



fighting heart disease  
and stroke  
european heart network

# Diet, Physical Activity and Cardiovascular Disease Prevention

Workshop Madrid – 26 September 2013

## **The Project – EuroHeart II**

Marleen Kestens, Network Coordinator, EHN



# European Heart Network (EHN)

The European Heart Network plays a leading role in the prevention and reduction of cardiovascular diseases, in particular heart disease and stroke, through advocacy, networking, education and patient support, so that they are no longer a major cause of premature death and disability throughout Europe



## European Heart Network (EHN)

Brussels-based alliance linking national heart foundations and like-minded non-governmental organisations in 24 European countries

# European Heart Network (EHN)

- vision:
  - **Every European has a right to a life free from avoidable cardiovascular diseases**

# European Heart Network (EHN)

- To achieve this vision, EHN dedicates itself to:
  - Advocacy: influencing **European policy makers** in favour of a heart-healthy lifestyle;
  - Cooperation: **ties with organisations** concerned with heart health promotion and cardiovascular disease prevention;
  - Communication: **gathering and disseminating information** relevant to heart health promotion and cardiovascular disease prevention;
  - Strengthening our membership capacity

# EHN

– Advocacy :





# EuroHeart II

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## EHN

Cooperation

Communication

– website : [www.ehnheart.org](http://www.ehnheart.org)

– EHN publications

Membership



<ul style="list-style-type: none"> <li>About us</li> <li>Members</li> <li>Expert Groups</li> <li>Patients</li> <li>Annual Reports</li> <li><b>EHN Papers</b></li> <li>Publications</li> <li>Position Papers</li> <li>Responses to consultations</li> </ul>	<h3>Publications</h3> <p style="text-align: right;">◀ Prev 1 2 Next ▶</p> <p><b>EHN research on Nutrient Profile Model</b> March 28th 2013</p> <p>On 28 March, the European Heart Network published a report on "Reducing children's exposure to marketing of foods and drinks that are high in fat, salt or sugar."</p> <p><a href="#">Read more</a></p> <p><b>Diet, Physical Activity and Cardiovascular Disease Prevention</b> November 23rd 2011</p> <p>In November 2011 the European Heart Network published its new report on Diet, Physical Activity and Cardiovascular Disease Prevention in Europe. This new report reviews the latest evidence on the relationship between cardiovascular health and what we eat or how active we are. It also takes a close look at current European eating and physical activity patterns and proposes a series of policy actions.</p> <p><a href="#">Read more</a></p>
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# European Heart Health Strategy (EuroHeart) II

EU co-funded project



# EuroHeart II

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- **General objective:**
  - contribute to addressing diseases of the heart and circulatory system (CVD) by reporting on and analysing the current situation as well as developing approaches across society enabling further development of Community initiatives to address CVD and other major chronic diseases
- **9 work packages**
  - Coordination, communication and evaluation
  - 6 content related work packages
  - **Project duration March 2011 to February 2014**
  - **30 Partners – EHN main partner**
  - **Total budget: 1,9 million €, 60% co-funded by EU**

## Specific objectives + achievements

- WP 4 : Reporting and analysing of data on Cardiovascular Diseases
  - Statistics 2012 report available on EHN website on [www.ehnheart.org](http://www.ehnheart.org) (statistics)
  - Report on Trends in age-specific coronary heart disease mortality in the European Union over three decades: 1980 to 2009



## Specific objectives + achievements

- **WP 5 : Identifying the most effective and cost effective CVD prevention policies**
  - Examine hypothesis The countries with the largest number of established, effective CVD prevention policies have achieved the biggest reductions in population smoking, blood pressure and cholesterol levels.
  - Paper in final phase
- **WP 6: Predicting future trends in Coronary Heart Disease**
  - Based on IMPACT model
  - Paper in final phase



## **WP 7 : Sharing knowledge on nutrition and physical activity and the prevention of CVD in Europe**



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## Spanish kindergarten children now 24% overweight

- International Congress on Nutrition, Granada, Spain, 17 September 2013

	Belgium	Germany	Greece	Bulgaria	Poland	Spain	All
Children aged 5-6years overweight or obese	12%	9%	20%	14%	13%	24%	15%
Children 5-6 years with TV in bedroom	15%	6%	27%	69%	32%	14%	25%
Children 5-6 years with computer in bedroom	9%	2%	9%	44%	24%	9%	14%

- Toybox study : <http://www.toybox-study.eu/>



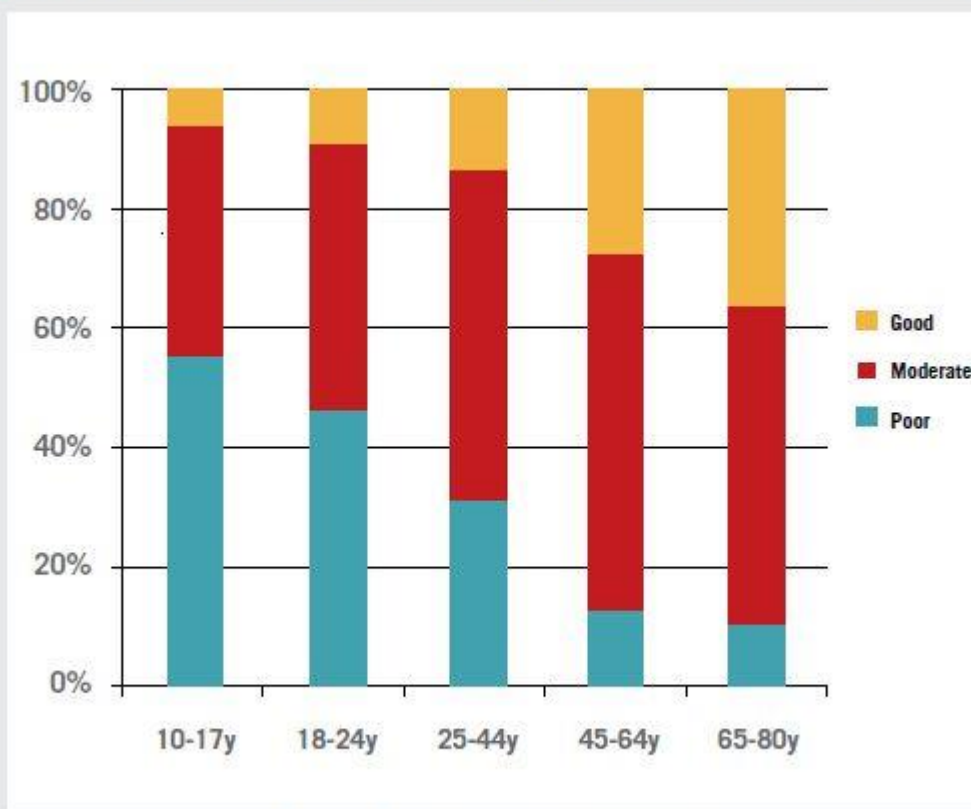
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**FIGURE 25** ADHERENCE TO A TRADITIONAL MEDITERRANEAN-TYPE DIET IN CATALONIA, SPAIN



Source: Serra-Majem et al (2007)<sup>137</sup>



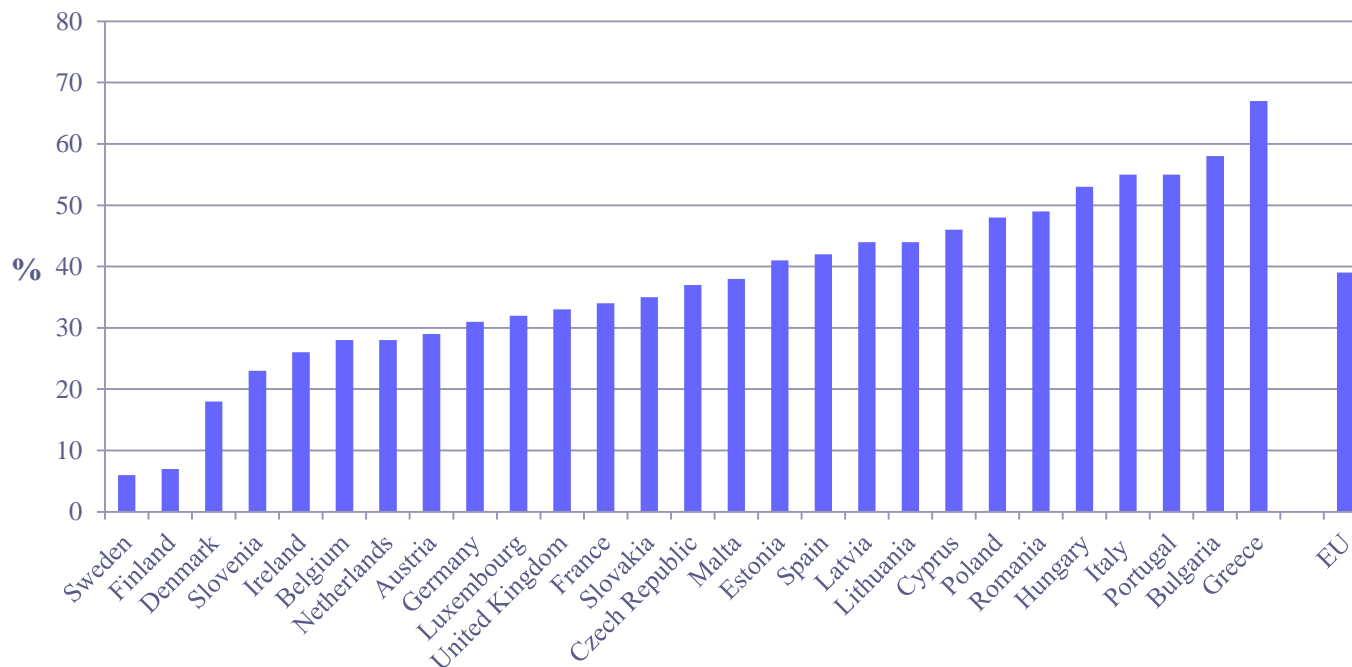
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**Figure 6.1 Prevalence of adults who do **no** moderate intensity physical activity in a typical week, 2009, EU**





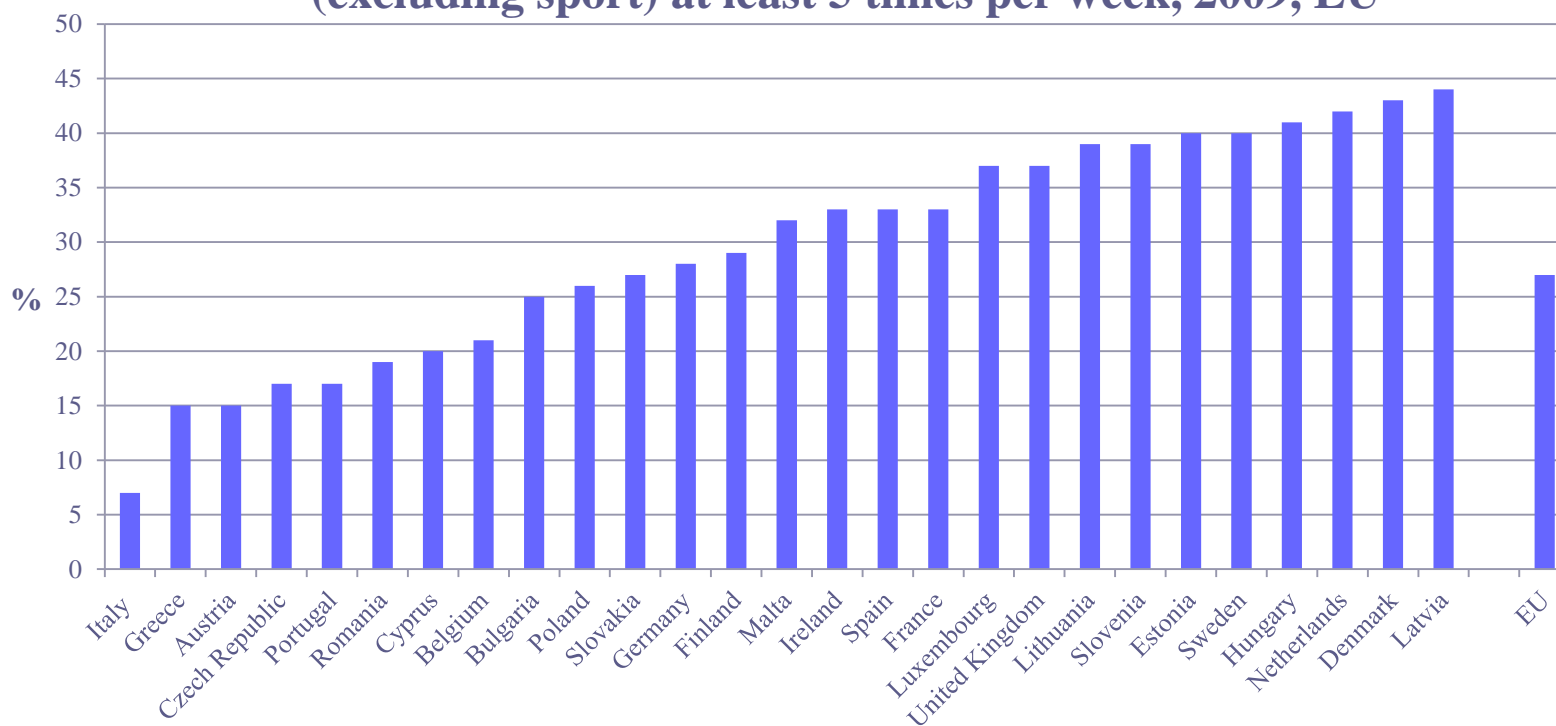
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**Figure 6.2 Prevalence of adults who participate in physical activity (excluding sport) at least 5 times per week, 2009, EU**







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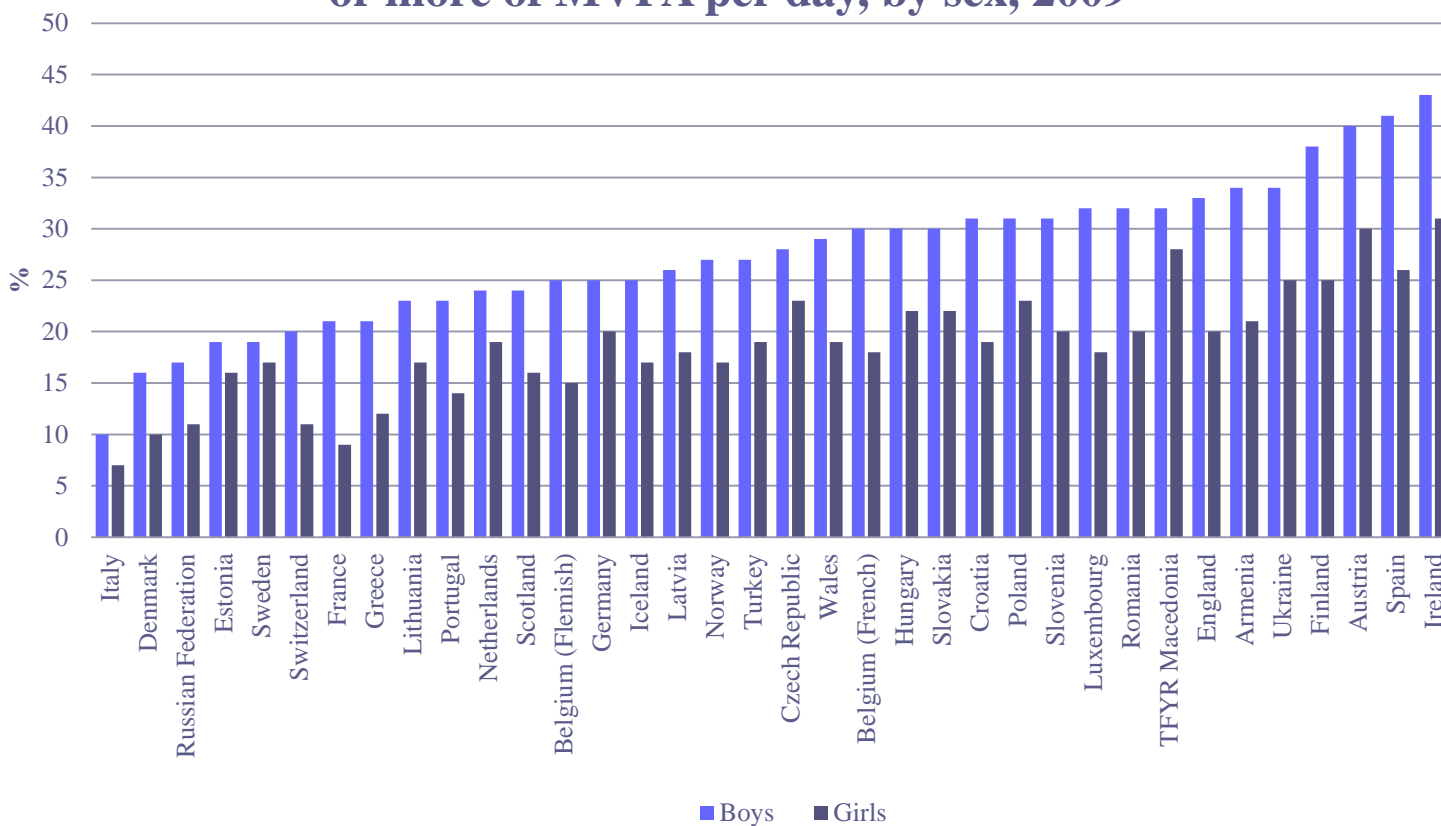
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**Figure 6.4a Proportion of 11 year olds participating in 1 hour or more of MVPA per day, by sex, 2009**





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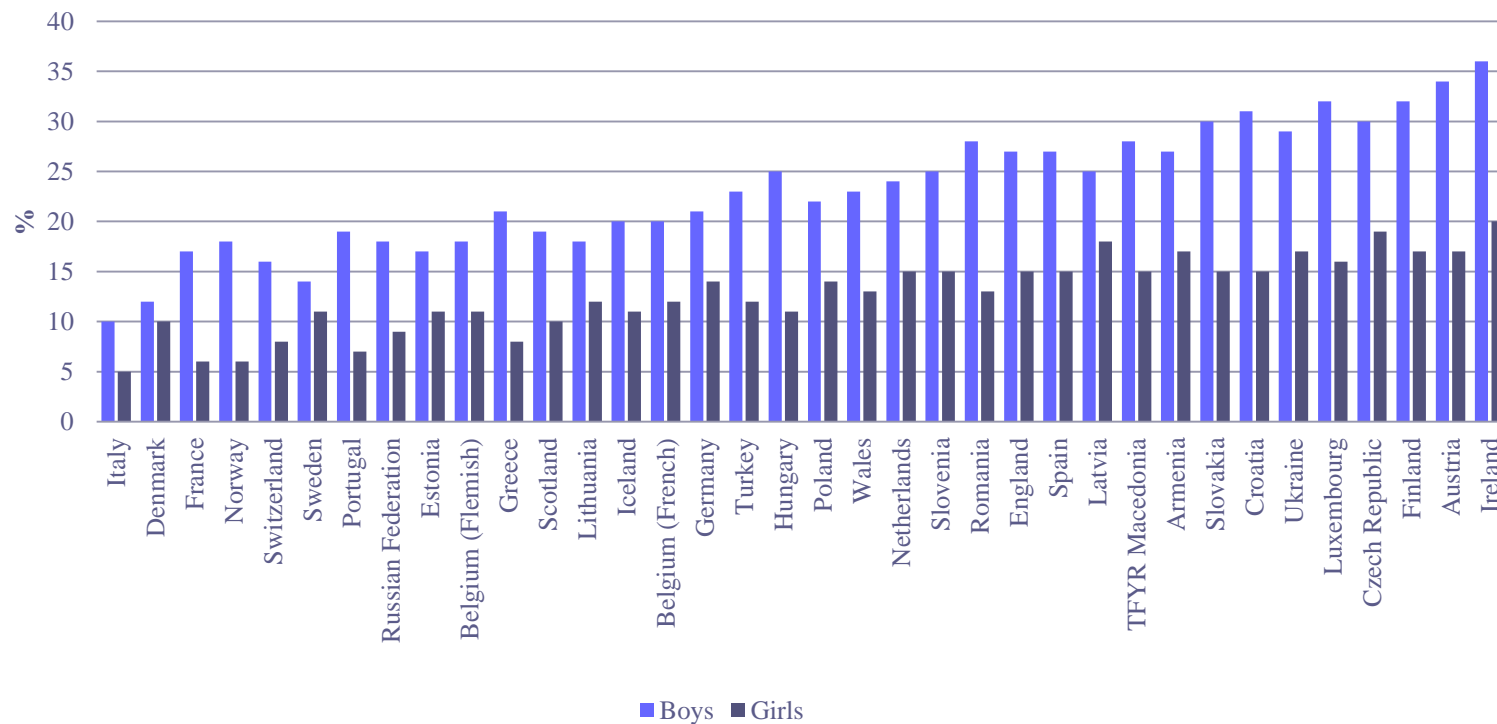
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**Figure 6.4b Proportion of 13 year olds participating in 1 hour or more of MVPA per day, by sex, 2009**





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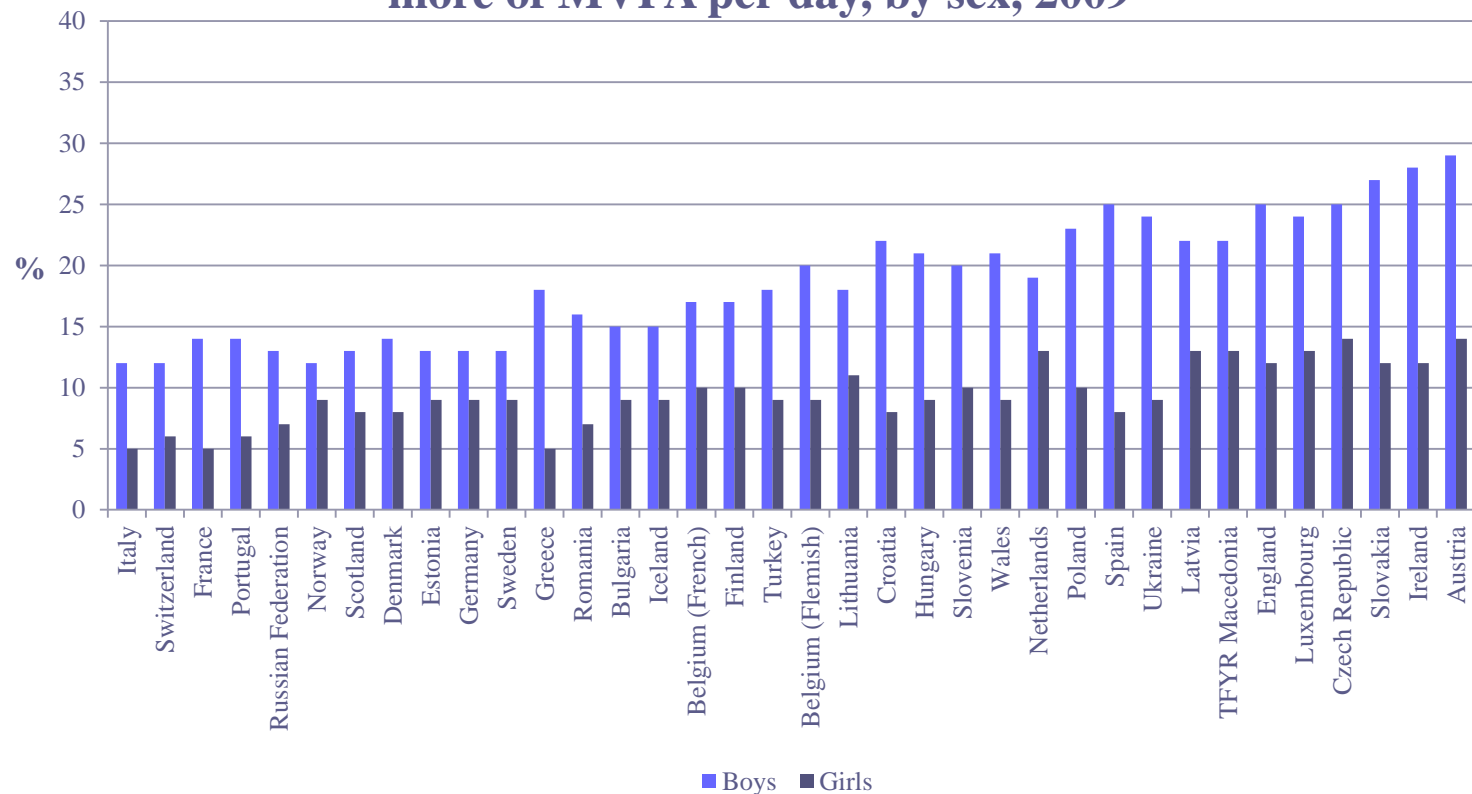
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**Figure 6.4c Proportion of 15 year olds participating in 1 hour or more of MVPA per day, by sex, 2009**





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**Table 6.1 Frequency of exercising or playing sport, adults, 2009, EU**

	5 times per week or more (%)	3 to 4 times per week (%)	1 to 2 times per week (%)	1 to 3 times per month (%)	Less often (%)	Never (%)
Austria	5	11	22	12	21	29
Belgium	15	10	24	7	16	28
Bulgaria	3	2	8	5	23	58
Cyprus	16	13	12	2	10	46
Czech Republic	5	4	19	10	25	37
Denmark	15	18	31	7	11	18
Estonia	7	9	18	8	17	41
Finland	17	27	27	9	13	7
France	13	12	23	8	10	34
Germany	9	15	25	6	14	31
Greece	3	7	8	3	12	67
Hungary	5	7	11	6	18	53
Ireland	23	18	17	4	11	26
Italy	3	9	17	4	12	55
Latvia	8	6	13	8	21	44
Lithuania	14	8	14	4	16	44
Luxembourg	12	16	23	5	12	32
Malta	17	15	16	4	10	38
Netherlands	5	16	35	8	8	28
Poland	6	7	13	6	18	48
Portugal	9	10	14	4	7	55
Romania	8	6	7	8	20	49
Slovakia	5	8	17	10	25	35
Slovenia	13	15	24	7	18	23
<b>Spain</b>	<b>12</b>	<b>15</b>	<b>12</b>	<b>4</b>	<b>15</b>	<b>42</b>
Sweden	22	22	28	8	13	6
United Kingdom	14	14	17	7	15	33
EU	9	12	19	6	15	39



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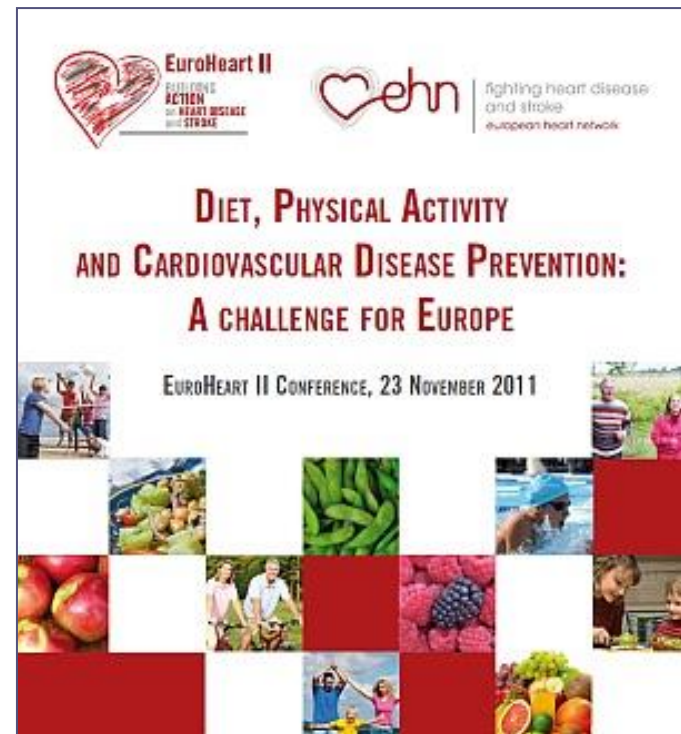
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Table 6.3 Proportion of insufficiently active adults, aged 15 years and older, by sex, 2008, Europe

	Male	Female	Total
Austria	30	39	35
Belgium	40	45	43
Bosnia and Herzegovina	30	37	34
Bulgaria	25	29	27
Croatia	26	21	24
Cyprus	48	63	55
Czech Republic	28	22	25
Denmark	35	35	35
Estonia	16	19	17
Finland	41	35	38
France	28	37	33
Georgia	21	24	22
Germany	28	29	28
Greece	17	15	16
Hungary	26	26	26
Ireland	48	59	53
Italy	50	60	55
Kazakhstan	32	31	32
Latvia	28	36	32
Lithuania	20	25	23
Luxembourg	50	46	48
Malta	71	73	72
Netherlands	21	15	18
Norway	43	45	44
Poland	24	32	28
Portugal	48	54	51
Romania	31	46	39
Russian Federation	23	19	21
Serbia	63	73	68
Slovakia	23	21	22
Slovenia	27	34	30
<b>Spain</b>	<b>47</b>	<b>53</b>	<b>50</b>
Sweden	44	44	44
Turkey	50	63	56
Ukraine	20	16	18
United Kingdom	58	69	63

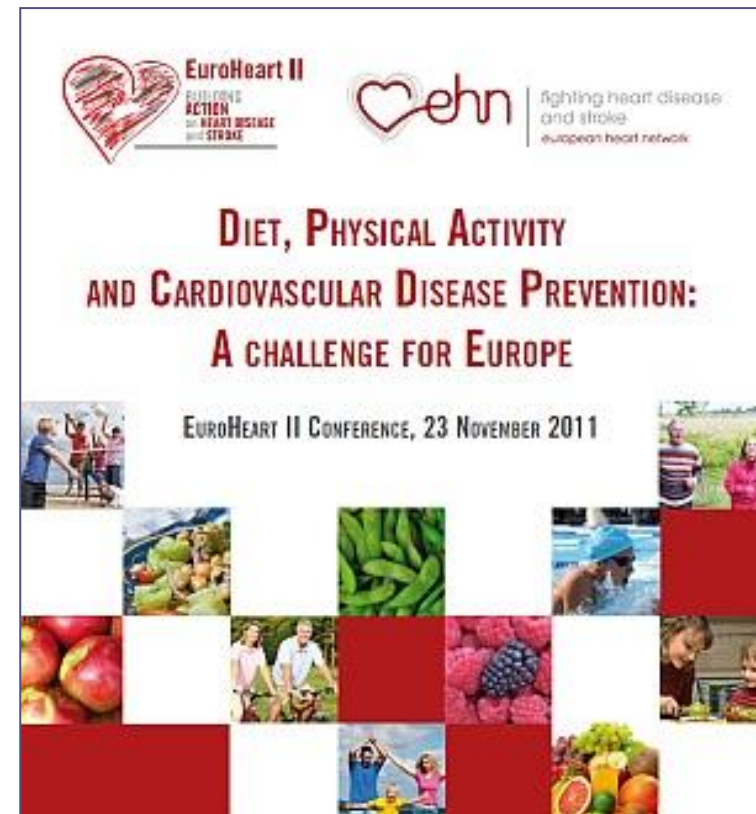
# Specific objectives + achievements

- conference 23 November 2011
  - European Commission
  - European Parliament
  - WHO
  - ECD
  - stakeholders
  - press



## Specific objectives + achievements

- **WP 7**
  - 3 regional workshops:  
Germany, Italy and Slovakia  
with the participation of the  
cardiovascular and wider  
chronic disease community
  - national meetings in 10  
countries

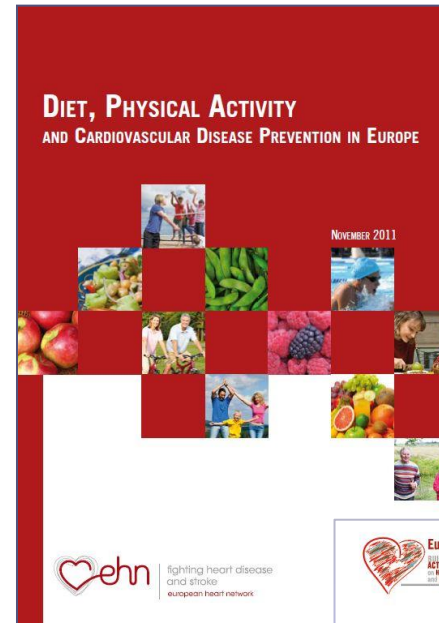


## Partners in work package 7

- Belgian Heart League
- Dutch Heart Foundation
- French Federation of Cardiology
- German Heart Foundation
- Hungarian National Heart Forum
- Icelandic Heart Association
- Irish Heart Foundation
- Italian Association against Thrombosis and Cardiovascular Diseases
- Italian Heart Foundation
- National Heart Forum, UK
- Portuguese Heart Foundation
- Slovak League for Prevention and Treatment of Cardiovascular Diseases
- Slovenian Heart Foundation
- **Spanish Heart Foundation**



- EHN report on Diet, Physical Activity and Cardiovascular Disease Prevention
- Full report and summary version available from [www.ehnheart.org](http://www.ehnheart.org) (EHN papers)
- Main recommendations from the report summarised in brochure



## Specific objectives + achievements

- **WP 8 : Seminars for the cardiovascular patients' community**
  - Subjects addressed
    - Rehabilitation
    - E-health
    - Data protection
    - Clinical Trials
    - Medical Devices
- **WP 9 : evaluation of the ESC-EASD guideline on prevention for cardiovascular disease in diabetic patients**
  - Work in progress
  - Database launched



**EuroHeart III**

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# Acknowledgement

This conference arises from the EuroHeart II project which has received co-funding from the European Union in the framework of the Health Programme



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- <http://www.ehnheart.org/euroheart-ii.html>
- <http://www.ehnheart.org>
- [mkestens@ehnheart.org](mailto:mkestens@ehnheart.org)

The screenshot shows a web browser window displaying the EuroHeart II project description page. The browser's address bar shows the URL <http://www.ehnheart.org/euroheart-ii.html>. The page header includes the EHN logo and the text "fighting heart disease and stroke european heart network". A navigation menu on the left lists various sections: About us, Members, Expert Groups, Patients, Annual Reports, EHN Papers, Policies, EuroHeart II, About EuroHeart II, EuroHeart II events, Partners in the project, EuroHeart II publications, Projects, Media, MEP Heart Group, CVD Statistics, and Alliances. The main content area is titled "Description of the EuroHeart II project" with a date of "March 23rd 2011". It features a small version of the EuroHeart II logo and a text block describing the project's goals and funding. A "Read more" link is provided at the end of the text. The footer contains contact information for the European Heart Network AISBL, including the address (Rue Montoyer 31, B-1000 Brussels, Belgium), telephone (+32 2 512 9174), fax (+32 2 503 3525), and email (info@ehnheart.org). The browser's taskbar at the bottom shows the date and time as 16:03 25/09/2013.