

## **PRESS NOTE**

### **ENVI Workshop**

#### **“Cardiovascular Diseases and Lifestyle”**

**Tuesday, 09 October 2018 from 9:00 to 11:00, Altiero Spinelli**

**European Parliament, Brussels**

**On Tuesday 09 October**, the European Parliament Committee on the Environment, Public Health and Food Safety (ENVI) will hold a workshop entitled “Cardiovascular Diseases and Lifestyle”. The workshop will be chaired by Co-Chairs of ENVI Health Working Group, Ms Soledad Cabezón Ruiz, and MEP Mr Alojz Peterle.

Currently, Cardiovascular Diseases (CVDs) are the leading cause of death in Europe. With over 49 million people in the EU living with CVDs<sup>1</sup>, there has been an increasing number of studies conducted to promote the development of preventive practices to reduce the incidence and prevalence of CVDs. Lifestyle factors, including: smoking, dietary habits, physical activity and alcohol consumption, all contribute to the development of CVDs. The identification of lifestyle factors in the development, treatment and prevention of CVDs has been key in informing policy changes that aimed to mitigate these risks. Policies and actions focused on changing risky behaviours and promoting healthy lifestyles are proving to be effective tools in preventing or delaying the development CVDs.

The workshop will be divided into two panels. The first one will focus on the scientific, medical and socio-economic research assessing the effect of lifestyle choices on CVDs. The second panel will provide an outline of the current EU policy and advocacy activities landscape, highlighting the initiatives with the biggest impact on addressing cardiovascular health outcomes.

In the first panel, Dr Rokas Navickas, from the Joint Action Chrodix+, will contextualise the current burden of CVDs in the EU, by presenting associated causes and risk factors, through a healthcare lens, but also looking at the wider determinants of health (e.g. legal, sociological, financial and environmental factors) that could impact the development of CVDs. Dr Steinar Madsen, medical director at the Norwegian Medicines Agency, will provide an overview of risk assessments for CVDs and provide a comparative view on different levels of risk

between and within EU countries, highlighting possible reasons for these differences. Prof David Wood, leading expert in CVD prevention and professor of Cardiovascular Medicine at the International Centre for Circulatory Health, National Heart and Lung Institute, Imperial College London, will then address the impact that changes in lifestyle factors can have in reducing the burden of clinical treatment for CVDs and will analyse the possible changes that could be proposed, with associated challenges in their applications.

In the second panel, a representative from the European Society of Cardiology, Prof Arno Hoes, will introduce professional organisations and their role in the discovery of advanced treatments and dissemination of best practices in CVD medicine and prevention. Ms Susanne Løgstrup, director of the European Heart Network, will then present the role of patient organisations in supporting the implementation of EU policies in the field, focused on the prevention of CVDs and on the promotion of evidence-based policy decisions. Prof Franco Sassi, professor of International Health Policy and Economics at Imperial College London, will provide a review of existing EU policies that may impact cardiovascular health in the EU.

The workshop is open to the public and attendants will have the opportunity to interact with the speakers in two question and answer sessions after each panel.

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