



fighting heart disease
and stroke
european heart network

Statement from the European Heart Network on the European Commission's proposal for a Farm to Fork Strategy

May 2020

The European Heart Network (EHN) welcomes the *European Commission's Communication on a Farm to Fork Strategy for a fair, healthy and environmentally friendly food system*.

The Communication proposes a number of policy recommendations that EHN called for in its report *Transforming European food and drink policies for cardiovascular health*ⁱ (September 2017), including EHN's overarching recommendation that the EU develop an integrated health and environment approach to food systems.

EHN has long been active in advocating for the introduction of simplified nutrition information on the front of food packaging as a cardiovascular health promoting measure.

Likewise, EHN has called for setting nutrient profiles in the context of the nutrition and health claims regulation since the adoption of this regulation in 2006.ⁱⁱ

EHN appreciates the Communication's commitments to developing regulatory policies in these areas.

According to the data included in EHN's 2017 paper, dietary risks are responsible for close to 50% of the burden of cardiovascular disease at an estimated cost of more than 100 billion euros annually.

The European Commission's Communication on a Farm to Fork Strategy has the potential to take a leap towards promoting cardiovascular health and preventing cardiovascular disease – the EU's leading cause of death.

ⁱ <http://www.ehnheart.org/publications-and-papers/publications/1093:transforming-european-food-and-drinks-policies-for-cardiovascular-health.html>

ⁱⁱ <http://www.ehnheart.org/medias/news/1125:.html>