

Heart disease prevention in Hassan district – challenges and measures

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Abstract—This paper discusses the factors which triggered the sudden rise in cardiac deaths in Hassan district and focuses on the measures needed to prevent them in future. SCD meaning Sudden cardiac deaths, numbering 21 deaths in 40 days during May June 2025 raised serious concerns of the District and State government authorities. The deaths led to contemplation about cardiac health among the youth. Hassan Institute of Medical Sciences (HIMS), treated the issue with primary concern and Government of Karnataka commissioned enquiry in Hassan district found out that young adults and auto drivers as vulnerable groups. The investigations into the cardiac deaths spot lighted the cause of deaths to be an alarming impact of life style disorders. Besides, risk factors like obesity, diabetes, smoking, alcohol consumption, consumption of recreational drugs and hyper tension in the diseased people was found. The investigating committees recommended that cardiac screening of the auto drivers, working class and construction labours was needed in order to prevent fatalities. The investigation recommendations also centred on expansion of Tele ECG and AEDs and mandated Autopsies for out of hospital cardiac deaths to prevent the issues. Experts of the NCD opined that there is a need for creating awareness among people about cardiac risk factors. But the rumours about deaths due cardiac failure were blown out of proportion media coverage and negative impact of COVID vaccine was also turned down by the medical authorities.

Index Terms—Hassan district, heart disease deaths, prevention, challenges, measures

I. INTRODUCTION

Hassan district in Karnataka witnessed sudden demise of young people due to cardiac deaths during May -June 2025. Nearly 24 deaths were reported during 40 days between May and June 2025. Government of Karnataka, District Administration Hassan and various Medical Institutes of Bangalore

were investigating the issue from several angles and found that there was need for creation of medical awareness among general public and expansion of cardio health supportive infrastructure.

Total number of heart cases in Hassan district- A total of 507 cases were reported in the district over the past two years resulting in 190 deaths. There were 24 deaths in 40 days during May- June 2025.

May 2025	June 2025	Total
10	14	24

Age level of the deceased people-

19- 25 years	25-45 years	60-above
05	08	08

Government of Karnataka investigation

A government of Karnataka commissioned enquiry in Hassan district found that there was no increase in sudden cardiac deaths but found young adults and auto / cab drivers as vulnerable groups. The investigation that auto and cab drivers accounted for nearly 30% of fatalities due to suspected heart attacks. Of the 24 deaths examined, 14 involved individuals were under 45 years old, raising concerns about premature cardiac risks in young adults.

II. KEY FINDINGS OF THE INVESTIGATION

1. High number of young victims- A significant concern was the number of young people died due to cardiac failure. They were in the working age group, some of them were sole bread earners and most of them were bound with family responsibilities.
2. Vulnerability - vulnerable groups like auto / cab drivers, construction workers, labour class needed regular health checkups.

Karnataka Health Ministry recommendations- Karnataka Health ministry emphasised the need for targeted cardiac screening, lifestyle awareness, and preventive health measures for vulnerable groups like auto / cab drivers.

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Recommendations of the Jayadeva Institute Of Cardio Vascular Sciences investigation- An investigation of Committee of the Jayadeva Institute of Cardio Vascular Sciences recommended the need for collecting complete information about the cause of the deaths before listing them as cardio failure deaths.

Recommendations by cardiologists- Cardiologists warn about transforming life styles in order to avoid health risks. The need for a balanced diet and active life style is recommended by heart experts.

III. MEASURES BY GOVERNMENT

1. Dr. Puneeth raj kumar Hrudaya Jyothy Yojane- Government of Karnataka has taken several measures to check this issue. A scheme named Dr. Puneeth raj kumar Hrudaya Jyothy Yojane was started by Government with an intention to lessen the fatalities. It was also scheme to spread the awareness about preventing heart problems. Considering that the number of heart attack linked deaths in Karnataka from January to May this year is 6,943 deaths, this scheme has become a popular public health scheme.
2. Extending cardiology infrastructure – Cardiology related infrastructure such as shortage of cardiologists , deficiency of operation theatres , scarcity of ambulance vans, lack of Para - medical personnel etc are being addressed by the Government. PHCs are strengthened with several supportive infrastructures. CHCs are provided supportive medical equipment's.
3. Creating awareness – Several Government and Medical NGO agencies are helping the spread of awareness creation. The campaigns of drug free

life, tobacco free life and alcohol-free life have been creating lots of awareness among public. The arranging of special lectures on life style disorders, arranging of free health check up camps , arranging for heart diseases detection camps etc have been helping public to understand the risks of heart problems. Several free check up services are provided at institutional level also. Higher education Institutions are also helping to make students understand the health risks. Need for maintaining active life style have been emphasised by these special programs.

4. Emphasis on training general public- The recommendations of the fact finding committees universally pointed out that the need for training general public in attending persons suffering from heart related issues.

IV. MEASURES FOR PREVENTION

1. Need for Targeted cardiac screening- The government plans to expand screening programs such as Hrudaya Jyothy scheme for vulnerable groups. Labour Class and young working people need to be targeted by health providers.
2. Need for Mandatory Autopsies- the experts panel recommended that all out of hospital sudden cardiac arrests / death need to undergo autopsy to confirm the cause of death. Sometimes all type of deaths is universally termed as cardiac deaths.
3. Need for life style modifications -Cardiologists stress the importance of lifestyle modifications and regular health check-ups to reduce cardiac risks. People usually prefer medications only when a they are in health rouble. But the need for regular health check up is needed because regular health check-up will help to diagnose the health issues more candidly. It also supports futuristic health hazards.
4. Need for training public- Experts also recommend training in Cardio Pulmonary Resuscitation (CPR) and equipping public spaces with Automated External Defibrillators (AEDs) to improve emergency response outcomes. Government efforts can become a success if community stakeholdership also supports these initiatives. People need to know the primary

symptoms, seeking nearby medical assistance, calling ambulance etc.

5. Need for community participation - The people need regular medical checkups which will help in disclosing family history. Management of chronic conditions such as high blood pressure and diabetes annual medical testing, personal and family medical history evaluation, and prompt access to medical care . The people will become aware about the follow up appointments with health care providers and take prescribed medications to avoid high blood pressure and cholesterol. The general awareness will lead to knowing the importance of immediate care and life saving first aid techniques and doing CPR. General Public needs to know the negative impact of tobacco chewing, alcohol consumptions, excessive fast-food eating, etc. The awareness about balanced diet is very important.
6. Need for Self-awareness – The people needs to become more health conscious. They have to maintain healthy diet routine including cereals, fruits and green vegetables. They have to making morning walks a mandatory part of their daily life. Staying away from smoking, liquor drinking, drugs, and fast food should be prioritised. They have target monitoring their cholesterol level and identify symptoms at an early stage. They have pay attention to getting medical screening regularly.

V. CONCLUSION

Thus the sudden cardiac deaths in Hassan district has raised several debates about the need for extending heart diseases awareness among general public. Besides , the medical investigations have pointed to the need of extending cardiology infrastructure, addressing the issues of Cardiologists at PHCs, quick response to the issues of shortage of ambulance vans. But the primary recommendations of these investigations have highlighted the need for creating public awareness, and emphasis on training general public about the risk factors as the need of the hour. At the same time transformation in life styles is also recommended.

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