

Despite rising prevalence of heart disease in China, primary preventive treatment rates remain low

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About one in 10 middle-aged adults in China are at high risk for cardiovascular disease (CVD), yet use of risk reduction therapies is strikingly low. Findings from a Chinese national screening project are published in *Annals of Internal Medicine*.

CVD accounted for 40 percent of all deaths in China in 2015 and this burden is expected to increase because of the aging of the Chinese population and an increase in the [prevalence](#) of [risk factors](#), such as hypertension, diabetes, and smoking. Identifying and modifying risk factors for persons at high risk for CVD would have a considerable impact on [population health](#), but nationwide information is lacking about the prevalence and treatment of high CVD risk.

Researchers from the National Center for Cardiovascular Diseases in China investigated the prevalence, features, and treatment of high CVD risk among 1.7 million persons from the China PEACE Million Persons Project, which is a government-funded, community-based, national project of CVD screening and management conducted in the mainland of China. Among nearly 1.7 million participants aged 35-75 years, 9.5 percent had a high risk for CVD. Of those with high CVD risk, only 0.6 percent and 2.4 percent reported using statins and aspirin, respectively. According to the authors, these findings indicate that an immense opportunity exists for risk mitigation in Chinese population.

More information: Jiapeng Lu et al. Characteristics of High Cardiovascular Risk in 1.7 Million Chinese Adults, *Annals of Internal Medicine* (2019). [DOI: 10.7326/M18-1932](https://doi.org/10.7326/M18-1932)

Paul K. Whelton et al. Cardiovascular Disease Risk Estimation in China, *Annals of Internal Medicine* (2019). [DOI: 10.7326/M18-3301](https://doi.org/10.7326/M18-3301)

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