

HEART FAILURE: INCIDENCE, PREVALENCE & RISK FACTORS



How to use this resource:

- The following slides are available for use in their current form for presentations that include general information about the incidence, prevalence and risk factors for heart failure.
- The slide deck may be used in its entirety or individual slides may be selected as per the presentation objectives and target audience.

Target audience:

- Health care providers with general (rather than specialized) knowledge about heart failure.
- General public
- Patients with heart failure





Possible topics to consider in your presentation

- What is heart failure?
- Risk Factors for heart failure
- How heart failure is diagnosed?
- Ejection fraction: What is it and why is it important?
- Assessment of someone with heart failure
- Management of heart failure
 - Medications, cardiac procedures and surgery, devices
 - Cardiovascular rehabilitation
 - Patient/caregiver education and supporting self-care
- Advance care planning / goals of care conversations
- Dealing with emotions
- Personal perspectives: Patient/caregiver experiences
- What is new in HF treatments; research in heart failure
- Question and answer time



**It's not
normal
to be
breathless**



#HeartFailureWeekCan

May 3-9, 2026

**HEART
FAILURE
AWARENESS
WEEK**



Canadian Heart Failure Society
Société canadienne d'insuffisance cardiaque



Canadian
Cardiovascular
Society



Canadian
Council of
Cardiovascular
Nurses



Canadian
Heart Function
Alliance
Linked by the heart



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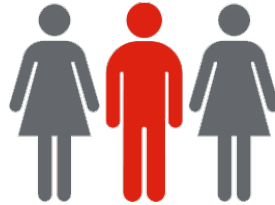
TED ROGERS
CENTRE
FOR HEART
RESEARCH



Heart Failure in Canada



- 800,000 people live with heart failure
- 100,000 people are diagnosed with heart failure every year



1 in 3 Canadians has been **touched** by **heart failure.**





Heart Failure is on the rise in Canada

Heart failure
in Canada **is**
growing due to:



Aging
population



Younger people
being diagnosed



Heart damage
from COVID-19



Also, due to better treatments, people are living longer with other conditions that can lead to heart failure over time (e.g., heart attack, hypertension, diabetes)





Heart Failure is straining the Canadian healthcare system.



Heart failure is one of the **most common** reasons why people in Canada end up in hospital.



Following a hospitalization for **heart failure**, 1 in 5 people will be readmitted **within a month**.

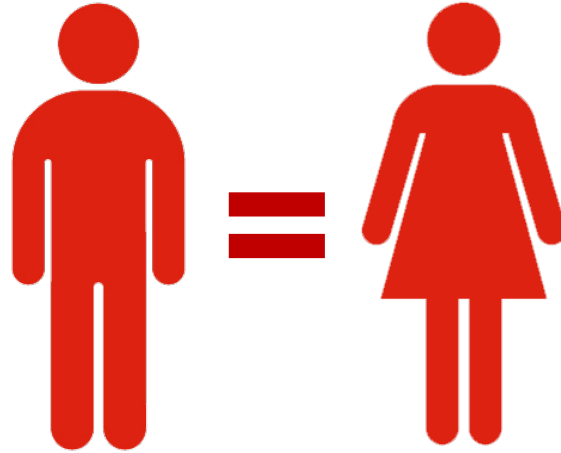


Heart failure will soon cost Canada more than **\$2.8 billion** a year.





Who Gets Heart Failure?



- The risk of developing heart failure is similar in men and women





Who Gets Heart Failure?

While the most common causes of heart failure are coronary artery disease and high blood pressure, there are some differences between men and women.

WOMEN with HF:

- History of high blood pressure or diabetes more common
- Tend to be older than men with HF

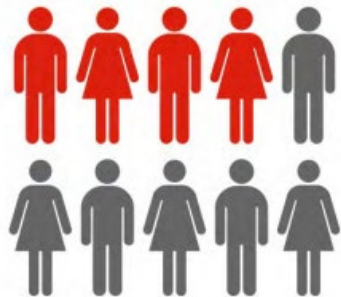


MEN with HF

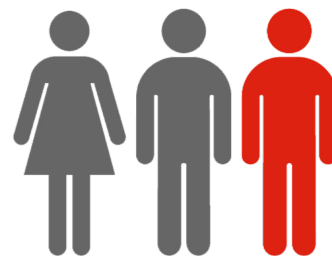
- History of heart attack and/or coronary artery disease more common



What Canadians Know About Heart Failure



4 in 10 Canadians
do not understand
heart failure.



2 in 3 Canadians do not
know there is **no cure**
for **heart failure.**





Did you know ...?

Heart failure is more deadly than the majority of cancers

However, treatments are available to help control heart failure so people can:

- Improve their quality of life
- Reduce the need for hospitalization
- Live longer





What is Heart Failure?

Heart failure is a chronic condition that means the heart:

- Is not functioning as it should
- May be too weak or too stiff or both
- May have a problem with its structure





Heart Failure Does **NOT** Mean...

- Your heart has stopped working
- Your heart is about to stop working
- You have had a heart attack





Symptoms of heart failure

The most common symptoms of heart failure are:

- Breathlessness or shortness of breath
- Swelling in feet or abdomen
- Fatigue

