



## Panel 2

# Completing the cardiovascular revolution

Introduction: Tomasz Zdrojewski  
Committee on Public Health  
of the Polish Academy of Sciences

Chairpersons: Mindaugas Stelemakas, Marcin Wojnar, Tomasz Zdrojewski



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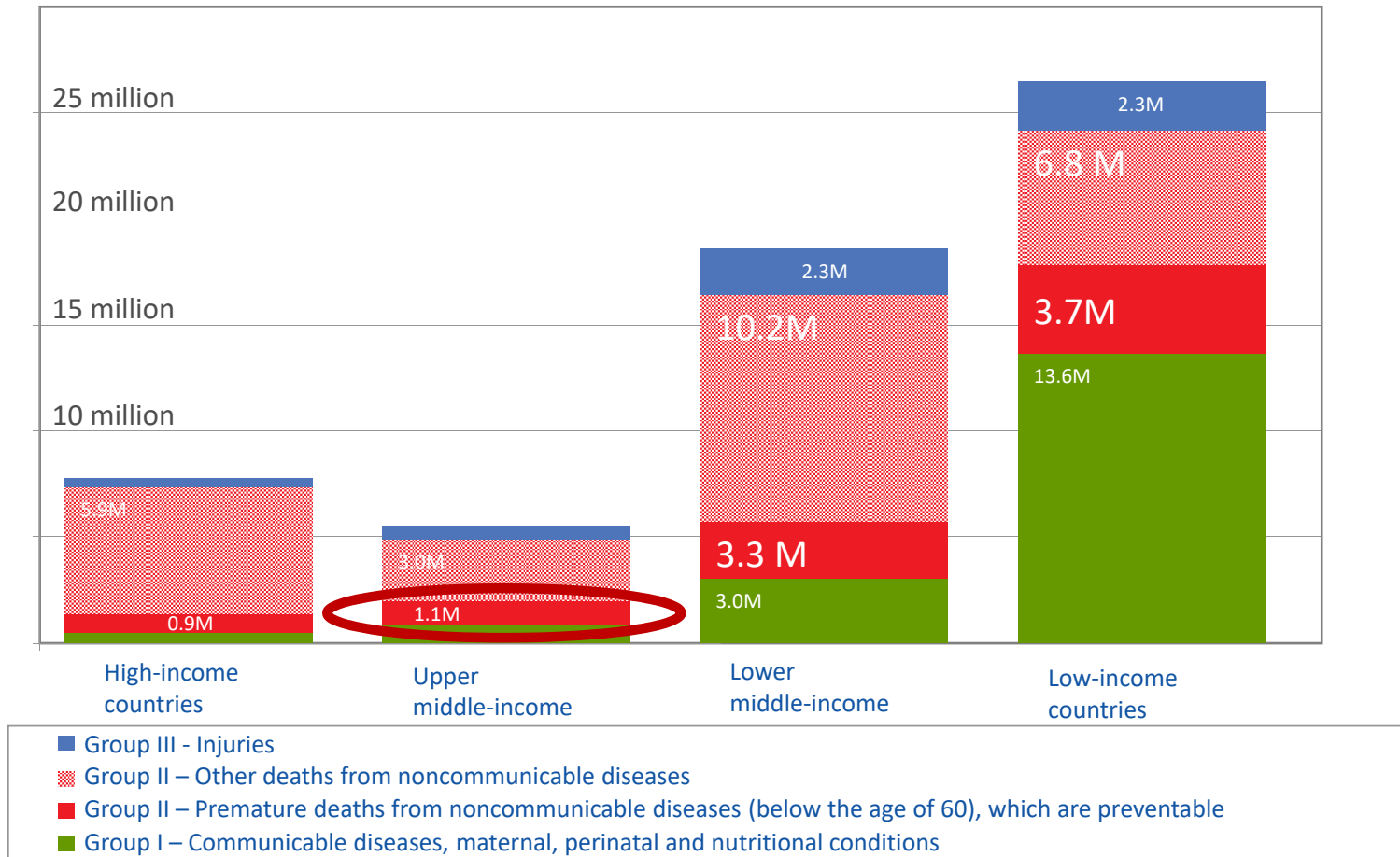


#CalisiaConf2019

10th June 2019



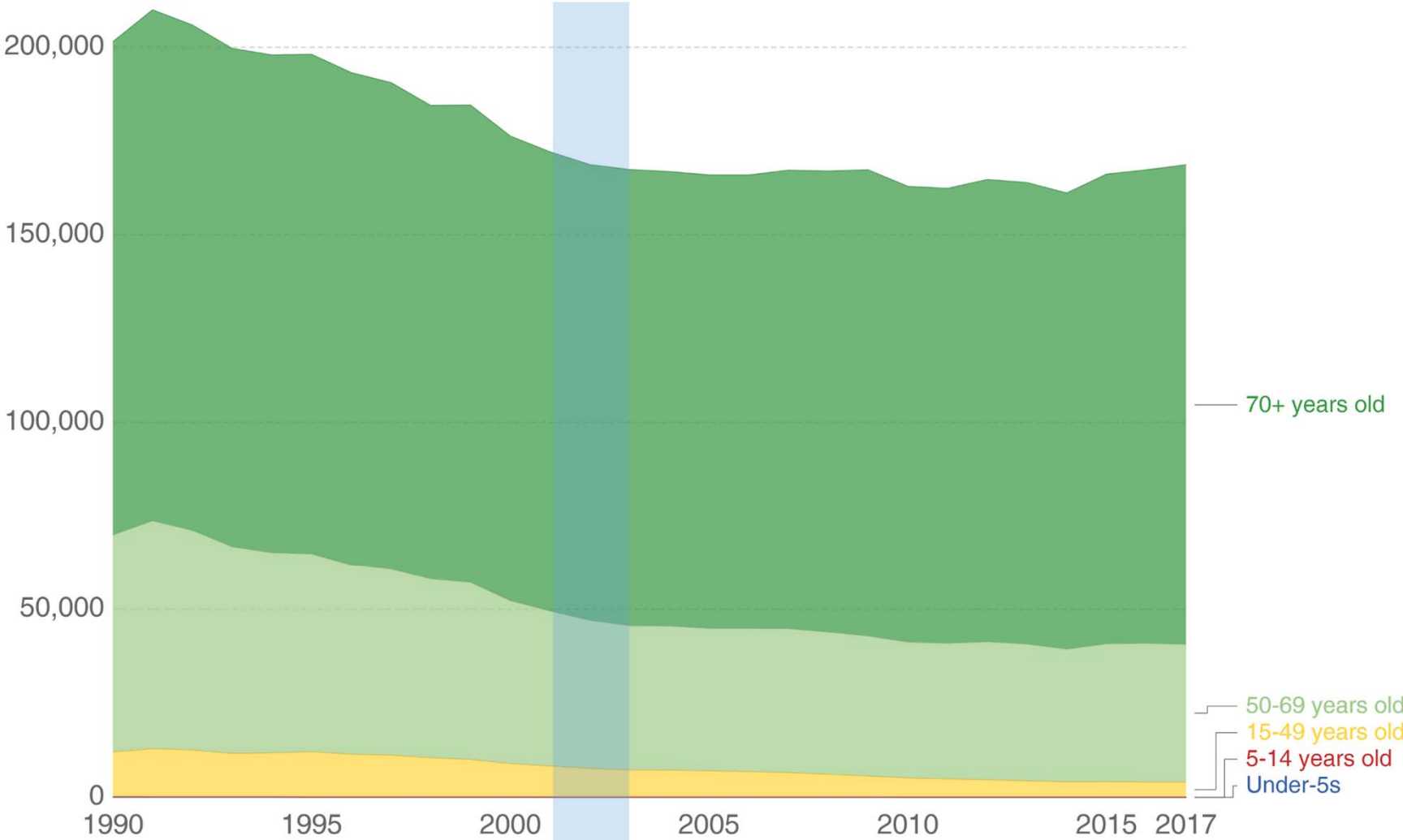
# Structure of deaths in the world



Poland - an upper middle-income country (UMIC - till 2009) with a high proportion of premature mortality from NCD

# Cardiovascular disease deaths by age, Poland

Annual number of deaths from cardiovascular disease, differentiated by age category.



Source: IHME, Global Burden of Disease (GBD)

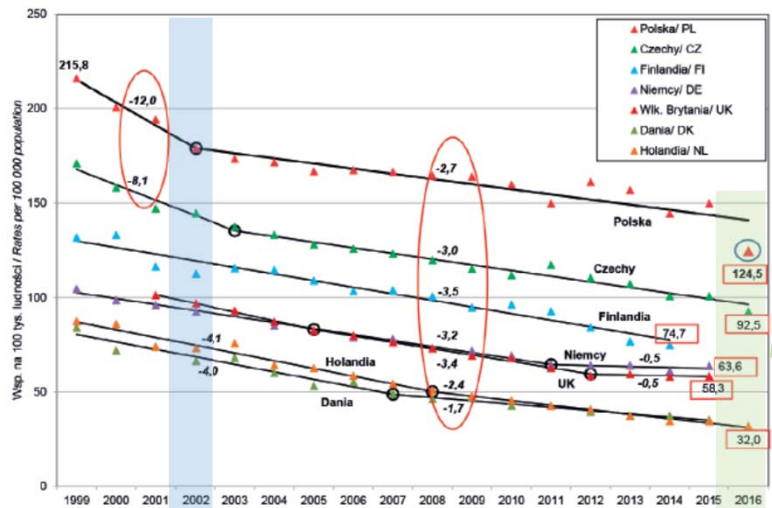
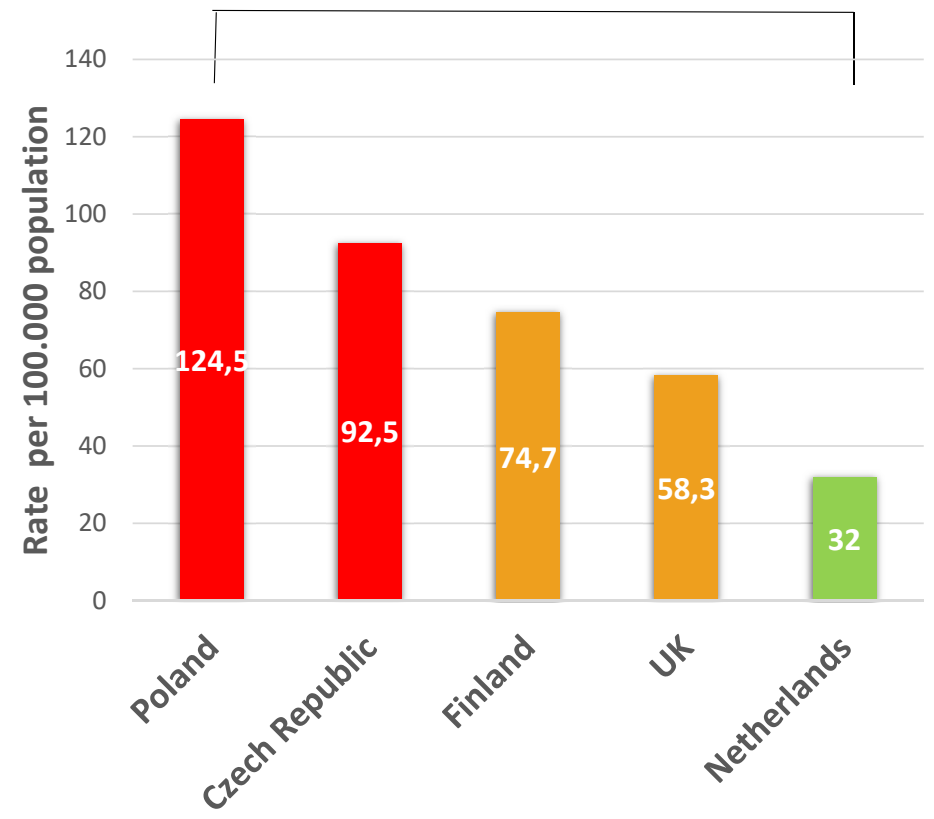
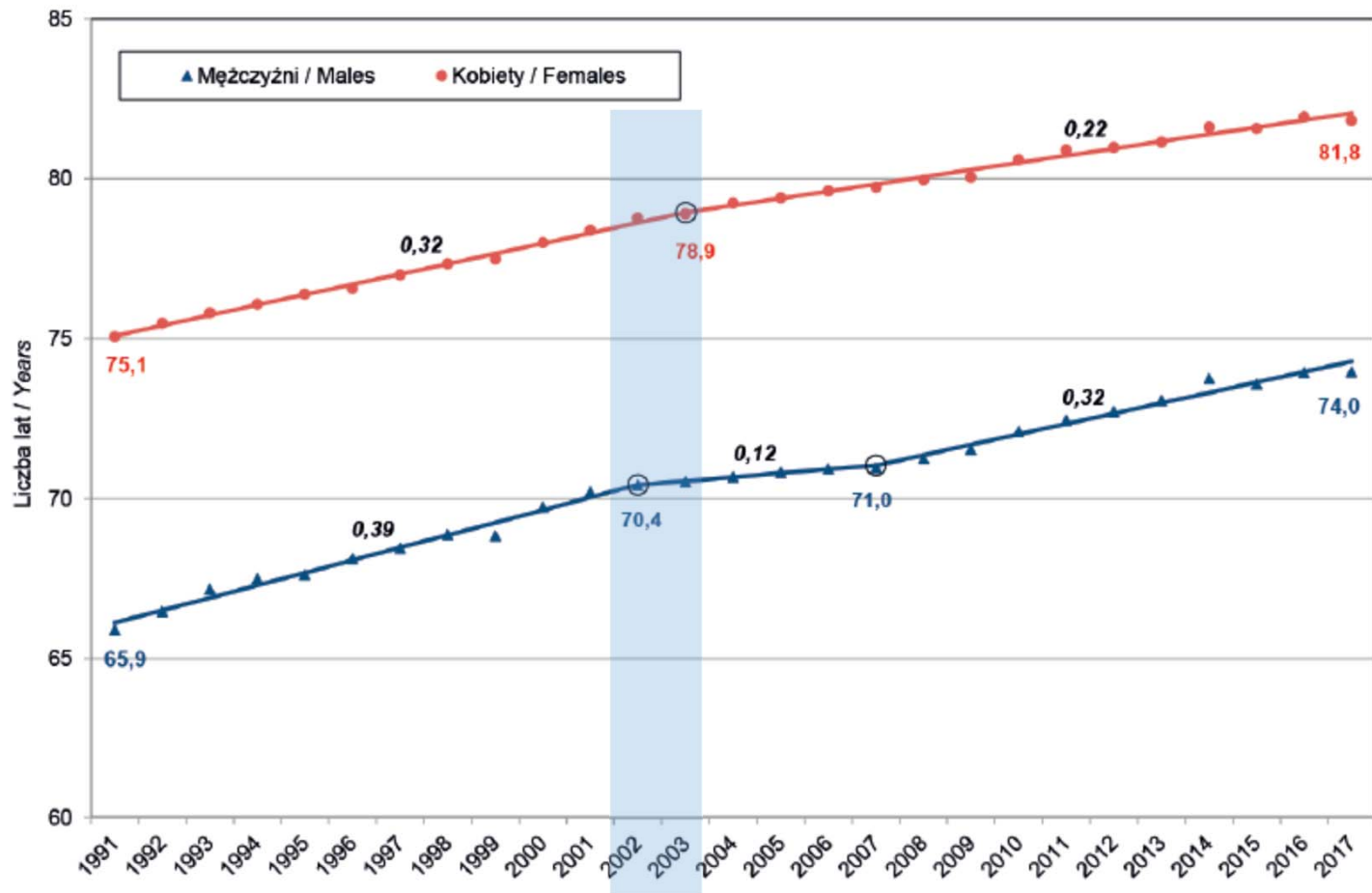


Fig. 2.44a. Age-standardized mortality rates from heart diseases of males aged 25-64 years in Poland and selected EU countries – their trends and mean annual decrease, 1999–2016 (authors' own calculation availing WHO data)

## Mortality rates from heart diseases of males (25-64 years)



Source: Health status of Polish population and its determinants ed. B. Wojtyniak, P. Goryński NIZP-PZH, Warsaw 2018



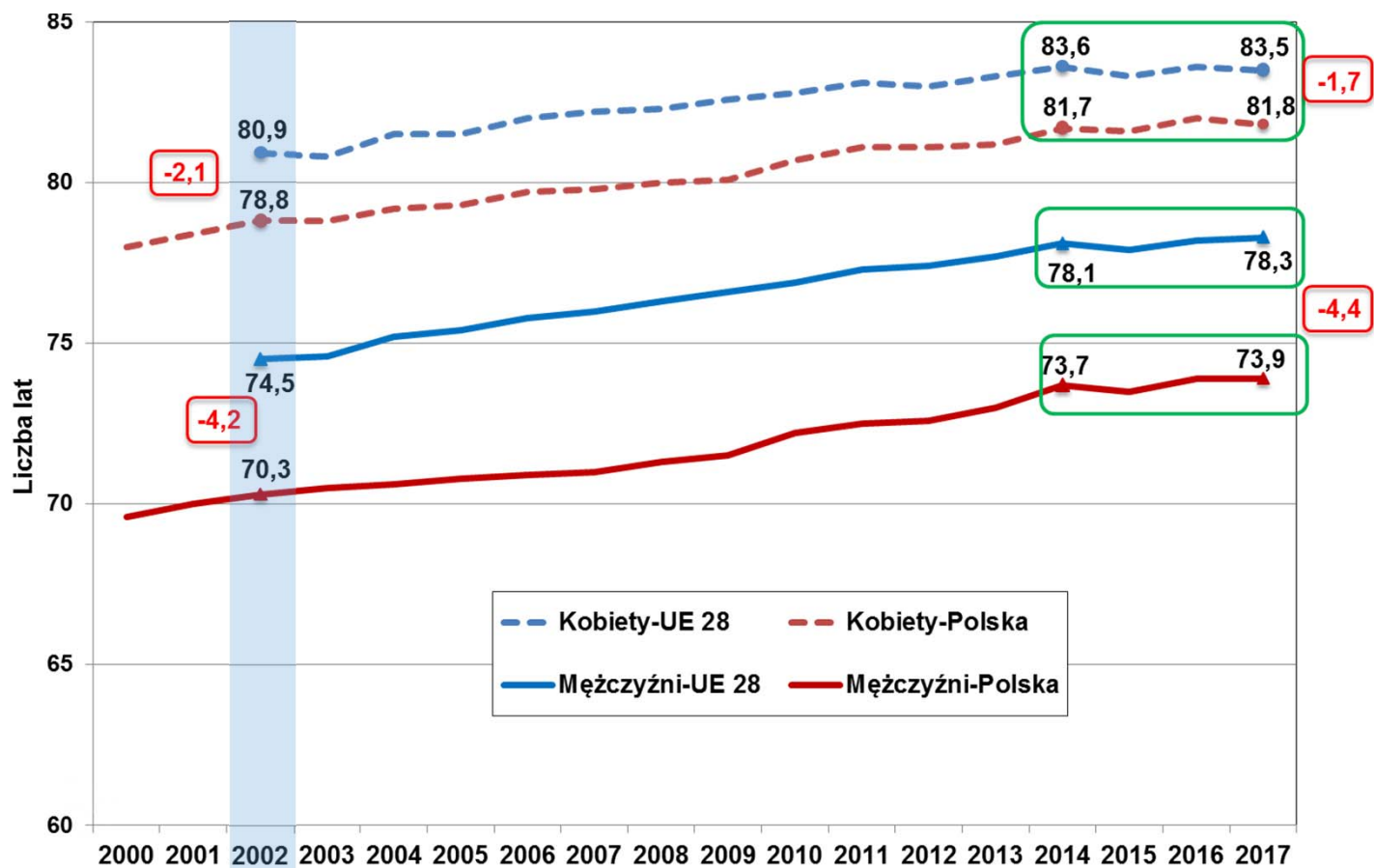
Ryc. 2.1. Przeciętne trwanie życia w wieku 0 lat w latach 1991–2017 – jego trendy oraz średnioroczne tempo wzrostu (dane GUS i obliczenia własne)

Fig. 2.1. Life expectancy at birth in Poland in years 1991–2017 – its trends and mean annual increase (CSO data and authors' own calculation)

Source: Health status of Polish population and its determinants  
ed. B. Wojtyniak, P. Goryński NIZP-PZH, Warsaw 2018

## Life expectancy in Males (Mężczyźni) and Females (Kobiety) in Poland and UE 28 in years 2000-2017

Source: Eurostat Database



Source: Health status of Polish population and its determinants  
ed. B. Wojtyniak, P.Goryński NIZP-PZH, Warsaw 2018

Potential causes of high premature CVD mortality  
and stagnation of life expectancy increase  
in Poland in years 2014-2017 ...

diet

alcohol

smoking

air pollution



## *Panel 2: Completing the Cardiovascular Revolution: diet, alcohol, smoking, air pollution*



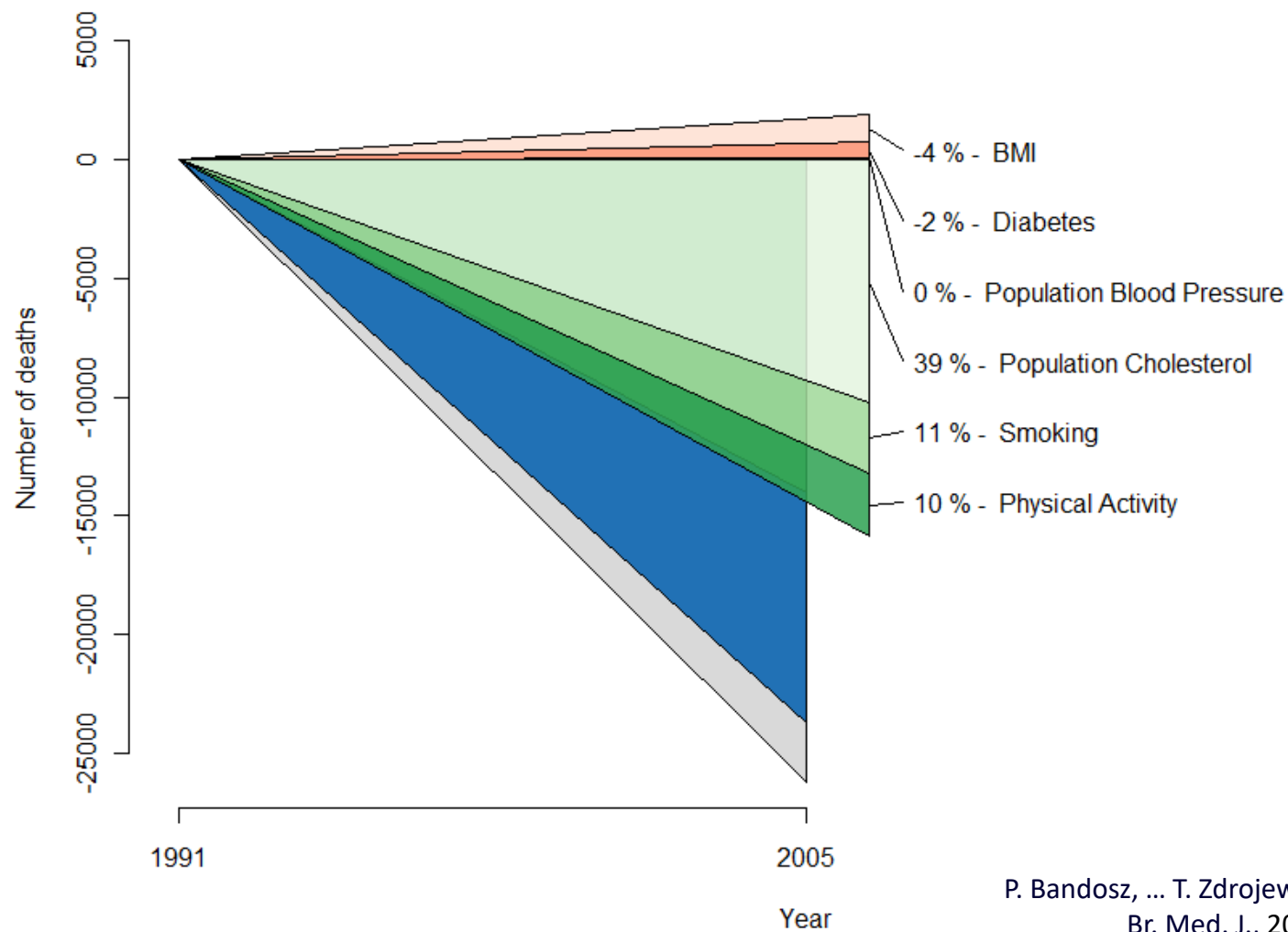
### Speakers:

- **Piotr Bandosz** Medical University in Gdansk and University of Liverpool  
*Cholesterol and CV mortality in Poland – are we going in the right direction?*
- **Zbigniew Gaciong** Medical University of Warsaw  
*Alcohol and the heart*
- **Jacek Moskalewicz** Institute of Psychiatry and Neurology in Warsaw  
*Evolution of alcohol policy in Poland*
- **Carlo La Vecchia** University of Milan “La Statale”  
*Mediterranean diet, cancer and CV risk in a network of Italian studies*
- **Eva Negri** University of Milan “La Statale”  
*Gender differences in smoking related diseases*
- **Christina Ciecierski** Northeastern Illinois University, Chicago  
*Economic impact.*



## Explaining the fall in coronary artery disease mortality in Poland between 1991 and 2005

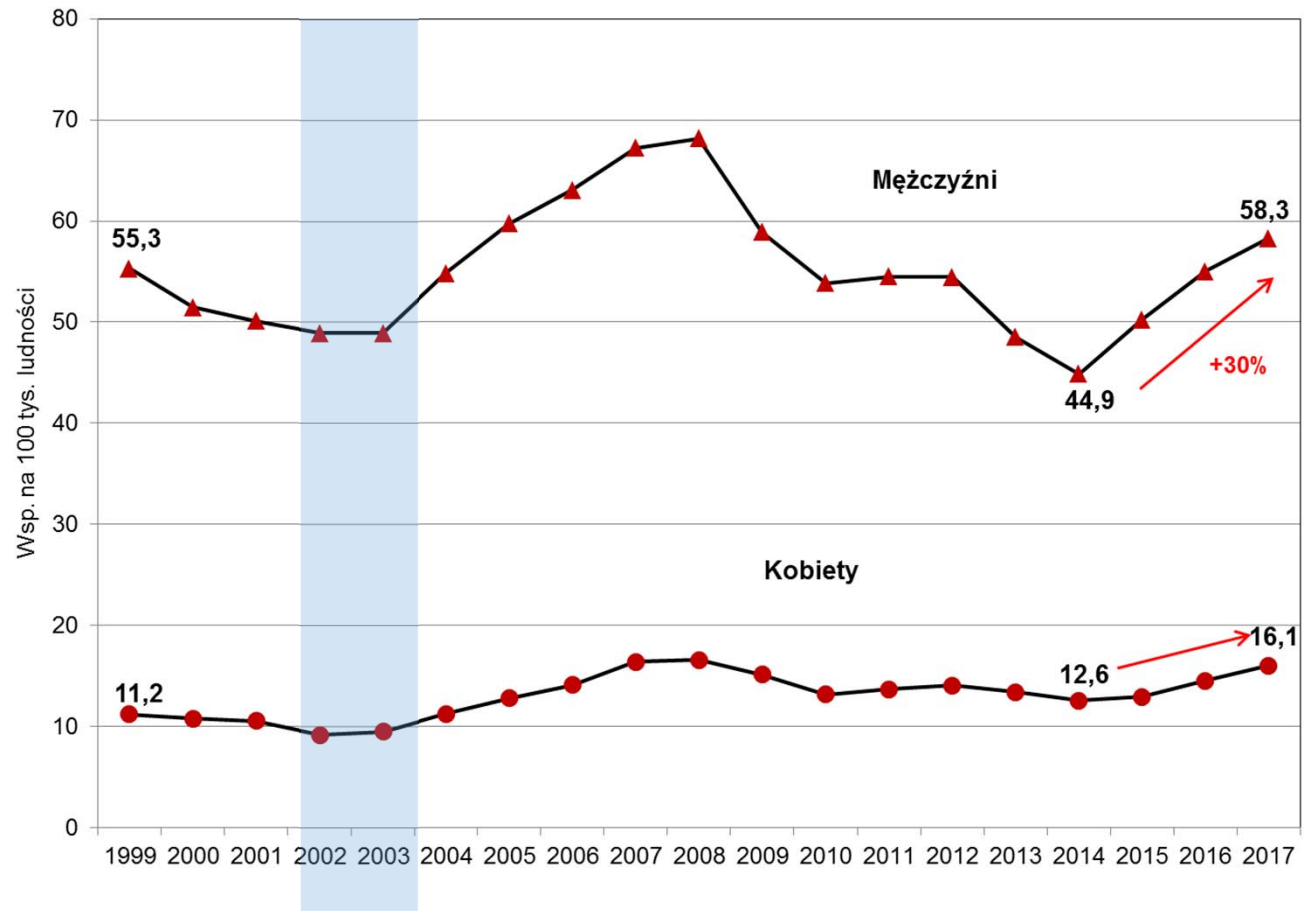
Case study  
on cholesterol  
reduction in PI:  
Role of diet ...



P. Bandosz, ... T. Zdrojewski, S. Capewell et al.  
Br. Med. J., 2012 Jan 25;344:d8136

# Age-standardized mortality rates in 25-64 y.o. Males (Mężczyźni) and Females (Kobiety) in Poland due to harmful use of alcohol in years 1999-2017

Burden of harmful use of alcohol ...



Source: Health status of Polish population and its determinants ed. B. Wojtyniak, P. Goryński NIZP-PZH, Warsaw 2018

Non-communicable diseases are largely preventable by means of effective interventions that tackle shared modifiable risk factors

		Causative risk factors			
		Tobacco use	Unhealthy diets	Physical inactivity	Harmful use of alcohol
Non-communicable diseases	Heart disease and stroke	✓	✓	✓	✓
	Diabetes	✓	✓	✓	✓
	Cancer	✓	✓	✓	✓
	Chronic lung disease	✓			

**80% of CVD are preventable !**