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Sommario/riassunto	Cardiovascular disease (CVD) covers all diseases and conditions of the heart and blood vessels, including coronary heart disease, stroke, heart failure, and peripheral vascular disease. Cardiovascular diseases are the biggest cause of deaths worldwide. Although death rates for cardiovascular disease in Australia have declined considerably in recent decades, it continues to be the leading cause of premature death; the health and economic burden of CVD continues to exceed that of any other disease. Ninety per cent of Australians have at least one lifestyle-related risk factor for cardiovascular.