Contents

1.	Intr	oduction	1
2.	2.1	bal demographic trends in elderly populations Aging of the population 2.1.1 Historical trends 2.1.2 Projected trends 2.1.3 Very elderly people Sex differences, marital status and living arrangements Trends in life expectancy and total mortality	1 2 2 5 5 5 7
3.	3.1 3.2 3.3 3.4 3.5 3.6	The global burden of cardiovascular disease Routine mortality statistics Cardiovascular disease mortality rates 3.3.1 Trends in mortality rates 3.3.2 Explanations for the trends in CVD mortality Hypertension Cardiac failure Vascular dementia Risk factors for cardiovascular disease 3.7.1 Blood pressure 3.7.2 Cholesterol 3.7.3 Smoking 3.7.4 Physical activity 3.7.5 Alcohol 3.7.6 Social status 3.7.7 Nutrition 3.7.8 Diabetes 3.7.9 Other risk factors	8 8 12 12 17 20 21 22 22 22 23 23 24 24 25 25 26
4.	4.1 4.2 4.3	Introduction Preventive strategies 4.2.1 Strategies for primary prevention of cardiovascular disease Primary prevention of hypertension 4.3.1 Weight control 4.3.2 Reduced sodium intake 4.3.3 Physical activity 4.3.4 Reduced alcohol consumption Prevention of coronary heart disease 4.4.1 Management of elderly patients with hypertension 4.4.2 Management of elderly patients with lipid abnormalities 4.4.3 Cigarette smoking 4.4.4 Physical activity 4.4.5 Diabetes mellitus 4.4.6 Obesity	26 26 27 27 30 30 31 31 31 32 34 36 36
	4.5	Prevention of stroke	37 38
		Protective factors for cardiovascular disease Secondary prevention of cardiovascular disease	39
	4.7	Economic perspective on preventive strategies	39
	1.0	4.8.1 Population strategies	39

4.9	 4.8.2 Strategies aimed at high-risk individuals 4.8.3 Cost-effective interventions in developing countries Comprehensive preventive programmes 4.9.1 Community programmes 4.9.2 National programmes 	40 41 42 42 43	
5.1 5.2 5.3		44 44 45 47	
6.1 6.2	The demographic imperative Policy development 6.2.1 CVD as a national priority 6.2.2 Promotion of cardiovascular health of elderly people 6.2.3 Setting targets	48 48 49 49 49	
	Policy implementation 6.3.1 The role of governments 6.3.2 Intersectoral collaboration 6.3.3 Health services 6.3.4 Education and training Data for policy formulation	50 50 51 51 52 52	
	Conclusions and recommendations Conclusions Recommendations 7.2.1 General recommendations 7.2.2 Research recommendations 7.2.3 Recommendations to national governments 7.2.4 Recommendations to WHO	53 53 55 55 55 55 56	
Ackno	Acknowledgements		
Refer	References		