

Leading cause of death in world:

- a. Ischaemic heart disease in 2020
 - i. <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>
- b. Heart disease most common cause in 2019
 - i. <https://ourworldindata.org/causes-of-death#:~:text=This%20includes%20cardiovascular%20diseases%2C%20cancer,one%2Din%2Dfive%20deaths.>
- c. CVD in 2023
 - i. <https://www.socialstyrelsen.se/globalassets/sharepoint-dokument/artikelkatalog/statistik/2024-6-9173.pdf>

Leading cause of death by country (2019): <https://data.who.int/countries>

- a. Afghanistan: Ischaemic heart disease (then neonatal conditions)
- b. Albania: Ischaemic heart disease (then stroke)
- c. Algeria: Ischaemic heart disease (then stroke)
- d. Andorra: Ischaemic heart disease in blog released in 2017
 - i. <https://borgenproject.org/common-diseases-in-andorra/#:~:text=Ischemic%20Heart%20Disease&text=About%2022%20percent%20of%20Andorran,live%20a%20more%20sedentary%20lifestyle.>
- e. Angola: Neonatal conditions (then lower respiratory infections)
 - i. 8th cause: Ischaemic heart disease
- f. Antigua and Barbuda: Ischaemic heart disease (then stroke)
- g. Argentina: Ischaemic heart disease (then lower respiratory infections)
- h. Armenia: Ischaemic heart disease (then stroke)
- i. Australia: Ischaemic heart disease (then Alzheimer's and other dementias)
- j. Austria: Ischaemic heart disease (then stroke)
- k. Azerbaijan: Ischaemic heart disease (then stroke)
- l. Bahamas: Ischaemic heart disease (then stroke)
- m. Bahrain: Ischaemic heart disease (then diabetes mellitus)
- n. Bangladesh: Stroke (then Ischaemic heart disease)
- o. Barbados: Stroke (then Ischaemic heart disease)
- p. Belarus: Ischaemic heart disease (then stroke)
- q. Belgium: Ischaemic heart disease (then Alzheimer's and other dementias)
- r. Belize: Ischaemic heart disease (then interpersonal violence)
- s. Benin: Neonatal conditions (then lower respiratory infections)
 - i. 6th cause: Ischaemic heart disease
- t. Bhutan: Ischaemic heart disease (then chronic obstructive pulmonary disease)
- u. Bolivia: Ischaemic heart disease (then lower respiratory infections)
- v. Bosnia and Herzegovina: Ischaemic heart disease (then stroke)

- w. Botswana: HIV/AIDS (then lower respiratory infections)
 - i. 3rd cause: Ischaemic heart disease
 - x. Brazil: Ischaemic heart disease (then stroke)
 - y. Brunei Darussalam: Ischaemic heart disease (then stroke)
 - z. Bulgaria: Ischaemic heart disease (then stroke)
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- a. Burkina Faso: Neonatal conditions (then lower respiratory infections)
 - i. 5th cause: Ischaemic heart disease
 - b. Burundi: Neonatal conditions (then lower respiratory infections)
 - i. 7th cause: Ischaemic heart disease
 - c. Cabo Verde: Ischaemic heart disease (then stroke)
 - d. Cambodia: Stroke (then Ischaemic heart disease)
 - e. Cameroon: Neonatal conditions (then lower respiratory infections)
 - i. 7th cause: Ischaemic heart disease
 - f. Canada: Ischaemic heart disease (then Alzheimer's and other dementias)
 - g. Cape Verde: Ischaemic heart disease (then stroke)
 - h. Central African Republic: Neonatal conditions (then lower respiratory infections)
 - i. 8th cause: Ischaemic heart disease
 - i. Chad: Lower respiratory infections (then neonatal conditions)
 - i. 6th cause: Ischaemic heart disease
 - j. Chile: Ischaemic heart disease (then stroke)
 - k. China: Stroke (then Ischaemic heart disease)
 - l. Colombia: Ischaemic heart disease (then interpersonal violence)
 - m. Comoros: Neonatal conditions (then lower respiratory infections)
 - i. 5th cause: Ischaemic heart disease
 - n. Congo: HIV/AIDS (then neonatal conditions)
 - i. 5th cause: Ischaemic heart disease
 - o. Cook Islands: Ischaemic heart disease from 2017-21 data
 - i. <https://iris.who.int/rest/bitstreams/610411/retrieve#:~:text=As%20indicate d%20in%20the%20Cook,100%20new%20cases%20a%20year.>
 - p. Costa Rica: Ischaemic heart disease (then stroke)
 - q. Côte d'Ivoire: Neonatal conditions (then lower respiratory infections)
 - i. 5th cause: Ischaemic heart disease
 - r. Croatia: Ischaemic heart disease (then stroke)
 - s. Cuba: Ischaemic heart disease (then stroke)
 - t. Cyprus: Ischaemic heart disease (then stroke)
 - u. Czechia: Ischaemic heart disease (then stroke)
 - v. Democratic People's Republic of Korea: Stroke (then Ischaemic heart disease)
 - w. Democratic Republic of Congo: Neonatal conditions (then lower respiratory conditions)

- i. 8th cause: Ischaemic heart disease
- x. Denmark: Ischaemic heart disease (then Alzheimer's and other dementias)
- y. Djibouti: Ischaemic heart disease (then stroke)
- z. Dominica: Cardiovascular disease (then diabetes) in 2019
 - i. <https://hia.paho.org/en/node/173#:~:text=Cardiovascular%20diseases%2C%20diabetes%2C%20and%20cancers, half%20all%20healthy%20life%20lost.>
- aa. Dominican Republic: Ischaemic heart disease (then stroke)

- a. Ecuador: Ischaemic heart disease (then kidney diseases)
- b. Egypt: Ischaemic heart disease (then cirrhosis of the liver)
- c. El Salvador: Ischaemic heart disease (then interpersonal violence)
- d. Equatorial Guinea: HIV/AIDS (then neonatal conditions)
 - i. 6th cause: Ischaemic heart disease
- e. Eritrea: Lower respiratory infections (then stroke)
 - i. 4th cause: Ischaemic heart disease
- f. Estonia: Ischaemic heart disease (then hypertensive heart disease)
- g. Eswatini: HIV/AIDS (then lower respiratory infections)
 - i. 5th cause: Ischaemic heart disease
- h. Ethiopia: Neonatal conditions (then lower respiratory infections)
 - i. 5th cause: Ischaemic heart disease
- i. Fiji: Diabetes mellitus (then Ischaemic heart disease)
- j. Finland: Alzheimer's and other dementias (then Ischaemic heart disease)
- k. France: Ischaemic heart disease (then Alzheimer's and other dementias)
- l. Gabon: Tuberculosis (then HIV/AIDS)
 - i. 4th cause: Ischaemic heart disease
- m. Gambia: Neonatal conditions (then lower respiratory infections)
 - i. 4th cause: Ischaemic heart disease
- n. Georgia: Ischaemic heart disease (then stroke)
- o. Germany: Ischaemic heart disease (then Alzheimer's and other dementias)
- p. Ghana: Neonatal conditions (then lower respiratory infections)
 - i. 4th cause: Ischaemic heart disease
- q. Greece: Ischaemic heart disease (then stroke)
- r. Grenada: Ischaemic heart disease (then stroke)
- s. Guatemala: Ischaemic heart disease (then lower respiratory infections)
- t. Guinea: Lower respiratory infections (then neonatal conditions)
 - i. 7th cause: Ischaemic heart disease
- u. Guinea-Bissau: Neonatal conditions (then HIV/AIDS)
 - i. 6th cause: Ischaemic heart disease
- v. Guyana: Ischaemic heart disease (then stroke)

- w. Haiti: Ischaemic heart disease (then stroke)
 - x. Honduras: Ischaemic heart disease (then interpersonal violence)
 - y. Hungary: Ischaemic heart disease (then stroke)
 - z. Iceland: Ischaemic heart disease (then Alzheimer's and other dementias)
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- a. India: Ischaemic heart disease (then chronic obstructive pulmonary disease)
 - b. Indonesia: Stroke (then Ischaemic heart disease)
 - c. Iran: Ischaemic heart disease (then stroke)
 - d. Iraq: Ischaemic heart disease (then stroke)
 - e. Ireland: Ischaemic heart disease (then Alzheimer's and other dementias)
 - f. Israel: Ischaemic heart disease (then Alzheimer's and other dementias)
 - g. Italy: Ischaemic heart disease (then stroke)
 - h. Jamaica: Stroke (then diabetes mellitus)
 - i. 3rd cause: Ischaemic heart disease
 - i. Japan: Ischaemic heart disease (then stroke)
 - j. Jordan: Ischaemic heart disease (then stroke)
 - k. Kazakhstan: Ischaemic heart disease (then stroke)
 - l. Kenya: Neonatal conditions (then lower respiratory infections)
 - i. 10th cause: Ischaemic heart disease
 - m. Kiribati: Ischaemic heart disease (then stroke)
 - n. Kuwait: Ischaemic heart disease (then road injury)
 - o. Kyrgyzstan: Ischaemic heart disease (then stroke)
 - p. Lao People's Democratic Republic: Stroke (then Ischaemic heart disease)
 - q. Latvia: Ischaemic heart disease (then stroke)
 - r. Lebanon: Ischaemic heart disease (then stroke)
 - s. Lesotho: HIV/AIDS (then lower respiratory infections)
 - i. 6th cause: Ischaemic heart disease
 - t. Liberia: Neonatal conditions (then tuberculosis)
 - i. 8th cause: Ischaemic heart disease
 - u. Libya: Ischaemic heart disease (then stroke)
 - v. Lithuania: Ischaemic heart disease (then stroke)
 - w. Luxembourg: Ischaemic heart disease (then Alzheimer's and other dementias)
 - x. Madagascar: Stroke (then lower respiratory infections)
 - i. 4th cause: Ischaemic heart disease
 - y. Malawi: HIV/AIDS (then neonatal conditions)
 - i. 8th cause: Ischaemic heart disease
 - z. Malaysia: Ischaemic heart disease (then lower respiratory infections)
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- a. Maldives: Ischaemic heart disease (then stroke)
 - b. Mali: Neonatal conditions (then lower respiratory infections)

- i. 6th cause: Ischaemic heart disease
- c. Malta: Ischaemic heart disease (then stroke)
- d. Marshall Islands: Diabetes-related diseases and cancer in PDF released in 2018
 - i. https://iris.who.int/bitstream/handle/10665/136940/ccsbrief_mhl_en.pdf?sequence=1#:~:text=HEALTH%20SITUATION,the%20leading%20causes%20of%20death.
 - ii. “The high consumption of imported canned and instant food, lack of physical exercise and use of tobacco products are all associated with the high prevalence of noncommunicable diseases (NCDs) and obesity”
- e. Mauritania: Neonatal conditions (then lower respiratory infections)
 - i. 4th cause: Ischaemic heart disease
- f. Mauritius: Diabetes mellitus (then Ischaemic heart disease)
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- h. Micronesia: Ischaemic heart disease (then diabetes mellitus)
- i. Monaco: Cancer, CVD, and diabetes are the more common causes of death (could not find leading cause)
 - i. <https://borgenproject.org/common-diseases-in-monaco-life-expectancy/#:~:text=Some%20of%20the%20more%20common,as%20a%20preventative%20health%20resource.>
- j. Mongolia: Ischaemic heart disease (then stroke)
- k. Montenegro: Stroke (then Ischaemic heart disease)
- l. Morocco: Ischaemic heart disease (then stroke)
- m. Mozambique: HIV/AIDS (then neonatal conditions)
 - i. 7th cause: Ischaemic heart disease
- n. Myanmar: Stroke (then Ischaemic heart disease)
- o. Namibia: HIV/AIDS (then lower respiratory infections)
 - i. 5th cause: Ischaemic heart disease
- p. Nauru: Heart disease, hypertension, diabetes, kidney disease and lower respiratory disease are the leading cause of death in 2017
 - i. <https://borgenproject.org/common-diseases-in-nauru/>
 - ii. <https://www.diabetes.co.uk/in-depth/i-have-seen-so-many-funerals-for-such-a-small-island-the-astonishing-story-of-nauru-the-tiny-island-nation-with-the-worlds-highest-rates-of-type-2-diabetes/>
 - 1. Talks about the history and how western diet introduction has led to more obesity
 - 2. Societal perception is important because obesity is seen as a symbol of wealth because it means you have so much money that you don't have to do work
- q. Nepal: Chronic obstructive pulmonary disease (then Ischaemic heart disease)
- r. Netherlands: Alzheimer's and other dementias (then Ischaemic heart disease)

- s. New Zealand: Ischaemic heart disease (then Alzheimer's and other dementias)
 - t. Nicaragua: Ischaemic heart disease (then kidney diseases)
 - u. Niger: Neonatal conditions (then lower respiratory infections)
 - i. 6th cause: Ischaemic heart disease
 - v. Nigeria: Neonatal conditions (then lower respiratory infections)
 - i. 6th cause: Ischaemic heart disease
 - w. Niue: Diabetes in a report of 2012-16 (NCDs are the leading cause of death, diabetes is the leading NCD)
 - i. <https://www.spc.int/updates/blog/2019/03/niues-vital-statistics-report-high-lights-non-communicable-diseases-as-a-major>
 - ii. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8543825/>
 - 1. This link is making me wonder the history of pacific islands and how that helps us understand CVD prevalence
 - x. North Macedonia: Stroke (then Ischaemic heart disease)
 - y. Norway: Ischaemic heart disease (then Alzheimer's and other dementias)
 - z. Oman: Ischaemic heart disease (then stroke)
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- a. Pakistan: Ischaemic heart disease (then neonatal conditions)
 - b. Palau: NCDs (CVD, cancer, chronic respiratory diseases, and diabetes are the 4 main causes of death) - cannot find date
 - i. <https://borgenproject.org/10-facts-about-life-expectancy-in-palau/#:~:text=The%20leading%20causes%20of%20death,of%20death%20in%20the%20country.>
 - c. Palestine: CVD (then cancer) in 2016
 - i. <https://link.springer.com/article/10.1007/s00432-022-04430-2#:~:text=In%20the%20OPT%2C%20with%20a,of%20all%20causes%20of%20death.>
 - d. Panama: Ischaemic heart disease (then stroke)
 - e. Papua New Guinea: Ischaemic heart disease (then stroke)
 - f. Paraguay: Ischaemic heart disease (then stroke)
 - g. Peru: Lower respiratory infections (then Ischaemic heart disease)
 - h. Philippines: Ischaemic heart disease (then lower respiratory infections)
 - i. Poland: Ischaemic heart disease (then stroke)
 - j. Portugal: Ischaemic heart disease (then stroke)
 - k. Qatar: Ischaemic heart disease (then diabetes mellitus)
 - l. Republic of Korea: Ischaemic heart disease (then lower respiratory infections)
 - m. Republic of Moldova: Ischaemic heart disease (then stroke)
 - n. Romania: Ischaemic heart disease (then stroke)
 - o. Russian Federation: Ischaemic heart disease (then stroke)
 - p. Rwanda: Neonatal conditions (then lower respiratory infections)
 - i. 5th cause: Ischaemic heart disease

- q. Saint Kitts and Nevis: Malignant neoplasms, cerebrovascular diseases, diabetes mellitus, ischemic heart disease and intentional injuries are leading cause from PDF released in 2018
 - i. <https://iris.who.int/bitstream/handle/10665/272544/ccsbrief-kna-eng.pdf?sequence=1#:~:text=HEALTH%20SITUATION&text=The%20population%20is%20ageing%20with,heart%20disease%20and%20intentional%20injuries>.
- r. Saint Lucia: Stroke (then Ischaemic heart disease)
- s. Saint Vincent and Grenadines: Ischaemic heart disease (then stroke)
- t. Samoa: Ischaemic heart disease (then stroke)
- u. San Marino: CVD (then neoplasm) in 2016
 - i. [https://cdn.who.int/media/docs/librariesprovider2/country-sites/sanmarino/rhn-san-marino-eng.pdf?sfvrsn=7b87c2bd_5&download=true#:~:text=In%202016%2C%20the%20leading%20causes,respiratory%20tract%20infections%20\(10%25\)](https://cdn.who.int/media/docs/librariesprovider2/country-sites/sanmarino/rhn-san-marino-eng.pdf?sfvrsn=7b87c2bd_5&download=true#:~:text=In%202016%2C%20the%20leading%20causes,respiratory%20tract%20infections%20(10%25)).
- v. Sao Tome and Principe: Lower respiratory infections (then Ischaemic heart disease)
- w. Saudi Arabia: Ischaemic heart disease (then stroke)
- x. Senegal: Neonatal conditions (then lower respiratory infections)
 - i. 3rd cause: Ischaemic heart disease
- y. Serbia: Ischaemic heart disease (then stroke)
- z. Seychelles: Ischaemic heart disease (then lower respiratory infections)
- aa. Sierra Leone: Neonatal conditions (then lower respiratory infections)
 - i. 5th cause: Ischaemic heart disease
- a. Singapore: Ischaemic heart disease (then lower respiratory infections)
- b. Slovakia: Ischaemic heart disease (then Alzheimer's and other dementias)
- c. Slovenia: Ischaemic heart disease (then stroke)
- d. Solomon Islands: Ischaemic heart disease (then stroke)
- e. Somalia: Lower respiratory infections (then neonatal conditions)
 - i. 7th cause: Ischaemic heart disease
- f. South Africa: HIV/AIDS (then lower respiratory infections)
 - i. 3rd cause: Ischaemic heart disease
- g. South Sudan: Neonatal conditions (then lower respiratory infections)
 - i. 9th cause: Ischaemic heart disease
- h. Spain: Ischaemic heart disease (then Alzheimer's and other dementias)
- i. Sri Lanka: Ischaemic heart disease (then diabetes mellitus)
- j. Sudan: Ischaemic heart disease (then neonatal conditions)
- k. Suriname: Ischaemic heart disease (then stroke)
- l. Sweden: Ischaemic heart disease (then Alzheimer's and other dementias)

- m. Switzerland: Ischaemic heart disease (then Alzheimer's and other dementias)
 - n. Syrian Arab Republic: Ischaemic heart disease (then stroke)
 - o. Tajikistan: Ischaemic heart disease (then stroke)
 - p. Thailand: Ischaemic heart disease (then stroke)
 - q. Timor-Leste: Tuberculosis (then stroke)
 - i. 3rd cause: Ischaemic heart disease
 - r. Togo: Neonatal conditions (then lower respiratory infections)
 - i. 4th cause: Ischaemic heart disease
 - s. Tonga: Ischaemic heart disease (then diabetes mellitus)
 - t. Trinidad and Tobago: Ischaemic heart disease (then diabetes mellitus)
 - u. Tunisia: Ischaemic heart disease (then stroke)
 - v. Türkiye: Ischaemic heart disease (then stroke)
 - w. Turkmenistan: Ischaemic heart disease (then stroke)
 - x. Tuvalu: Diseases of circulatory system (then endocrine, nutritional, and metabolic diseases) from 2012-15
 - i. <https://www.refworld.org/en/download/123655>
 - y. Uganda: Neonatal conditions (HIV/AIDS)
 - i. 8th cause: Ischaemic heart disease
 - z. Ukraine: Ischaemic heart disease (then stroke)
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- a. United Arab Emirates: Ischaemic heart disease (then stroke)
 - b. United Kingdom of Great Britain and Northern Ireland: Alzheimer's and other dementias (then Ischaemic heart disease)
 - c. United Republic of Tanzania: Neonatal conditions (then HIV/AIDS)
 - i. 9th cause: Ischaemic heart disease
 - d. United States of America: Ischaemic heart disease (then Alzheimer's and other dementias)
 - e. Uruguay: Ischaemic heart disease (then stroke)
 - f. Uzbekistan: Ischaemic heart disease (then stroke)
 - g. Vanuatu: Ischaemic heart disease (then stroke)
 - h. Vatican City:
 - i. Venezuela: Ischaemic heart disease (then interpersonal violence)
 - j. Vietnam: Stroke (then Ischaemic heart disease)
 - k. Yemen: Ischaemic heart disease (then neonatal conditions)
 - l. Zambia: HIV/AIDS (then neonatal conditions)
 - i. 9th cause: Ischaemic heart disease
 - m. Zimbabwe: HIV/AIDS (then lower respiratory infections)
 - i. 4th cause: Ischaemic heart disease

Why is heart disease so common:

1. More common in lower-income communities because less accessible healthcare for detection and treatment
 - a. [https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))
2. A lot of behavioral risk factors such as: unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol
 - a. [https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)?gad_source=1&gclid=Cj0KCQjwwae1BhC_ARIsAK4JfrzR7kst-EUP3mRrlwZ8qgGFE7jue3dz0ugE3CxAukorEfUQXFHSOkwaAmBvEALw_wcB](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)?gad_source=1&gclid=Cj0KCQjwwae1BhC_ARIsAK4JfrzR7kst-EUP3mRrlwZ8qgGFE7jue3dz0ugE3CxAukorEfUQXFHSOkwaAmBvEALw_wcB)
3. Environmental factors like air pollution
 - a. [https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)?gad_source=1&gclid=Cj0KCQjwwae1BhC_ARIsAK4JfrzR7kst-EUP3mRrlwZ8qgGFE7jue3dz0ugE3CxAukorEfUQXFHSOkwaAmBvEALw_wcB](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)?gad_source=1&gclid=Cj0KCQjwwae1BhC_ARIsAK4JfrzR7kst-EUP3mRrlwZ8qgGFE7jue3dz0ugE3CxAukorEfUQXFHSOkwaAmBvEALw_wcB)

Coronary heart disease is most common cause of death worldwide. Risk factors:

1. Smoking
2. Hypertension
3. High cholesterol
4. High levels of lipoprotein a
5. Not exercising regularly
6. Diabetes
7. Family history
8. Overweight
 - a. <https://www.nhs.uk/conditions/coronary-heart-disease/causes/>
9. Diet
 - a. <https://www.uchicagomedicine.org/forefront/heart-and-vascular-articles/2023/february/heart-month-3-steps-to-a-healthier-heart-right-now>

Why is CVD most common cause of death in North America:

1. Stress, excessive alcohol consumption, obesity, and diabetes
 - a. <https://www.ncbi.nlm.nih.gov/books/NBK83160/#:~:text=Stress%20and%20excessive%20alcohol%20consumption,and%20diabetes%20in%20these%20populations.>
2. High blood pressure and cholesterol
 - a. <https://www.cdc.gov/heart-disease/data-research/facts-stats/index.html#:~:text=Americans%20at%20risk%20for%20heart,Overweight%20and%20obesity>

Why is CVD most common cause of death in South America and the Caribbean:

1. Tobacco, hypertension, diabetes, obesity, and physical inactivity are the 5 most important causes
 - a. <https://globalheartjournal.com/articles/10.1016/j.precon.2007.03.002>
2. Urbanization, smoking, alcohol consumption, poor diet, physical inactivity, hypertension, and diabetes are issues
 - a. <https://www.sciencedirect.com/science/article/abs/pii/S2529912323000451>

Why is CVD most common cause of death in Asia:

1. Diet, smoking, obesity, hypertension, dyslipidemia, and diabetes
 - a. <https://www.sciencedirect.com/science/article/pii/S2772374721000193#:~:text=The%20fifth%20feature%20is%20the,population%20aging%20in%20many%20Asian>
2. Sedentary lifestyle in some places
 - a. <https://mmi.edu.pk/blog/heart-attack-the-most-common-reason-of-death-in-pakistan/#:~:text=Smoking%20and%20tobacco%20use%20is,disease%20in%20their%20early%2040s.>

Why is CVD most common cause of death in Europe:

1. Smoking, alcohol consumption, high cholesterol, being overweight/obese, and diabetes
 - a. <https://www.escardio.org/The-ESC/Press-Office/Fact-sheets>
2. Environmental risk factors (around 18% of CVD in Europe attributed to environment): air pollution, second-hand smoke, chemicals, noise, climate change
 - a. <https://www.eea.europa.eu/publications/beating-cardiovascular-disease/>

Why is CVD a common cause of death in Africa:

1. Urbanization (which leads to sedentary lifestyle) and diet
 - a. <https://www.sciencedirect.com/science/article/abs/pii/S0146280623007545#:~:text=The%20shift%20to%20more%20Western,risk%20of%20CVD%20in%20Africa.&text=This%20elevation%20of%20IHD%20presents%20new%20stress%20on%20already%20weak%20health%20systems.>

2. Tobacco use, hypertension, high cholesterol, physical inactivity, obesity, diabetes, diet (more processed foods)
 - a. <https://www.nature.com/articles/nrcardio.2017.19>

Why is CVD a common cause of death in Pacific Islands:

1. Physical inactivity, high cholesterol, high blood pressure, smoking
 - a. <https://www.scirp.org/journal/paperinformation?paperid=72424#:~:text=Pacific%20island%20men%20and%20women,of%20them%20for%20both%20genders.>

What can cause high blood pressure:

1. Diet, inactivity, high alcohol consumption, tobacco, medication, etc.
 - a. <https://my.clevelandclinic.org/health/diseases/4314-hypertension-high-blood-pressure>

What can cause high cholesterol:

1. Diet, obesity, lack of exercise, smoking, alcohol, etc.
 - a. <https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/symptoms-causes/syc-20350800>
2. High fat-diet increases cholesterol
 - a. [https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/cholesterol-healthy-eating-tips#:~:text=High%20intake%20of%20foods%20containing,biscuits%20C%20buns%20and%20pastries\).](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/cholesterol-healthy-eating-tips#:~:text=High%20intake%20of%20foods%20containing,biscuits%20C%20buns%20and%20pastries).)