

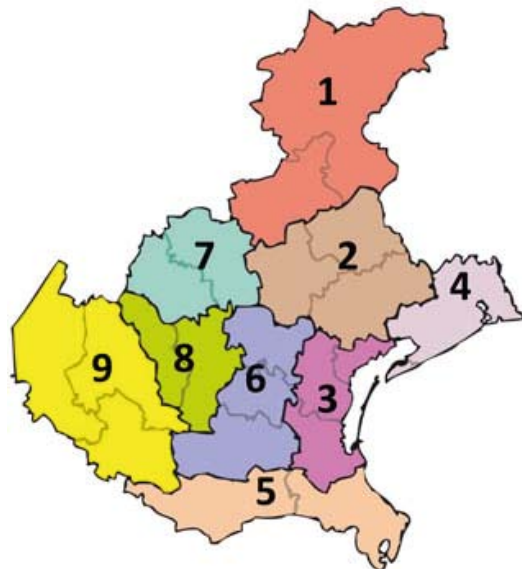
Cardiovascular Screening Program CARDIO 50

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REGIONE DEL VENETO



Population: 4,925 Ml.
400,000 (8%) 50-54 yrs old
9 «new» Local Health Units
22 «old» Local Health Units
11 involved in the project

Regional Prevention Plan 2014-2018

(Dgr 749, 14.05.15)

Cardiovascular Screening (S.4)

Objectives:

- To estimate cardiovascular risk among the 50 years old population (both males and females)
- Identify persons with unhealthy life styles
- Identify new cases of hypertension, hyperglycemia and hypercholesterolemia

Cardio 50 Process

- Active invitation by letter
- Screening visit and evaluation by a health professional:
 - Blood sugar/cholesterol level tests (Sticks)
 - Weight, height and blood pressure measurement
- Life style assessment (smoking, eating and exercise habits) with a standardised questionnaire
- Classification in 4 groups (through software)
- Life style Counselling with healthier habits proposals
- Assignement of medical report
- Referral to GP (if required)
- Follow-up for specific class (B)

Evaluation during screening visit

► **Smoking behaviour** (n. of cigarettes smoked if a smoker)

► **Eating habits:**

- fish at least twice a week
- 5 portions of fruit/vegetables daily
- salt consumption
- alcohol consumption

► **Physical activities:**

- type
- how much
- frequency

► **Height and weight**

- BMI ≥ 25 Overweight,
- BMI ≥ 30 Obese

► **Waist circumference**

- Not normal if ≥ 102 (males),
or ≥ 88 (females)

► **Blood pressure**

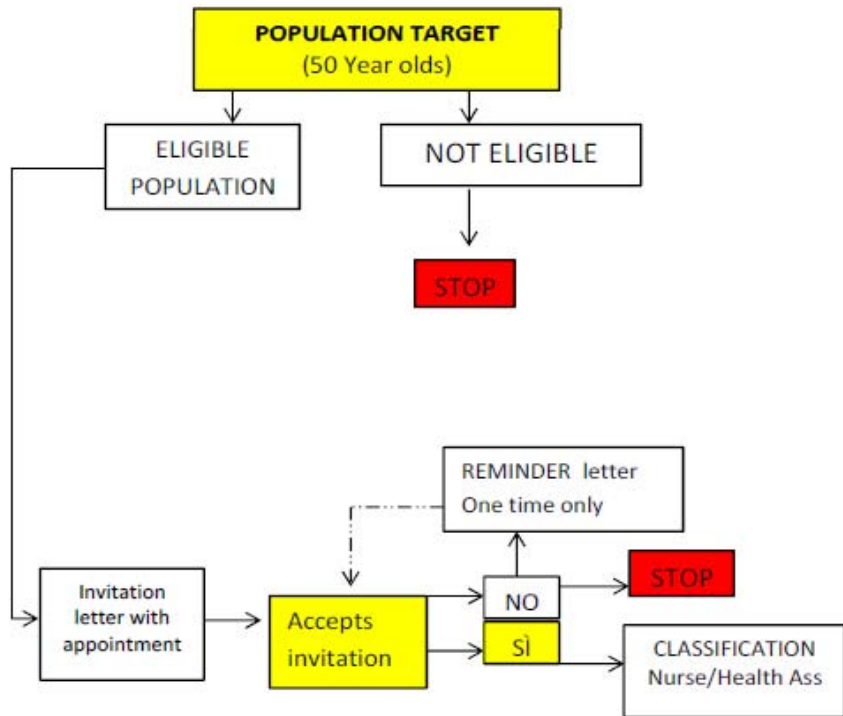
- High if SYS ≥ 140 or DIA ≥ 90

► **Hypercholesterolemia** ≥ 240

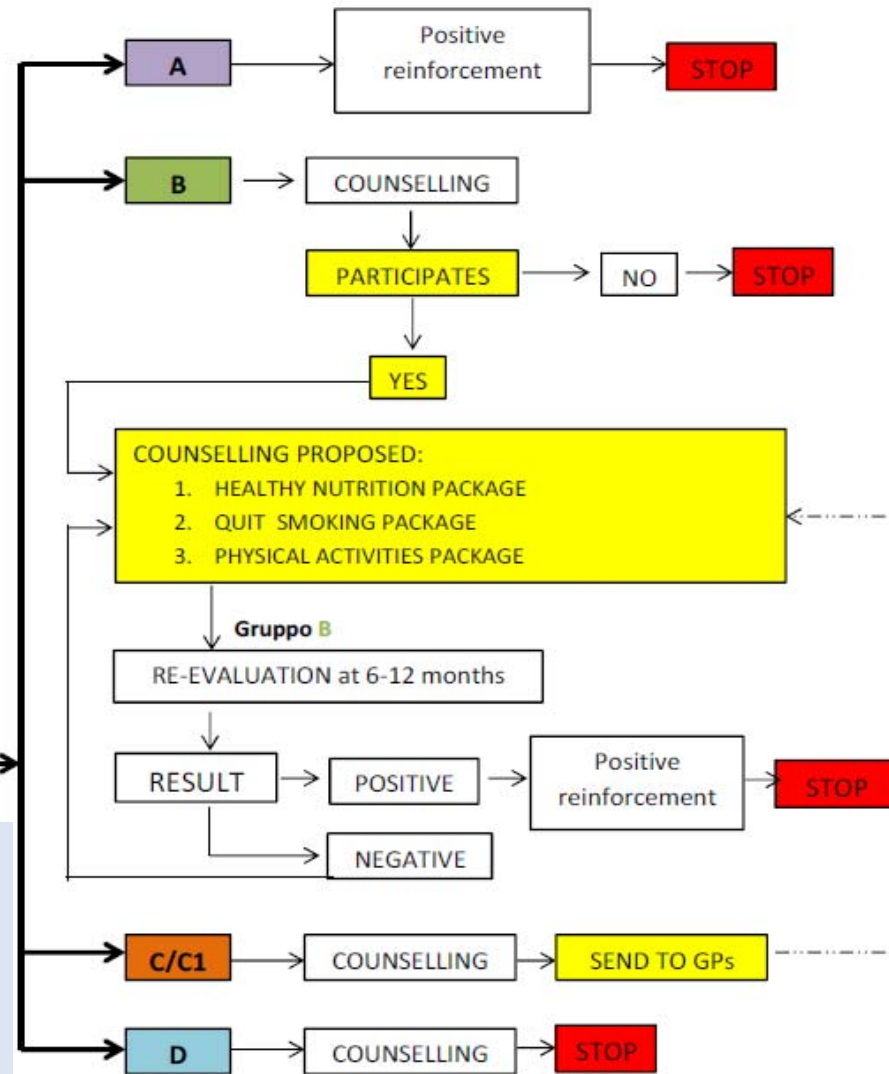
► **Hyperglycemia**

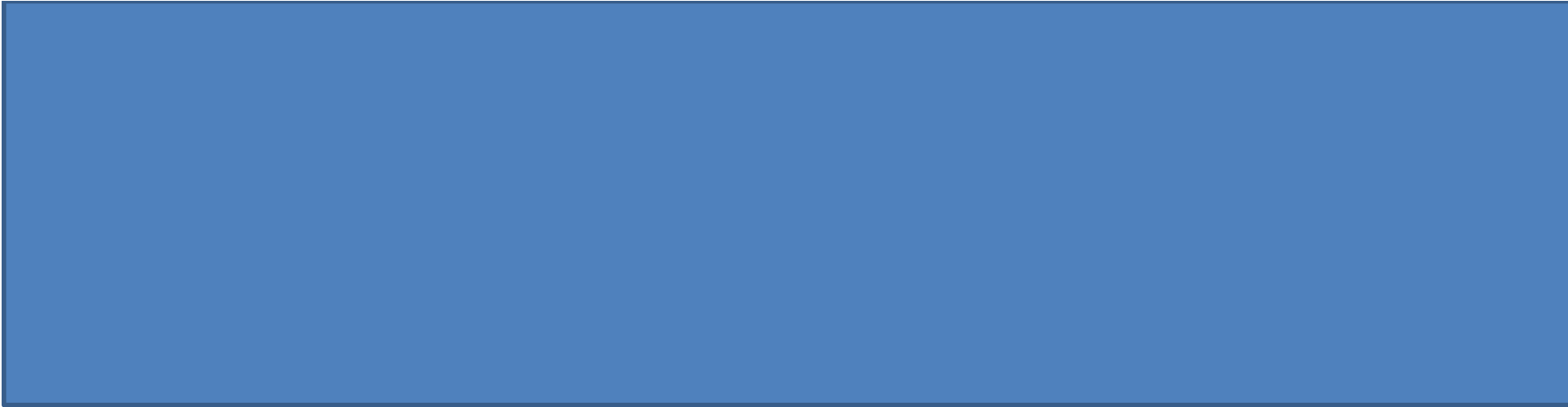
- After eating ≥ 140
- Fasting and random ≥ 110

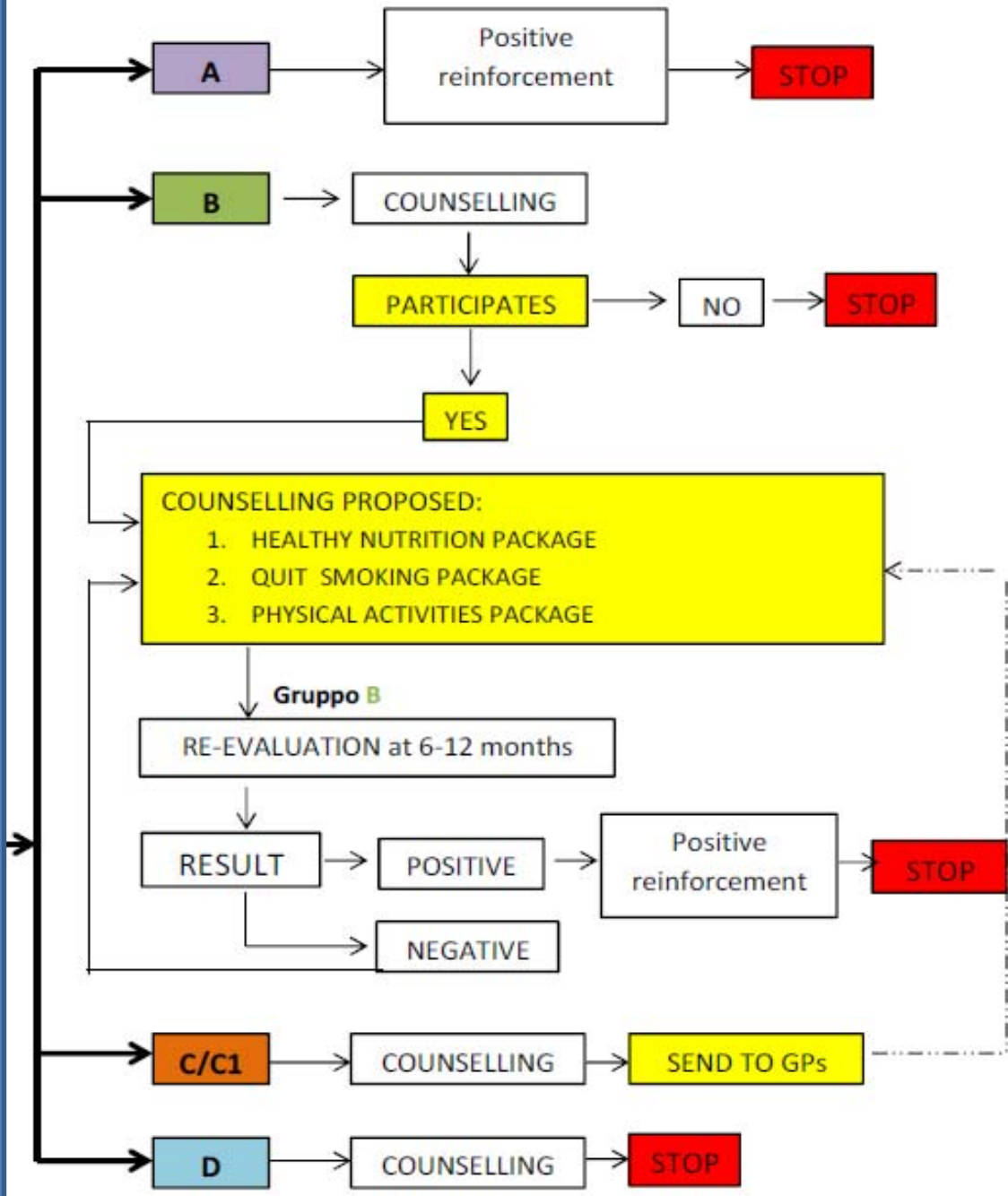
FLOW CHART "Cardio 50"



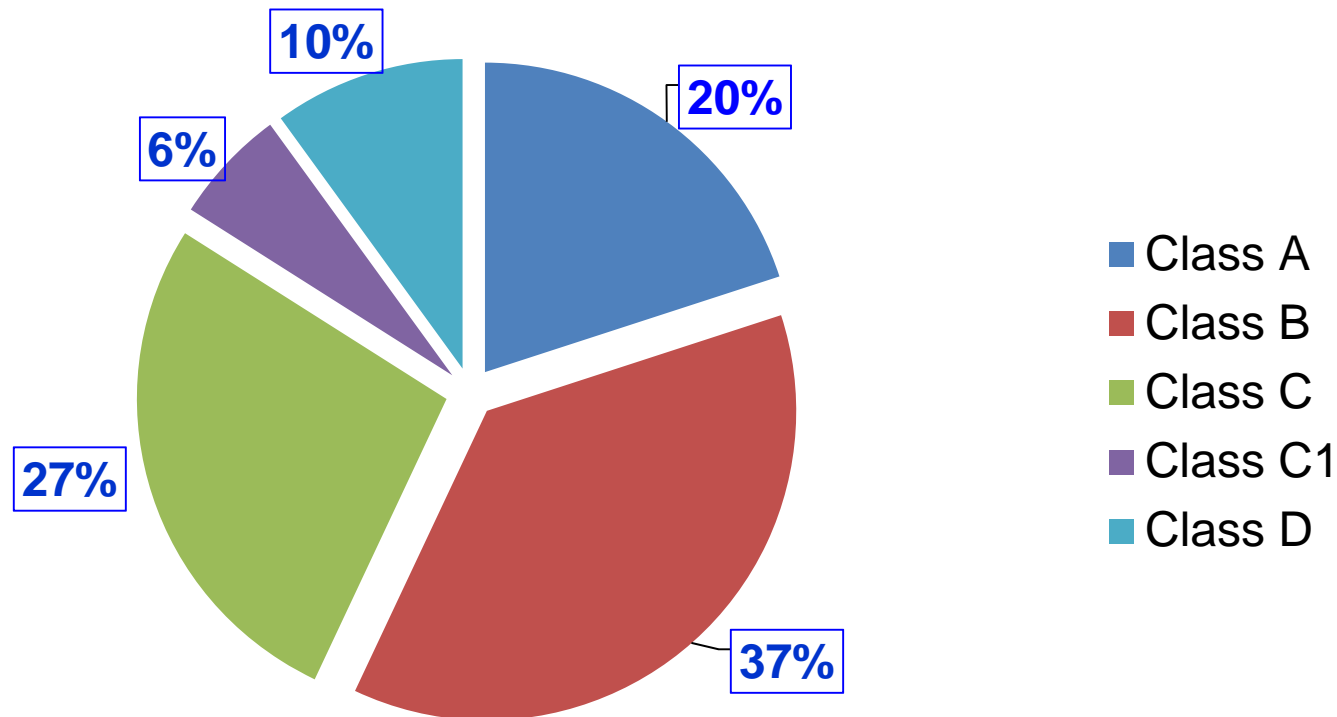
- **Class A** *Healthy life style, no risk factors*
- **Class B** *Unhealthy lifestyle, no risk factors*
- **Class C** *Unhealthy lifestyle with risk factor(s)*
- **Class C1** *Healthy lifestyle with risk factor(s)*
- **Class D** *In therapy, exits screening*



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- ➡ **Class A** *Healthy life style, no risk factors*
 - ➡ **Class B** *Unhealthy lifestyle, no risk factors*
 - ➡ **Class C** *Unhealthy lifestyle with risk factor(s)*
 - ➡ **Class C1** *Healthy lifestyle with risk factor(s)*
 - ➡ **Class D** *In therapy, exits screening*



Class Distribution (First visit)



- **Class A** Healthy life style, no risk factors
- **Class B** Unhealthy lifestyle, no risk factors
- **Class C** Unhealthy lifestyle and risk factor present
- **Class C1** Healthy life style, risk factor present
- **Class D** In therapy, exits screening

Some results - First visit (1)

Total invited (2015-2017) ~44,000

Participation rate ~ 61%

Follow-up compliance ~ 53%

Physical activity

- 16,1% insufficient *
- 56,6% moderate
- 27,2% high

* less than 30' a day 5 times a week

Smoking Habits

- 21% Smokers *
- 22,8% males
- 19,5% females

* 11,6 average n. cigarettes smoked daily

Some results - First visit (2)

Nutrition and Weight

- **72,5%** Fruit and vegetables consumption*
 - 71% males,
 - 74,4% females
- **36,6%** Fish intake at least twice a week

*less than 5 portions a day

Waist circumference

- **27,7 %** males (≥ 102 cm),
- **42,8%** females (≥ 88 cm)

- **48,8% *Overweight*** (BMI ≥ 25)
 - **60,3%** males
 - **39%** females

- **15% *Obese*** (BMI ≥ 30)

Some results - First visit (3)

«Early» detection

New subjects with:

- **23% Hypertension**
(16 % females , 31% males)
- **9% Hyperglycemia**
- **21% Hypercholesterolemia**
(22 %females, 19 %males)

First visit vs. follow up

(Class B subjects)

First Visit

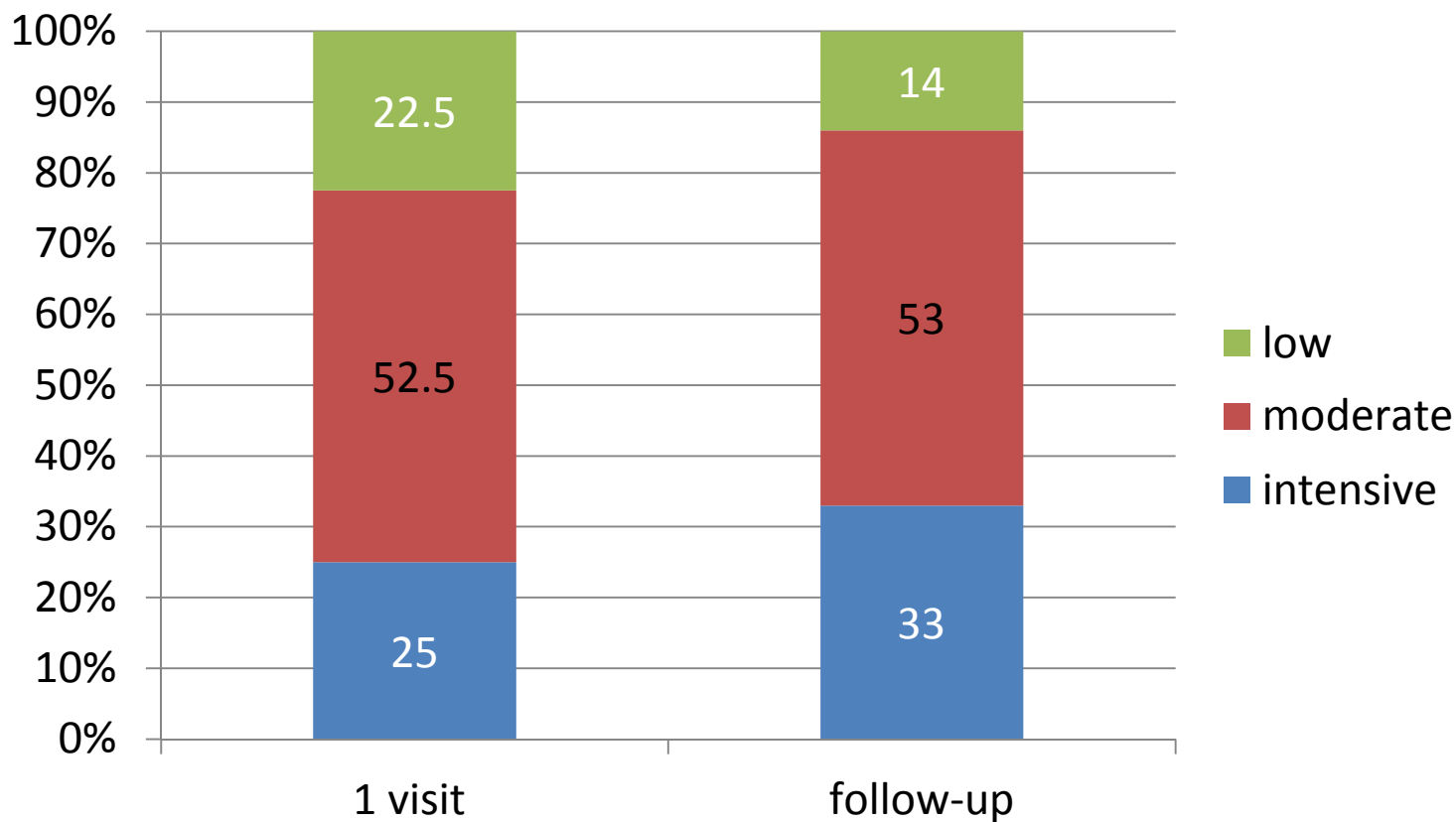
- **30,4%** Smokers
- **35,4%** Fish consumption less than twice a week
- **60%** Overweight
 - **51%** Females
 - **71,6%** Males

Follow up after 6-12 months

- **21,9 %**
- **39,3%**
- **56,7%**
 - **47,5%** Females
 - **67,3%** Males

First visit vs. follow up: Physical activity

(Class B subjects)



Cardio 50 key points

- **Central Coordination**

(in Italy Dept. of Prevention in the Local Health Unit)

- **Active involvement of GPs**

- **Active offer of related services by the territory:**

- Tobacco Cessation services

- Physical exercise Prescription

- Nutrition services

- Synergies with other prevention programs

- Communication strategy

**Other Countries volunteering for
EU project (preliminary list):**

Croatia

Hungary

Lithuania

Luxembourg

France

More information:

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Thanks for your attention!

