

# Dietary risk

Dietary risk is defined as eating a diet low in [whole grains](#), nuts, seeds, fruit, vegetables, fibers, legumes, omega-3 fatty acids, PUFA, milk, and calcium as well as a diet high in sodium, trans fats, red or processed meat, and sugar-sweetened beverages (SSB).

High [systolic blood pressure](#) accounted for the largest contribution to attributable age-standardized Cardiovascular Disease [Disability-adjusted life years](#) (DALYs) at 2,564.9 per 100,000 globally. [Dietary risks](#) were the leading contributor to age-standardized CVD DALYs among the behavioral risks, while ambient particulate matter pollution led the environmental risks. Between 2015-2022, age-standardized CVD mortality increased in 27 out of 204 locations. Global death counts due to CVD increased from 12.4 million in 1990 to 19.8 million in 2022 reflecting global population growth and aging and the contributions from preventable metabolic, environmental, and behavioral risks. Eastern Europe had the highest age-standardized total CVD mortality at 553 deaths per 100,000. In contrast, countries in Australasia had the lowest age-standardized total CVD mortality at 122.5 deaths per 100,000 people. Central Asia, Eastern Europe, North Africa and the Middle East had the highest age-standardized mortality rate per 100,000 people attributable to high systolic blood pressure. The regions with the highest rates of CVD burden attributable to dietary risk were Central Asia, Oceania, and parts of North Africa and the Middle East. "Identifying sustainable ways to work with communities to take action to prevent and control modifiable risk factors for heart disease is essential for reducing the global burden of heart disease," said George A. Mensah, M.D., F.A.C.C., F.A.H.A., director of the Center for Translation Research and Implementation Science at the National Heart, Lung, and Blood Institute (NHLBI). "The 2023 Almanac represents an important resource for using locally relevant data to inform local-level actions for heart-healthy and thriving communities." <sup>1)</sup>

<sup>1)</sup>

Mensah GA, Fuster V, Murray CJL, Roth GA; Global Burden of Cardiovascular Diseases and Risks Collaborators. Global Burden of Cardiovascular Diseases and Risks, 1990-2022. J Am Coll Cardiol. 2023 Dec 19;82(25):2350-2473. doi: 10.1016/j.jacc.2023.11.007. PMID: 38092509.

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