

Rate of cardiovascular disease expected to rise in the US

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(HealthDay)—The combined effects of aging of the population and the obesity epidemic are expected to increase the prevalence of cardiovascular disease in the United States, according to research published in the October issue of *Health Affairs*.

Ankur Pandya, Ph.D., of the Weill Cornell Medical College in New York City, and colleagues used data for 1973 to 2010 from National Health and Nutrition Examination Surveys to predict risk and prevalence of cardiovascular disease for 2015 to 2030.

The researchers found that the effects of decreasing smoking rates and improved treatments on the prevalence of cardiovascular disease will be countered by aging of the population and obesity. An increase in the prevalence of cardiovascular disease is anticipated, with associated increases in health care costs, disability, and reduced quality of life.

"Our analyses show the importance of curbing [obesity](#) and improving cholesterol and blood pressure treatment to reduce projected risk and prevalence of [cardiovascular disease](#)," the authors write.

More information: [Abstract](#)
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