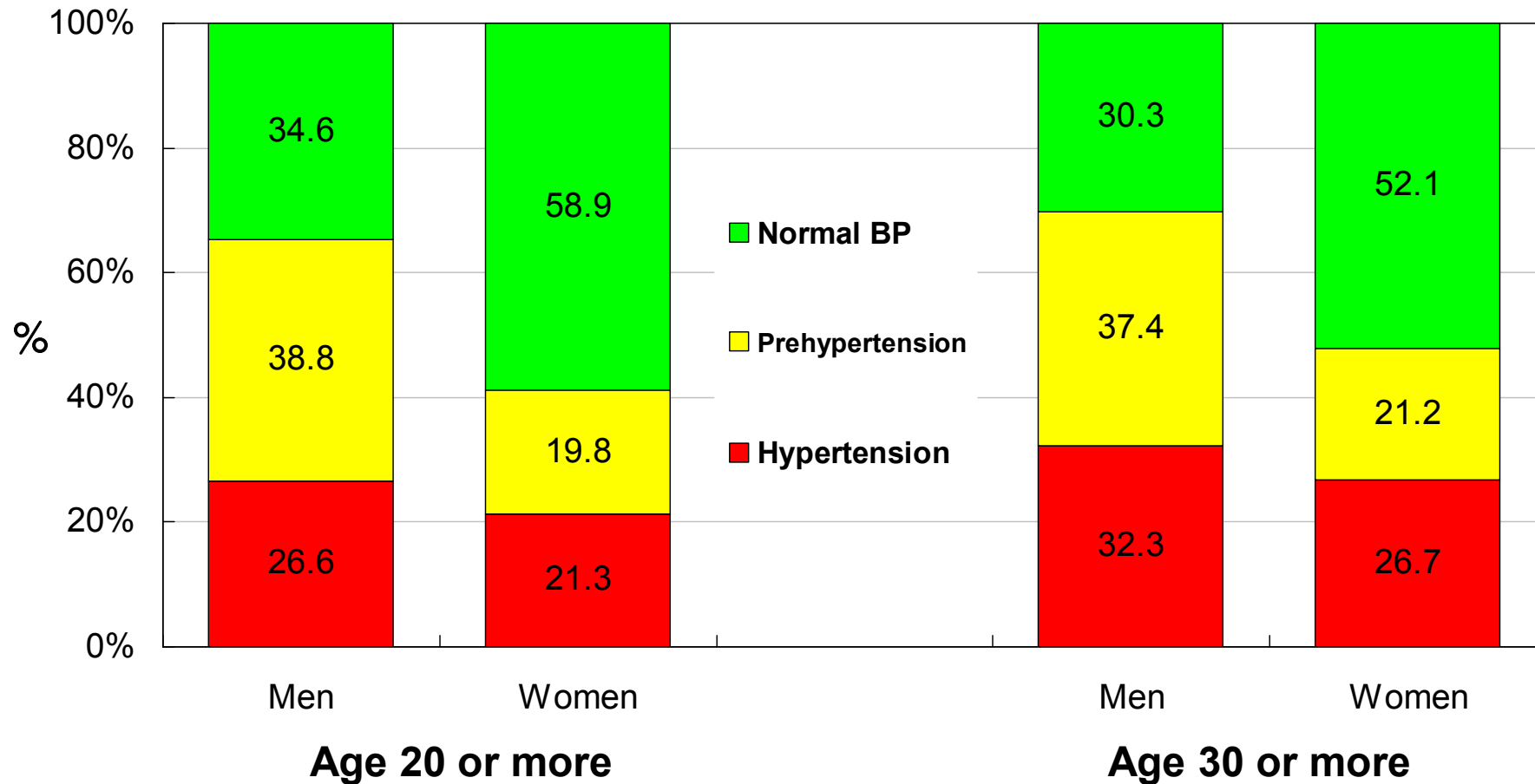
Classification of Cardiovascular Risk Factors

<p><i>Major modifiable risk factors</i></p> <ul style="list-style-type: none">High blood pressureTobacco useAbnormal blood lipidsPhysical inactivityObesityUnhealthy dietDiabetes mellitus	<p><i>Other modifiable risk factors</i></p> <ul style="list-style-type: none">Low socioeconomic statusMental ill health (depression)Psychosocial stressHeavy alcohol useUse of certain medicationLipoprotein(a)
<p><i>Non-modifiable risk factors</i></p> <ul style="list-style-type: none">AgeHeredity, family historyGenderEthnicity, race	<p><i>Novel risk factors</i></p> <ul style="list-style-type: none">Excess homocysteine in bloodInflammatory markers (CRP)Coagulation (elevated fibrinogen)

CVD Risk Factors in Korea

- Cardiovascular disease is the leading cause of death in Korean populations
- Risk factor levels and disease patterns often different to the “West”
- Relatively little information on how classical risk factors act in Korea
- Huge potential for prevention even if risk factors are the same and only as important in Korea as in Europe/USA

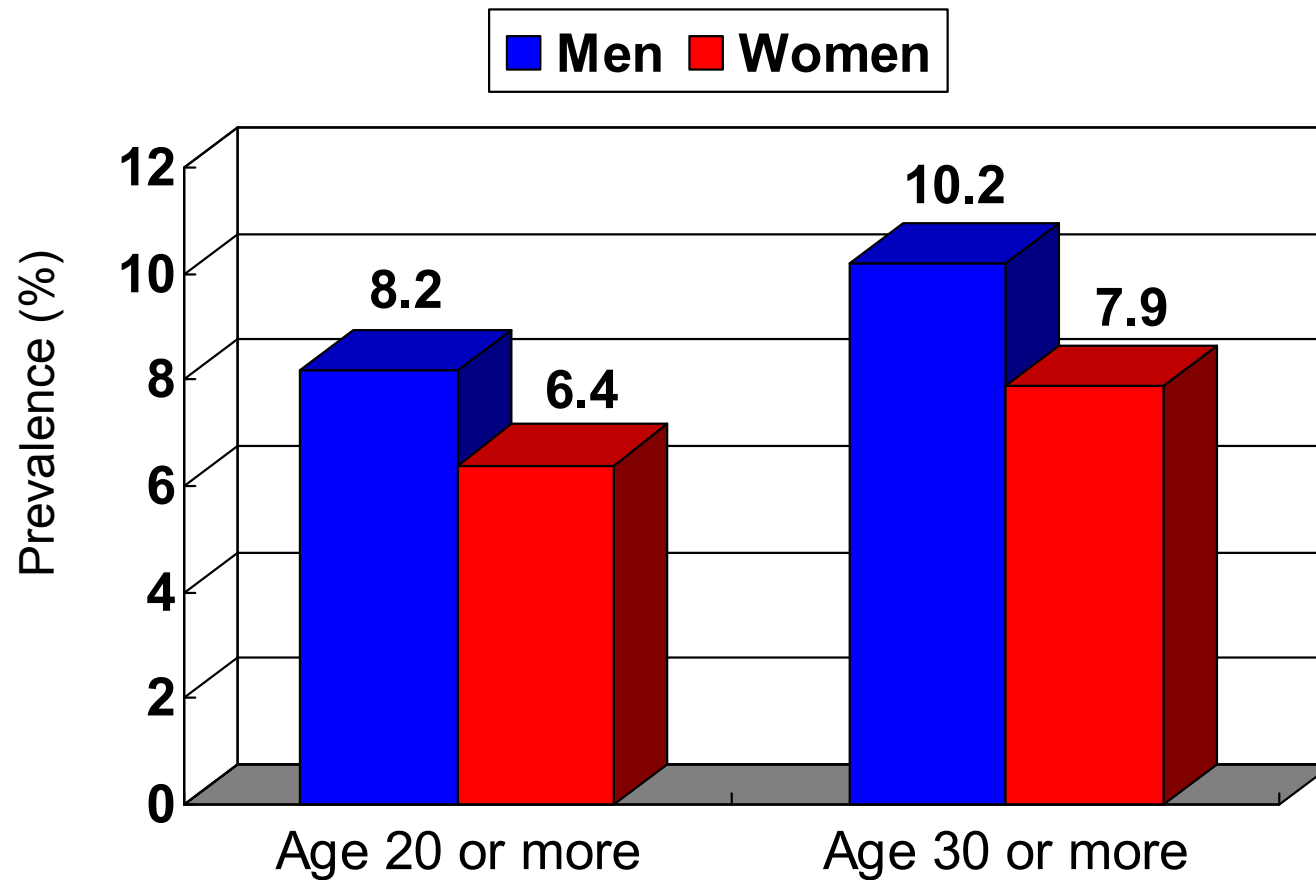
Hypertension in Korea



Prehypertension: SBP \geq 120mmHg or DBP \geq 80mmHg
Hypertension: SBP \geq 140mmHg or DBP \geq 90mmHg

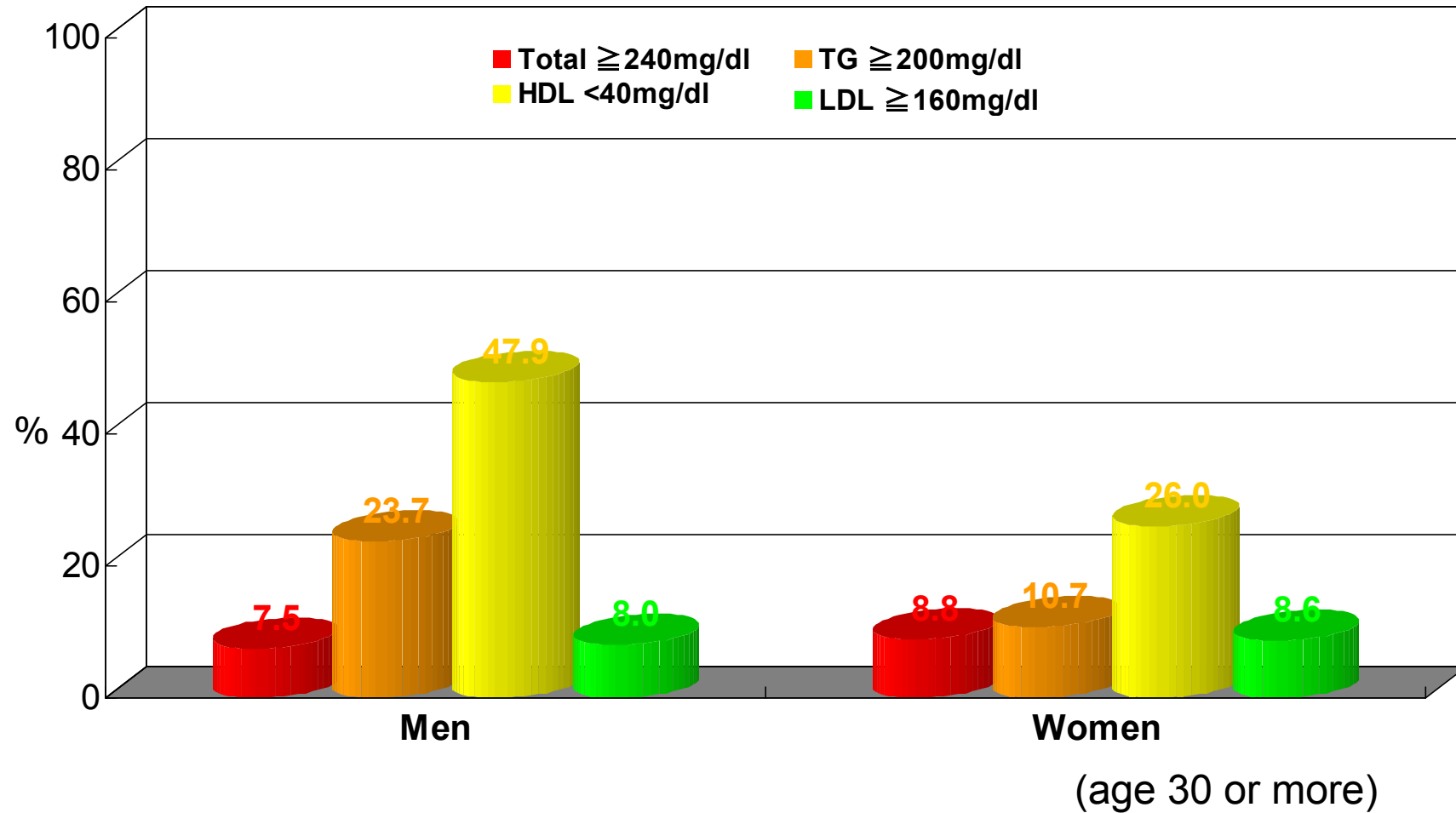
KNHANES 2005

Diabetes in Korea



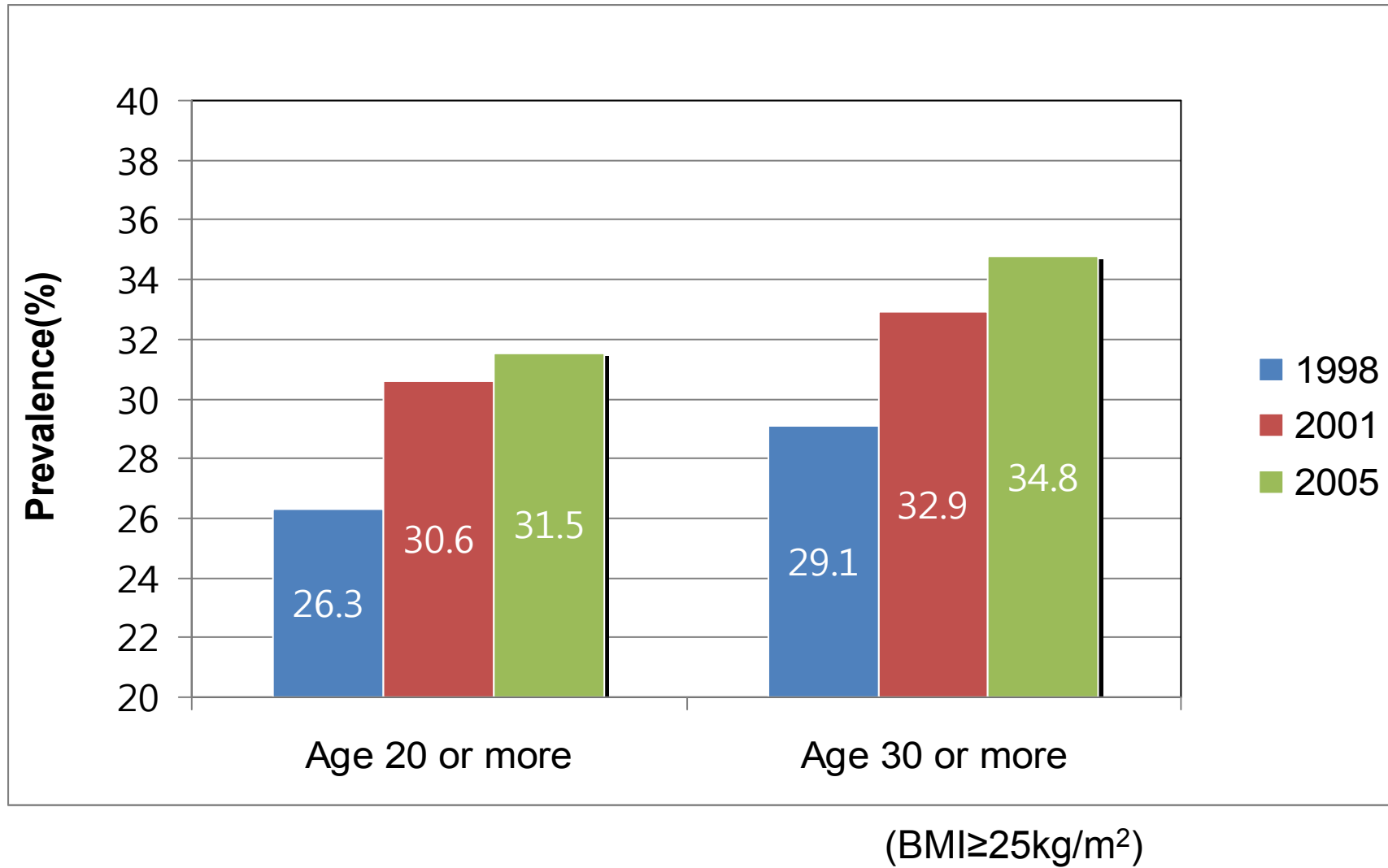
KNHANES 2005

Dyslipidemia in Korea



KNHANES 2005

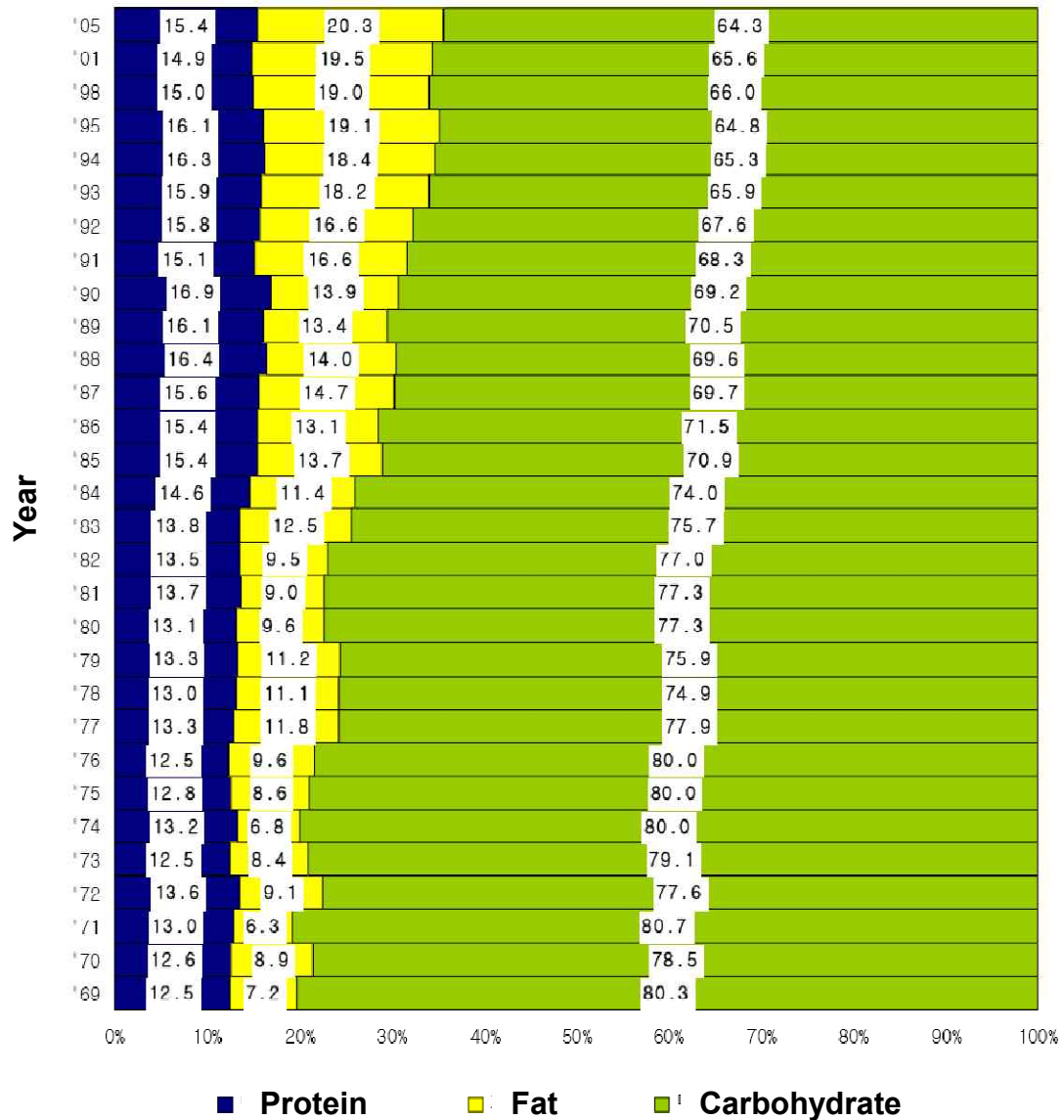
Obesity in Korea



KNHANES 1998-2005

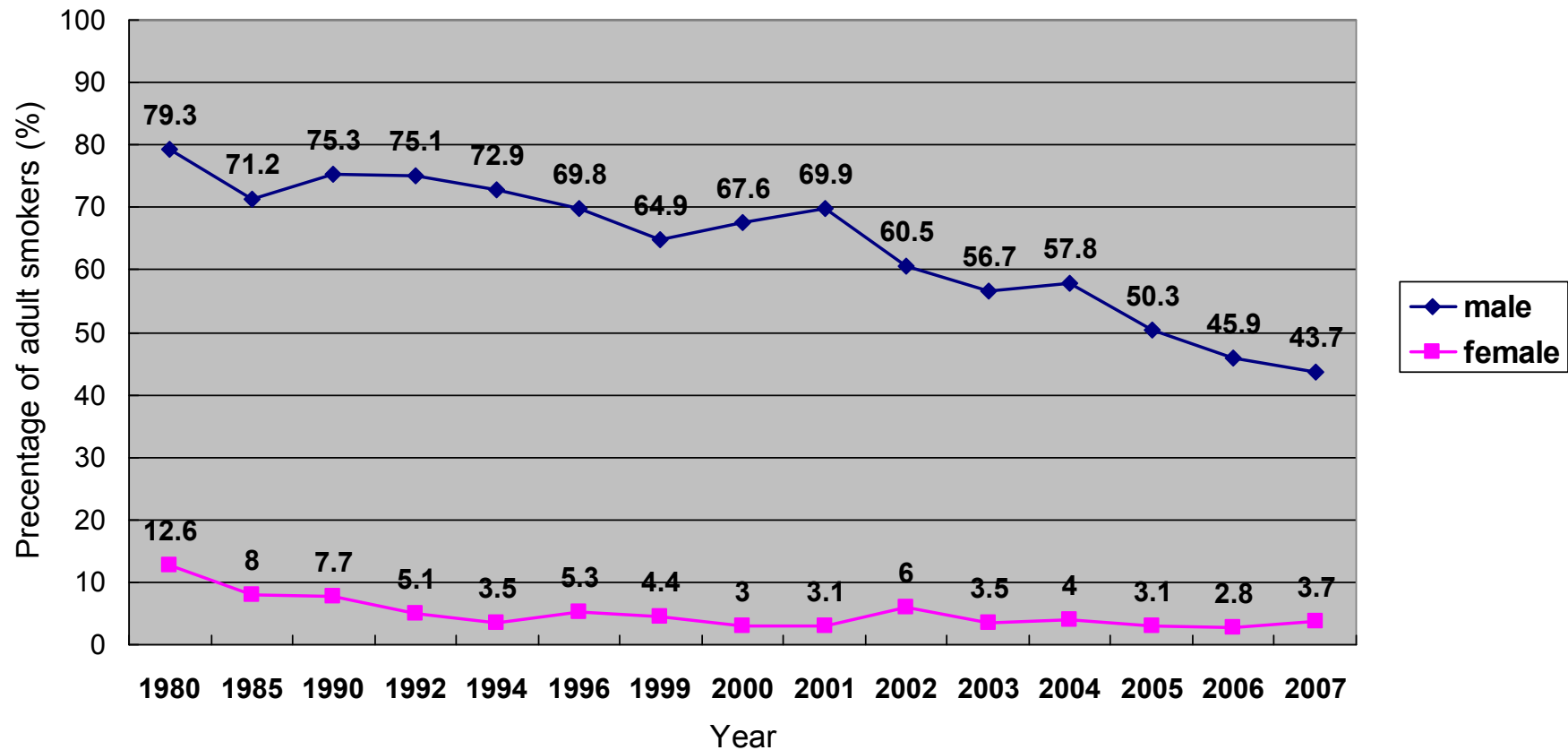
Fat intake in Korea

Change in Protein, Fat, and CHO intake (% total energy)



Smoking in Korea

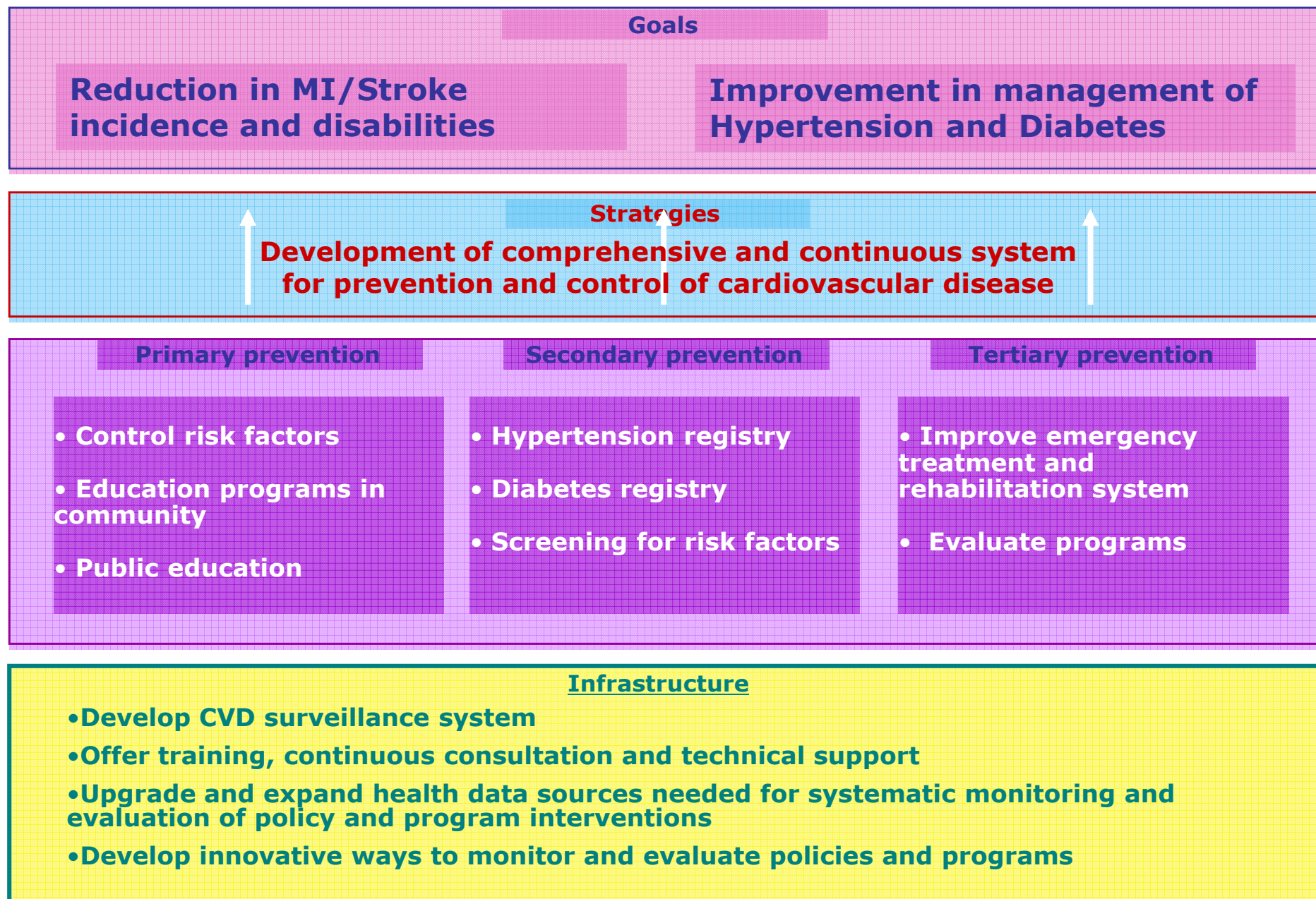
Trends in smoking prevalence in Korea (20 years of age and older)



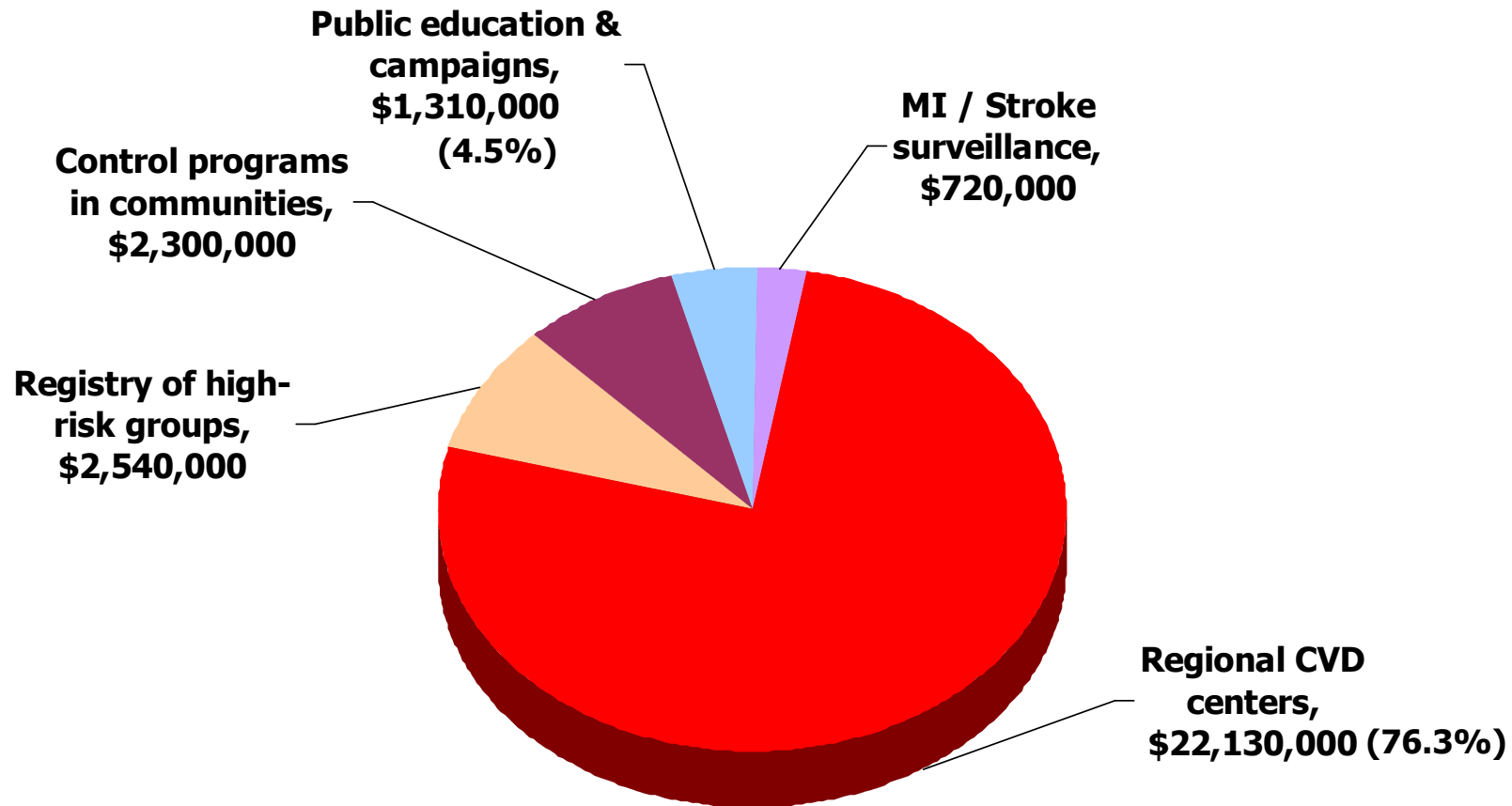
Source: Korean Association of Smoking and Health (KASH), Gallup Korea

CVD prevention and control in Korea

Government Plan for CVD prevention & control in Korea



Government's expenditure for CVD prevention and control in Korea (2010)



Source: Korean Ministry of Health and Welfare, 2010. CVD control plan.

Public campaigns for CVD prevention

- Mass media campaigns on TV, radio, internet, newspapers for CVD prevention and control
- Support local government campaigns

Registry of high-risk group of hypertension and diabetes

- Demonstration projects in 2 cities:
 - Hypertension registry: 83,537 patients
 - Diabetes registry : 31,519 patients
- Community education programs for registered patients

CVD surveillance

- Assess medical records of heart attack
 - 21,861 cases in 714 hospitals (16 cities, 2009)
- MI / Stroke registry based on emergency care data
 - 4,269 MI / 11,078 Stroke cases in 24 hospitals (2009)

Regional CVD center

- To facilitate treatment and rehabilitation of CVD patients in early stage
- Grant for medical facility of CVD centers in 9 regions for 5 years