

# 2022 Best Research Poster Award



## Burden of hypertensive heart disease in Australia from 1990 to 2019: Results from the Global Burden of Disease study

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### INTRODUCTION

There is a dearth of comprehensive studies on the burden of hypertensive heart disease (HHD) among the Australian population over time.

### OBJECTIVES

We aimed to explore the burden of HHD, and how it changed from 1990 to 2019.

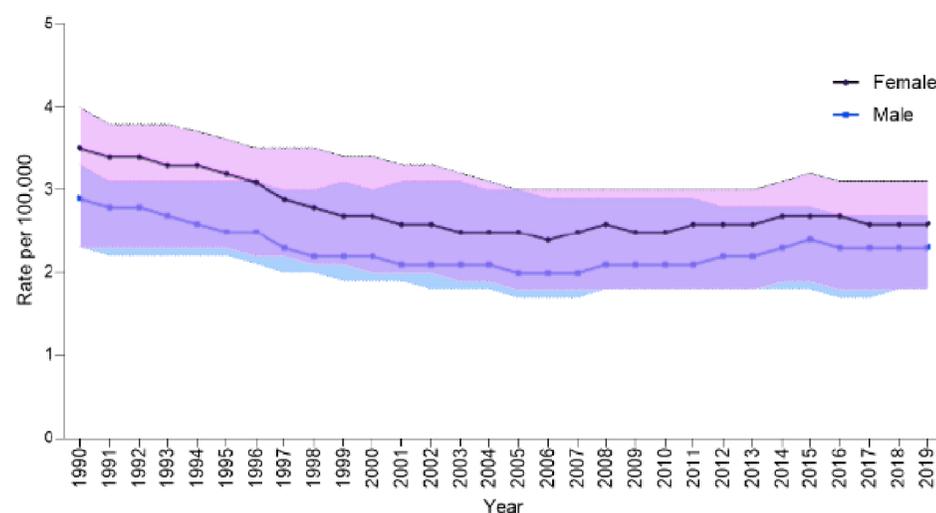
### METHOD

We analysed the 2019 Global Burden of Disease data with a focus on Australia. We assessed the prevalence, mortality, disability-adjusted life-years (DALY), years lived with disability (YLD) and years of life lost (YLL) attributable to HHD and high SBP between 1990 and 2019 in Australia. Data sources included surveillance and survey data, published, and unpublished research articles and reports, vital registration and hospital data. Data were presented as point estimates with their corresponding 95% uncertainty intervals (UI).

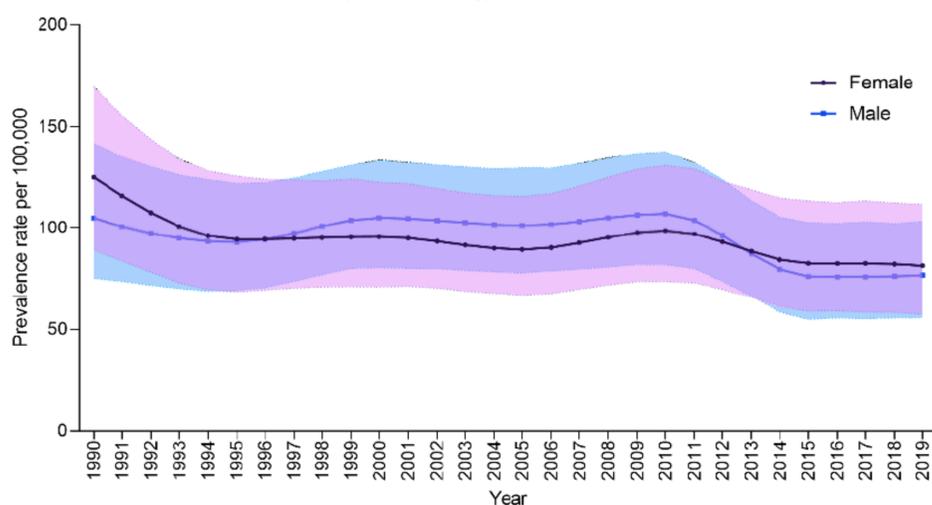
### RESULTS

From 1990 to 2019, the burden of HHD in Australia decreased. Age standardized prevalence rate of HHD was 119.3 cases per 100,000 people (95%UI 86.6-161.0) in 1990, compared to 80.1 cases (57.4-108.1) in 2019. HHD death stood at 3.4 cases per 100,000 population (2.6-3.8) in 1990, compared to 2.5 (1.9-3.0), 32.0 cases (26.1-38.8) in 2019. HHD contributed to 57.2 cases per 100,000 population (46.6-64.7) of DALYs in 1990 compared to 38.4 cases per 100,000 population (32.0-45.2) in 2019.

a. deaths due to hypertensive heart disease



a. prevalence of hypertensive heart disease



### DISCUSSION

This is the first study to examine the prevalence, YLDs, DALYs, death, and YLLs for HHD and high SBP among the Australian population by sex and age group between 1990 and 2019. Our findings indicate that although the burden of HHD in Australia has reduced over the last thirty years, but remains relatively high. However, findings for high SBP are promising, showing a significant reduction in mortality, DALYs, and YLLs over thirty years.

### CONCLUSION

Over the past three decades, the burden of HHD in Australia has reduced, but remains relatively high. Efforts to identify people with HHD early and population level measures for improving the management of blood pressure is a priority for Australia.

### REFERENCES & ACKNOWLEDGEMENTS

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