

Cardiovascular Disease Prevention Plan for Wales

Helping people who are at risk of developing cardiovascular disease to manage their health risks

Cardiovascular disease (CVD) refers to diseases of the heart and blood vessels that can result in life-changing conditions. Up to 80% of premature deaths from CVD are preventable.

Working with partners from health and social care and the voluntary sector, our ambition is to:



IDENTIFY 'ABCD Plus' risk factors in people who are at high risk of developing CVD



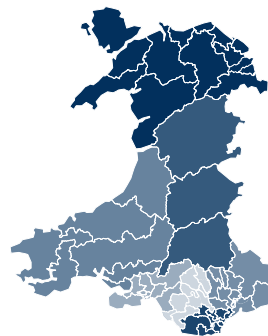
ABCD

Atrial fibrillation
(abnormal heart rhythm)

Blood pressure
(hypertension)

Cholesterol
(hyperlipidaemia)

Diabetes
(and pre-diabetes)



PLUS

Smoking, diet, physical activity, and alcohol consumption, as well as factors that impact on health such as financial wellbeing



TREAT ABCD risk factors and **SUPPORT** people to have healthy behaviours in a way that focusses on what matters to them

