

Diet, Physical Activity and Cardiovascular Disease Prevention in Europe

18 October 2012

Slovak Academy of Science Smolenice, Slovakia

Morning session: focus on knowledge sharing and information

- 09.00h **Welcome and opening**
*Speaker: Prof. Ján Slezák, MD, D.Sc. D.h.c, FIACS
Past president of Slovak Heart-to-Heart League*
- 09.20h **Questions and Answers**
- 09.30h **The EuroHeart II project**
Speaker: Susanne Logstrup, Director European Heart Network
- 09.50h **Questions and answers**
- 10.00h **Prevention policies in Slovakia on nutrition and physical activity**
*Speaker: Doc. MUDr. Gabriel Kamenský, CSc., FECS, Head of Department of
Cardiology at Ministry of Health of the Slovak Republic*
- 10.20h **Questions and Answers**
- 10.30h **Coffee break**
- 11.00h **Prevention policies in Slovakia**
Speaker: MUDr. Alena Cvopová, Public Health Authority of the Slovak Republic
- 11.20h **Questions and Answers**
- 11.30h **Diet and exercise in Slovak population. What can we do?**
*Speaker: Ass. Prof. MUDr. Ján Lietava, CSc.,
President of Slovak Heart-to-Heart League*
- 11.50h **Questions and answers**

This workshop arises from the EuroHeart II project, which has received co-funding from the European Union, in the framework of the Health programme.

- 12.00h **Lunch**
- 13.00 h **Role of fitness centres in exercise of healthy population**
Speaker: Ladislav Meško, General Sekretary of the SAKFST
- 13.15h **Questions and answers**
- 13:20h **Dietary advertisement and exercise during lunch break**
Speaker: Ing. Ivan Sivák, Espria, Slovakia
- 13:35h **Questions and answers**
- 13:40h **Exercise in children- Project 10min**
Speaker: Ing. Lucia Polakovičová, Association for Health of our children, Slovakia

Afternoon Session: focus on developing advocacy skills

- 14.00h **Diet, Physical Activity and Cardiovascular Disease Prevention in Europe**
Speaker: Dr Mike Rayner, Director British Heart Foundation Health Promotion, Research Group, University of Oxford, and Chair EHN Nutrition Expert Group
- 14.30h **Questions and answers**
- 14.45h **Where do we go from here?**
Session with all workshop participants, including representatives from the Romanian Heart Foundation, Slovenian Heart Foundation, Hungarian Heart Foundation
- 15.45h **Summary and Conclusions**
- 16.15h **End of conference**