



25in25 Summit: reducing heart failure deaths by 25% in the next 25 years

Thursday 9 March 2023

Andy Smith, British Society for Heart Failure (BSH) patient adviser who lives with heart failure said: ***“make this the day that changed everything for those with heart failure”***. His statement emphatically conveyed the hope and intention of the 25in25 Summit to change the trajectory of heart failure.



Convened by the British Society for Heart Failure (BSH), the 25in25 initiative recognises heart failure as the endpoint for many conditions, cardiovascular and non-cardiovascular. Stakeholders from 45+ health organisations across cardiovascular, renal, metabolic, and the wider health community, from the UK, US, Europe and Canada, with key roles in diverting the course of the growing global heart failure epidemic, united as leaders to sign the 25in25 declaration to reduce deaths due to heart failure by 25% in the next 25 years. The attendees brought their multi-disciplinary expertise to workshop discussions across heart failure risk identification, diagnosis, guideline directed therapy and patient empowerment, to establish priorities for consideration for a roadmap/ blueprint for implementation nationally and internationally.

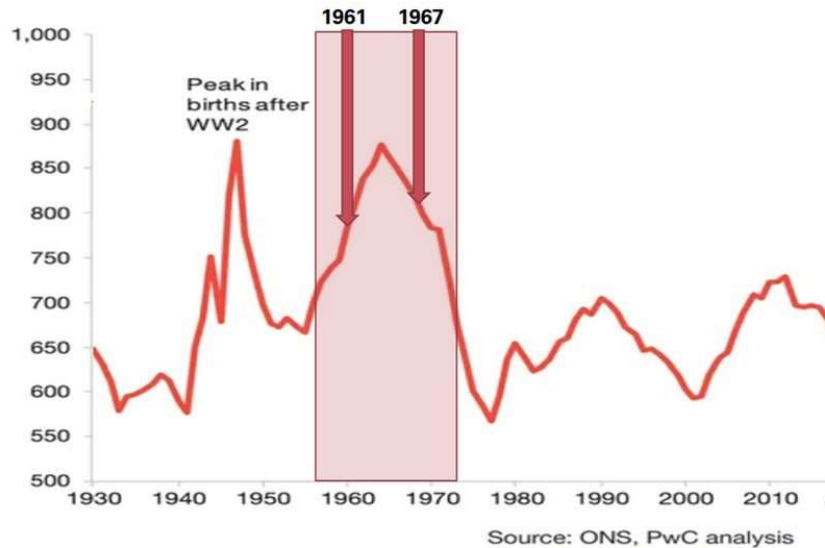


Scale of the problem

The human and economic costs of heart failure are huge.

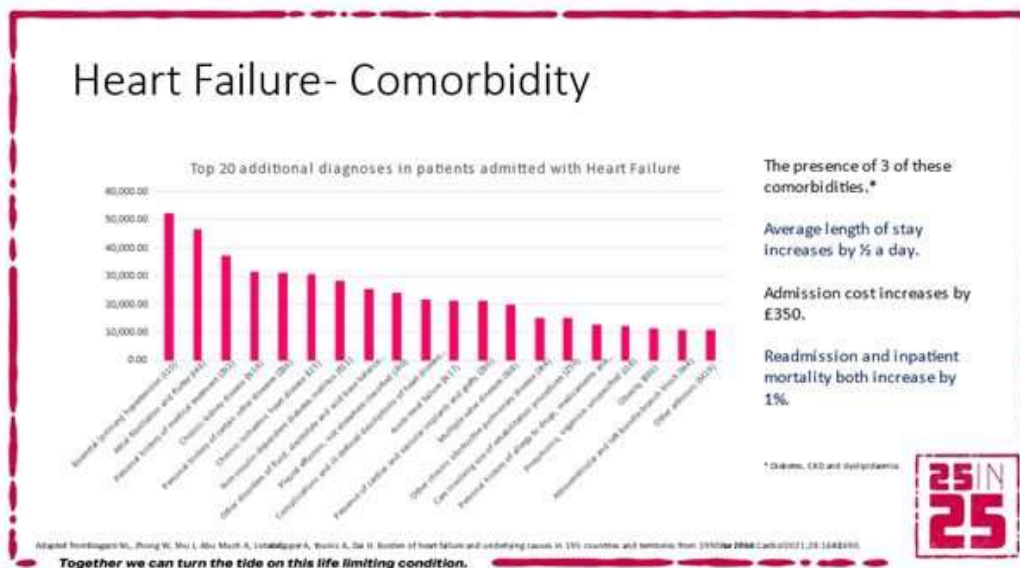
- Over 1 million people in the UK have heart failure, with 200,000 new diagnoses every year. Estimates suggest there are a further 385,000 people with heart failure who are currently undetected, undiagnosed and, consequently, missing out on life-preserving treatments.
- Heart failure currently takes up 2% of the entire NHS budget.
- These numbers are on the rise due to several factors including the anticipated exponential growth in our ageing population.
- Worldwide trends in heart failure are set to skyrocket, augmented by the ageing 'Baby Boomer' generation.
- 80% of heart failure is diagnosed in hospital where 40% of people had symptoms that should have triggered an earlier assessment in primary care in the months prior.
- Mortality rates for heart failure patients are high, with 40% of newly diagnosed patients dying within a year, and 50% of patients either readmitted to hospital or dying within a year of admission to hospital.

However, despite these poor outcomes, early diagnosis, optimal treatment and responsive management can result in significantly increased life expectancy, as well as better quality of life for heart failure patients (NICOR). The 25in25 initiative aims to reduce the mortality from heart failure in the first year after diagnosis by 25% in the next 25 years. In the UK alone, this would mean 5 fewer deaths for every 100 patients newly diagnosed with heart failure every year, translating to over 10,000 lives saved annually.



Heart failure rarely exists alone

Heart failure is often the final common pathway for the many cardiac conditions that affect heart pump function and therefore the endpoint of almost all cardiovascular disease. People with heart failure typically have one or more comorbidities. Coronary artery disease (where the arteries that supply blood to the heart become clogged up with fatty substances such as cholesterol) and raised blood pressure are two of the most common precursor conditions. Obesity can also be a complicating factor. 98% of those diagnosed with heart failure in the UK live with at least one other long-term condition, such as diabetes and/ or kidney disease. From epidemiology to pathophysiology, there are overlaps with many other organ systems and clinical specialities. Thus, heart failure must be considered a shared responsibility across the wider healthcare environment and hence the convention of the 25in25 Summit.



The immediate issue, where we will have most impact on people and services, is through detecting the people who have heart failure already and don't know it - an estimated 385,000 in the UK alone. Identifying those at risk of developing heart failure and intervening early is key to the long-term management of cardiovascular diseases. Identified early, a huge difference can be made in the lives of those with heart failure. We have the tools and expertise to manage heart failure well and to enable those with the condition to live better.



Next steps?

Implementation - The Fast Track Communities Initiative (FTCI)

The 25in25 collaborative is formed now comes the implementation. The aim of reducing heart failure deaths is to be achieved through a continuous 'Quality Improvement' model. Having identified the priorities at the Summit, the 25in25 collaborative will be consulted to inform and agree a roadmap over the coming months which will be taken to 'communities' (localities in priority order based on pre-determined need). Each of these communities will sign up to 25in25 and use the roadmap to draft a bespoke plan, tailored to local needs and demographics. This FTCI will centre on four key targets, based on the priorities discussions held in the 25in25 Summit workshops. Each of the targets will build on the former, captured on a purpose-built dashboard:

1. Risk
2. Diagnosis
3. Treatment
4. Quality of Life

This clear action plan will culminate in the reducing the unnecessary suffering and deaths due to heart failure and improve population health whilst reducing the burden on health services and professionals. Identifying those with risk factors for, detecting heart failure earlier including detecting the undetected - those, as yet undiagnosed patients with heart failure and intervene early, when you know we can make the biggest difference to people's lives and outcomes will lead to sustainable wins across other diseases. By working together with allied organisations and looking through the lens of our population's health, the 25in25 collaborative can accelerate action towards reducing deaths due to heart failure in the next 25 years.



Heart Failure Association of the ESC Heart Failure Awareness Week, 1-7 May 2023

Across Europe, the theme of this year's ESC-HFA Heart Failure Awareness Week is 'detecting the undetected' – focused on the 25in25 ambition and built on the foundation of the 'Freedom from Failure – the F word' campaign. Alongside materials and resources for the week, a scientific statement on the 25in25 ambition is expected to be published in the European Journal of Heart Failure, the HFA's official publication. Let's take this opportunity to come together as the UK's heart failure specialist community to raise awareness of the importance of recognising heart failure symptoms early, getting an accurate diagnosis and receiving optimal treatment and let's do this during the ESC-HFA Heart Failure Awareness week.

Collectively, we will leverage our reach, infrastructure, and human capacity to build a more equitable, inclusive, prosperous and sustainable future for all those in danger of dying from heart failure, regardless of circumstances. Together, we can turn the tide on this life-limiting condition and benefit our communities.

Follow developments on the webpage: <https://www.bsh.org.uk/25in25>

#Proudtobepartof25in25

DECLARATION



REDUCING HEART FAILURE DEATHS BY 25% IN 25 YEARS

Cardiovascular diseases are the leading cause of death globallyⁱ and in the UK, accounting for around a third of lives lost through ill health each yearⁱⁱ. We are at a crucial point in time for those with cardiovascular diseases such as heart failure.

Over one million people in the UK have heart failure, with 200,000 new diagnoses every year. Estimates suggest there are a further 385,000 people with heart failure who are currently undetected and undiagnosed, and who are missing out on life-preserving treatments. Heart failure prevalence is set to increase dramatically due the rapid ageing of the population anticipated over the next 25 years. Heart failure is not only a primary endpoint for almost all cardiovascular diseases but also a significant cause of mortality across the wider cardiorenal-metabolic spectrum, and from epidemiology to pathophysiology, there are overlaps with many other organ systems and clinical specialties.

Currently, 80% of heart failure is diagnosed during an acute hospital admission, despite 40% of these having presented with symptoms in primary careⁱⁱⁱ. Mortality following an acute admission for heart failure is 1 in 3 in the year after discharge^{iv}. The human and economic costs are huge with heart failure consuming 2% of the entire NHS budget^v.

Identifying people at risk of developing heart failure is key to prevention, which is needed to slow the growing burden of heart failure on public health services. Early detection and intervention will reduce hospital admissions and free up valuable resource.

Despite growing success due to incredible scientific breakthroughs, increasing awareness and understanding, we must take the opportunity now to change the trajectory of heart failure, which will lead to sustainable wins across other diseases and specialties.

Working together, we can accelerate action towards reducing deaths due to heart failure in the next 25 years. As a collective, we will leverage our reach, infrastructure, and human capacity to build a more equitable, inclusive, prosperous, and sustainable future for all those in danger of dying from heart failure, regardless of circumstances.

Together we can turn the tide on this life limiting condition. To achieve this we will:

- 1. Take collective action for change**
- 2. Bring together our specialist knowledge and professional expertise**
- 3. Support implementation through localised communities**
- 4. Embed prevention and early detection programmes thereby improving population health**

That is why we commit to unite as leaders towards a common goal to reduce heart failure deaths by 25% in 25 years. In witness thereof, the undersigned, being duly authorised to that effect, have signed this agreement...

Signed

Organisation

*References on request

