



fighting heart disease
and stroke
european heart network

World Heart Day, Saturday 29 September 2018

WORLD HEART DAY 2018: NOT A TIME FOR COMPLACENCY

Heart disease affects the lives of countless European citizens. While this year's World Heart Day takes place in one of the most politically and democratically significant years in the European Union's (EU) history, a commitment to delivering good health must remain a priority. The European Heart Network calls upon the EU to put the promotion of good heart health and the prevention of cardiovascular disease high up on the agenda both now, and into the future.

As well as being the leading cause of death, CVD is also the number one cause of ill-health. Each year, 192 000 people die from CVD in the EU before they reach the age of 65 – an age where people should expect to enjoy many more years.

“Despite dramatic progress in tackling premature deaths from heart disease and stroke in recent decades, we must not become complacent” says Susanne Løgstrup, Director of the European Heart Network. “CVD remains the number one killer in Europe, and the world.”

Although mortality rates are dropping overall in the EU, there are still huge inequalities based on income demographics and geographical location, with Central and Eastern European countries being the hardest hit. Susanne continues: “We believe every European has the right to heart health - and call upon the EU to help us make this a reality.”

CVD is estimated to cost the EU economy 210 billion € per year. The EU has the power to deliver good cardiovascular health for its citizens – and by doing so it will also achieve a sustainable environment and a thriving economy.

Key Factsⁱ:

- Cardiovascular disease (CVD) – including heart disease and stroke – is the number one killer in Europe, and the world
- CVD takes the lives of 1.8 million people in the EU every year (37% of all deaths)
- Roughly 49 million people live with CVD in the EU
- Death rates for heart disease and stroke are generally higher in Central and Eastern European countries than in Northern, Southern and Western European countries
- CVD is estimated to cost the EU economy 210 billion € per year

ABOUT EHN

The European Heart Network (EHN) is a Brussels-based alliance of foundations and associations dedicated to fighting heart disease and stroke and supporting patients throughout Europe. EHN has members in 29 European countries. Its ambition is to create an environment in which the healthier choice becomes the easier choice and that offers the best possible medical care and support for patients throughout their illness.

More information about EHN is available at: <http://www.ehnheart.org/>

ⁱ <http://www.ehnheart.org/cvd-statistics/cvd-statistics-2017.html>