

# Scotland's Hearts Need More



British Heart  
Foundation  
Scotland

## Heart and Circulatory Disease in NHS Fife<sup>1</sup>

Heart and circulatory diseases kill **nearly 3 in 10 people** in the NHS Fife area. Heart and circulatory diseases are a long-term condition for many patients, and many require lifelong care and support.


  
Around  
**50,000**  
people are living with heart and circulatory diseases in your health board

  
Around  
**15,000**  
people are living with coronary heart disease in your health board

  
Around  
**3,100**  
people have been diagnosed with heart failure by their GP in your health board

## Echocardiogram waiting times

An echocardiogram is a scan used to look at the heart and nearby blood vessels. It is a key test for many forms of heart disease including heart failure, cardiomyopathy and others. It has a government target time of 6 weeks.

  
In June 2024  
**1,031**  
people were waiting for an echocardiogram in your health board

  
of which  
**27%**  
of people were waiting longer than the 6-week target wait time

  
and  
**1**  
person was waiting over a year<sup>2</sup>


## Outpatient waiting times

  
In September 2024  
**1,346**  
people were waiting for an outpatient cardiology appointment in your health board

  
of which  
**68%**  
of people were waiting longer than the 12-week target wait time

  
and  
**369**  
people were waiting over a year<sup>3</sup>

Around 70% of cardiovascular disease is preventable.<sup>4</sup>

  
Around  
**59,000**  
people have been diagnosed with high blood pressure in your health board

  
Around  
**31%**  
of adults have obesity in your health board

  
Around  
**16%**  
of adults smoke in your health board

1. NHS Fife. Local heart and circulatory disease statistics from the British Heart Foundation. Reviewed and updated January 2025. Available at: <https://www.bhf.org.uk/statistics>  
2. BHF analysis of data acquired by Freedom of Information requests to all NHS Health Boards.  
3. Public Health Scotland. NHS Waiting Times – Stage of Treatment.  
4. Institute for Health Metrics and Evaluation. Findings from the GBD 2021 Study, 2024. Available at: <https://www.healthdata.org/research-analysis/library/global-burden-disease-2021-findings-gbd-2021-study>

Latest statistics and estimates available, January 2025.

British Heart Foundation is a registered charity in England and Wales (225971), Scotland (SC039426) and the Isle of Man (1295).

# Scotland's Hearts Need More



British Heart  
Foundation  
Scotland

## Heart and Circulatory Disease in NHS Forth Valley<sup>1</sup>

Heart and circulatory diseases kill **nearly 3 in 10 people** in the NHS Forth Valley area. Heart and circulatory diseases are a long-term condition for many patients, and many require lifelong care and support.


 **Around 40,000** people are living with heart and circulatory diseases in your health board

 **Around 13,000** people are living with coronary heart disease in your health board

 **Around 2,600** people have been diagnosed with heart failure by their GP in your health board


### Echocardiogram waiting times

An echocardiogram is a scan used to look at the heart and nearby blood vessels. It is a key test for many forms of heart disease including heart failure, cardiomyopathy and others. It has a government target time of 6 weeks.

 In June 2023 **95** people were waiting for an echocardiogram in your health board

 of which **23%** of people were waiting longer than the 6-week target wait time<sup>2</sup>

### Outpatient waiting times

 In September 2024 **697** people were waiting for an outpatient cardiology appointment in your health board

 of which **27%** of people were waiting longer than the 12-week target wait time<sup>3</sup>

**Around 70% of cardiovascular disease is preventable.<sup>4</sup>**

 **Around 46,000** people have been diagnosed with high blood pressure in your health board

 **Around 31%** of adults have obesity in your health board

 **Around 12%** of adults smoke in your health board

1. NHS Forth Valley. Local heart and circulatory disease statistics from the British Heart Foundation. Reviewed and updated January 2025. Available at: <https://www.bhf.org.uk/statistics>

2. BHF analysis of data acquired by Freedom of Information requests to all NHS Health Boards.

3. Public Health Scotland. NHS Waiting Times – Stage of Treatment.

4. Institute for Health Metrics and Evaluation. Findings from the GBD 2021 Study, 2024.

Available at: <https://www.healthdata.org/research-analysis/library/global-burden-disease-2021-findings-gbd-2021-study>

Latest statistics and estimates available, January 2025.

British Heart Foundation is a registered charity in England and Wales (225971), Scotland (SC039426) and the Isle of Man (1295).

# Scotland's Hearts Need More



British Heart  
Foundation  
Scotland

## Heart and Circulatory Disease in NHS Tayside<sup>1</sup>

Heart and circulatory diseases kill **nearly 3 in 10 people** in the NHS Tayside area. Heart and circulatory diseases are a long-term condition for many patients, and many require lifelong care and support.


 Around **60,000** people are living with heart and circulatory diseases in your health board

 Around **17,000** people are living with coronary heart disease in your health board

 Around **4,000** people have been diagnosed with heart failure by their GP in your health board

### Echocardiogram waiting times

An echocardiogram is a scan used to look at the heart and nearby blood vessels. It is a key test for many forms of heart disease including heart failure, cardiomyopathy and others. It has a government target time of 6 weeks.

 In June 2024 **6,502** people were waiting for an echocardiogram in your health board

 of which **96%** of people were waiting longer than the 6-week target wait time

 and **5,493** people were waiting over a year<sup>2</sup>


### Outpatient waiting times

 In September 2024 **721** people were waiting for an outpatient cardiology appointment in your health board

 of which **53%** of people were waiting longer than the 12-week target wait time

 and **5** people were waiting over a year<sup>3</sup>

Around 70% of cardiovascular disease is preventable.<sup>4</sup>

 Around **64,000** people have been diagnosed with high blood pressure in your health board

 Around **27%** of adults have obesity in your health board

 Around **15%** of adults smoke in your health board

1. NHS Tayside. Local heart and circulatory disease statistics from the British Heart Foundation. Reviewed and updated January 2025. Available at: <https://www.bhf.org.uk/statistics>

2. BHF analysis of data acquired by Freedom of Information requests to all NHS Health Boards.

3. Public Health Scotland. NHS Waiting Times – Stage of Treatment.

4. Institute for Health Metrics and Evaluation. Findings from the GBD 2021 Study, 2024.

Available at: <https://www.healthdata.org/research-analysis/library/global-burden-disease-2021-findings-gbd-2021-study>

Latest statistics and estimates available, January 2025.

British Heart Foundation is a registered charity in England and Wales (225971), Scotland (SC039426) and the Isle of Man (1295).

# Scotland's Hearts Need More



British Heart  
Foundation  
Scotland



Around  
**730,000**  
people are living with  
heart and circulatory  
diseases in Scotland<sup>1</sup>

**Deaths from heart and circulatory diseases are rising, reversing a decades long trend. In 2023, 5,313 people in Scotland died prematurely from heart and circulatory disease.**

It is forecast that the health burden of heart and circulatory diseases will increase by 34% between 2019 and 2043 – the highest increase of all disease groups.<sup>2</sup>



Coronary heart disease  
remains Scotland's single  
biggest killer and is  
responsible for around  
**7,000**  
deaths each year

Cardiology services are under more pressure than ever, and people affected by heart disease are facing longer waits for diagnosis and treatment.

Without timely access to cardiology diagnostic services and outpatient appointments, patients are beginning treatment with more advanced disease, without key diagnostic information or even experiencing acute events like heart attack or strokes while waiting.



Coronary heart disease  
causes around  
**19 deaths**  
each day in Scotland

Scotland's hearts need more. To address this and get heart disease treatment back on track, the Scottish Government needs to provide focus, investment and support to improve outcomes for those affected by heart and circulatory disease.

## Echocardiogram waiting times

An **echocardiogram** is a scan used to look at the heart and nearby blood vessels. It is a key test for many forms of heart disease including heart failure, cardiomyopathy and others. It has a government target time of 6 weeks.



In June 2024  
**23,876**  
people were  
waiting for an  
echocardiogram  
in Scotland

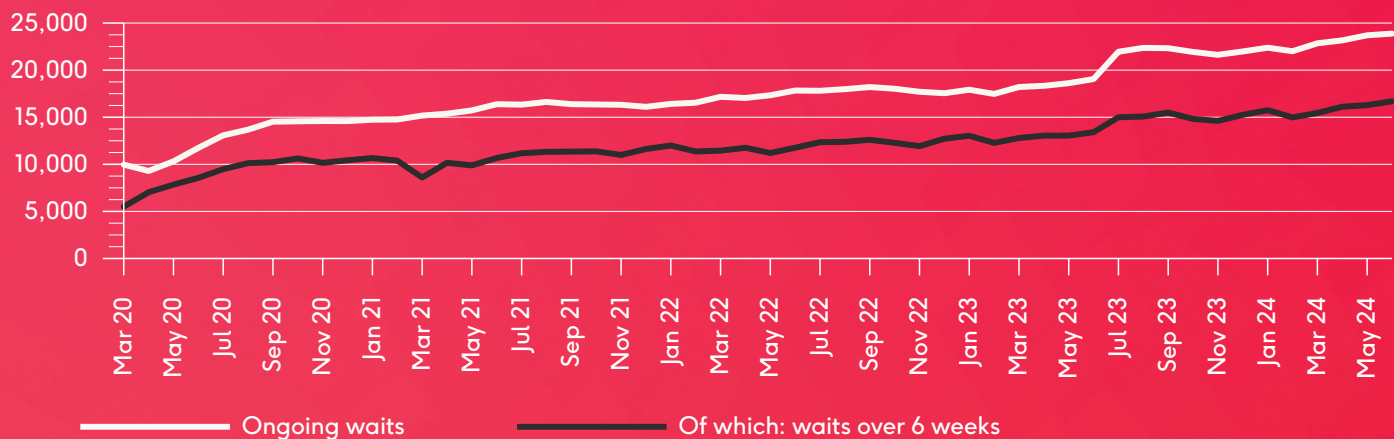


of which  
**70%**  
of people were  
waiting longer than  
the 6-week target  
wait time



and  
**6,231**  
people were  
waiting over  
a year<sup>3</sup>

Figure 1: Echocardiogram waiting times



### Outpatient waiting times

Waiting times for cardiology services are their highest on record and are continuing to rise.



In September 2024

**24,292**

people were waiting for an outpatient cardiology appointment in Scotland



of which

**58%**

of people were waiting longer than the 12-week target wait time

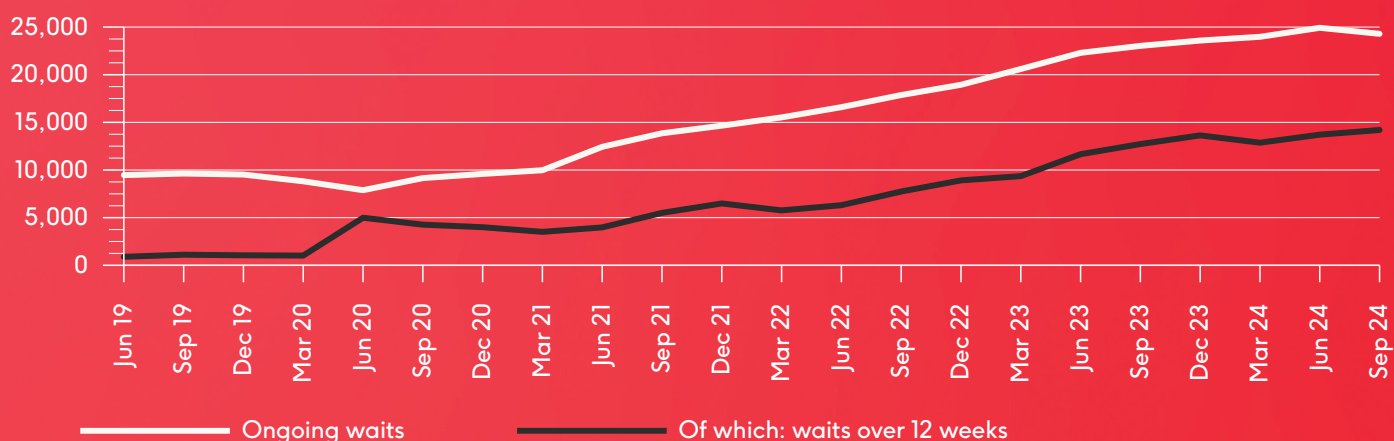


and

**1,184**

people were waiting over a year<sup>4</sup>

Figure 2: Outpatient waiting times



1. BHF estimate based on Scottish Health Survey 2023 data using NRS population estimates; includes congenital heart disease in children.
2. ScotPHO (2022) The Scottish Burden of Disease (SBoD) study. [www.scotpho.org.uk/comparative-health/burden-of-disease/overview](http://www.scotpho.org.uk/comparative-health/burden-of-disease/overview)
3. BHF analysis of data acquired by Freedom of Information requests to all NHS Health Boards. This data includes responses from the 13 of the 14 health boards that responded (excluding NHS Lanarkshire).
4. Public Health Scotland. NHS Waiting Times – Stage of Treatment.

Latest statistics and estimates available, January 2025.  
British Heart Foundation is a registered charity in England and Wales (225971), Scotland (SC039426) and the Isle of Man (1295).



**British Heart  
Foundation  
Scotland**