



Medicine/Biological Natural Sciences

Question

1 in 3 people in the UK die from cardiovascular disease. Do you think this statistic will increase or decrease in the next 50 years?

General introductory information

- Cardiovascular disease (CVD) is a general term for conditions affecting the heart or blood vessels. 7.6 million people in the UK are living with CVD in the UK.
- CVD is one of the main causes of death and disability in the UK, with 27% of all UK deaths being caused by heart and circulatory disease (163,000 deaths each year in the UK).

Things to think about to start with

- What do you think the question is asking you? Think about doing a mind map laying out what you think the question is asking and what information you will need to answer the question.
- After you have thought about the question, plan out your arguments. This is a question of two halves. Plan out your key arguments and some Google searches you might want to carry out to try and address both sides of the argument

Structuring a piece of writing

- How you structure a piece of writing is really important.
- For a general guide, think about structuring your piece in 3 sections: intro, main body, conclusion.
- With this question, a conclusion is important because here you will need to weigh up both sides of your argument and come to a decision to answer the question. It will be important to include your own opinion, based on the evidence you have gathered, in your conclusion.
- Include diagrams! It's always nice to have diagrams/schematics to represent pieces of text in a simple format. If you do include diagrams, remember to add figure legends.
- Referencing! This is incredibly important! Remember to reference all your facts/figures. You MUST cite your sources of information.

Causes of CVD

- The causes of CVD are going to be an important starting point for this piece of work as the changes in prevalence of the causes of CVD are going to ultimately impact the prevalence of CVD itself.
- Here are some key causes of CVD: high blood pressure (hypertension), smoking, high cholesterol, diabetes, inactivity, being overweight or obese, family history of CVD, ethnic background, age, gender, diet, and alcohol.
- Think about looking at some of these causes and risk factors and what the projections are for the next 50 years.
- HOWEVER, it is also important to think about the flip side of the argument and the push for research into CVD to reduce the death toll.

Materials

- Here are some suggested materials to get you started ☺
- [UK statistics fact sheet from the BHF](#). Also includes some useful links to other sources.
- [Information on the prevalence of diabetes](#), and also [here](#).
- [Information on the prevalence of obesity](#), and also [here](#).
- [Prevalence of hypertension](#).
- [BHF Research Strategy to reduce CVD deaths](#), and [here](#) and [here](#).