



EuroHeart II conference: Diet, Physical Activity and Cardiovascular Disease Prevention - a challenge for Europe

23 November 2011

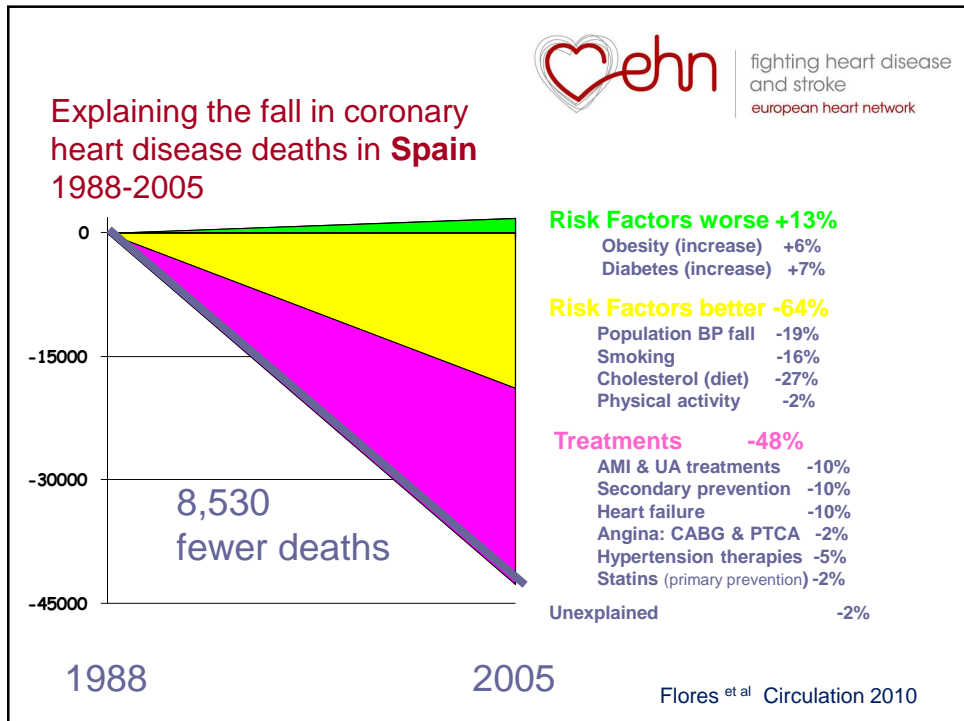
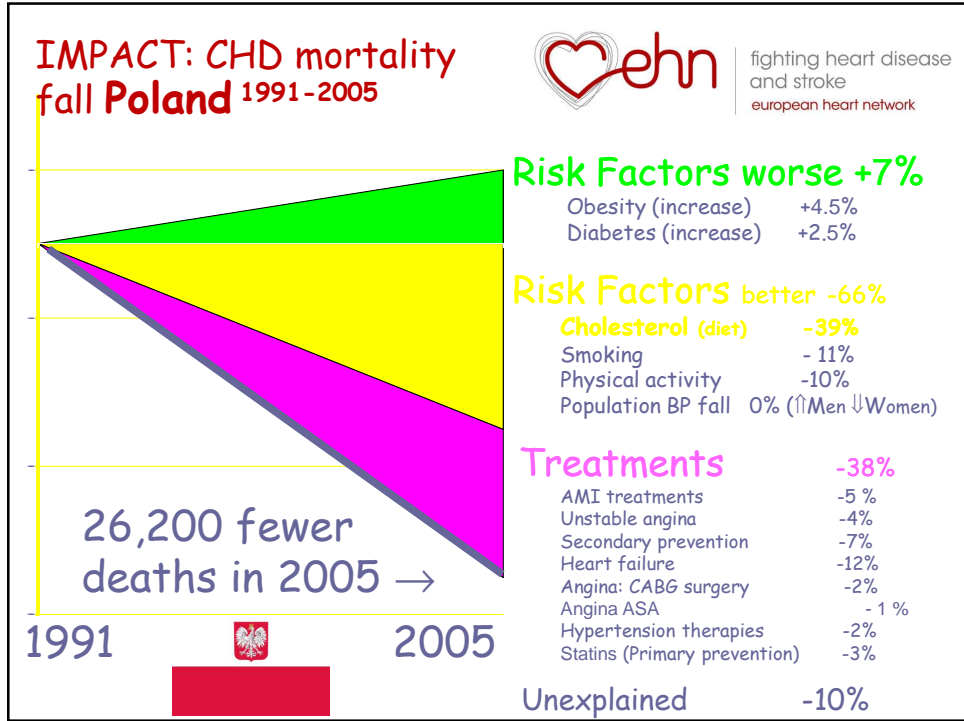
European roll-out

Susanne Løgstrup, Director, European Heart Network



This is a vegetable

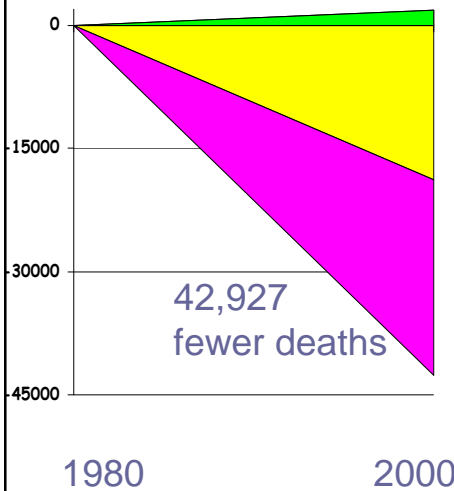




Explaining the fall in coronary heart disease deaths in Italy 1980-2000



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Risk Factors worse +4 %
 (increase) + 2%
 Diabetes (increase) + 2.5%

Risk Factors better -44 %
Cholesterol -25 %
 Smoking - 9%
 Population BP fall - 4 %
 Physical activity (incr.) - 6 %

Treatments -55 %
 Angina - 12 %
 CABG & PTCA - 2 %
 Angina: Aspirin etc - 1 %
 Hypertension therapies - 1 %
 Statins 1° prevention - 2 %

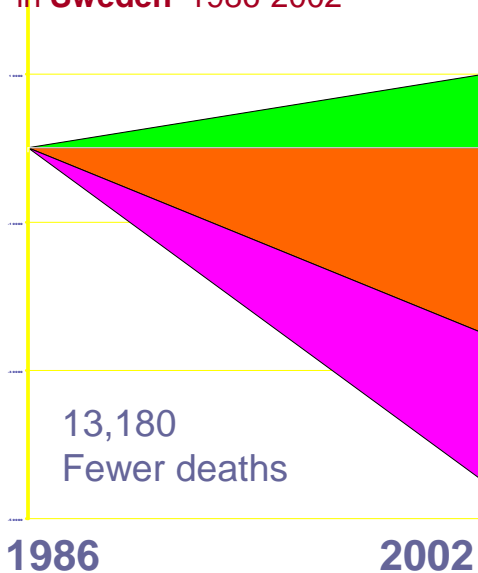
Palmieri et al Am J Public H 2009

Explaining the CHD mortality fall in Sweden 1986-2002



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Bjorck et al Eur Heart J 2009



Risk Factors worse +11%
 Obesity (increase) +3%
 Diabetes (increase) +8%

Risk Factors better -66%
Cholesterol (diet) -39%
 Population BP fall -9%
 Smoking -20%
 Physical activity -13%

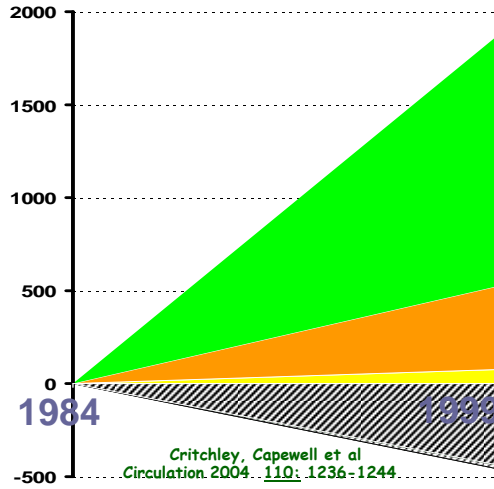
Treatments -36%
 AMI treatments -6%
 Unstable angina -2%
 Secondary prevention -12%
 Heart failure -7%
 Angina: CABG & PTCA -3%
 Hypertension therapies -4%
 Statins (primary prevention) -2%

Unexplained -9%

CHD mortality *RISE* in Beijing 1984 – 1999



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In 1999: 1820 EXTRA DEATHS ATTRIBUTABLE TO RISK FACTOR CHANGES

↑Cholesterol 77%

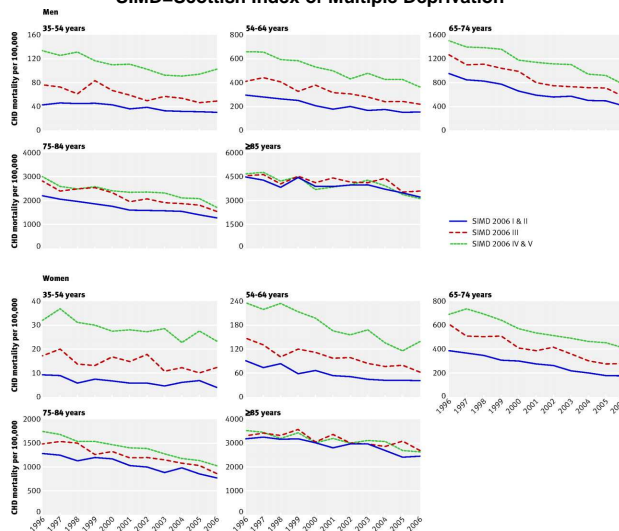
- ↑Diabetes 19%
- ↑BMI 4%
- ↑Smoking 1%

370 FEWER DEATHS BY TREATMENTS

Coronary heart disease mortality trends by age and deprivation in men and women (Scotland 1996-2006). SIMD=Scottish Index of Multiple Deprivation



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O'Flaherty, M. et al. BMJ 2009;339:b2613



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European Heart Health Strategy II

EU co-funded project



EuroHeart II

**BUILDING
ACTION**
on **HEART DISEASE**
and **STROKE**



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European Heart Health Strategy II

EU co-funded project

- **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

- **Specific objective:**
 - share knowledge on nutrition, physical activity and the prevention of cardiovascular diseases in Europe



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European Heart Health Strategy II

EU co-funded project

How to achieve:

- conference today + press + wide dissemination of EHN paper on diet, physical activity and CVD prevention in Europe
- three regional workshops: Germany, Italy and Slovakia with the participation of the cardiovascular and wider chronic disease community
- national meetings in 10 countries



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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



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European Heart Network (EHN)

Brussels-based alliance linking 33 national heart foundations and like-minded non-governmental organisations in 26 European countries



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European Heart Health Strategy II

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Partners in the work package on sharing knowledge on nutrition, physical activity and the prevention of cardiovascular diseases in Europe:

- 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

More info

- <http://www.ehnheart.org/euroheart-ii.html>
- <http://www.ehnheart.org>
- slogstrup@ehnheart.org



Acknowledgement

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