



EUROPEAN ALLIANCE FOR CARDIOVASCULAR HEALTH

BACKGROUND

Provide the rationale and background for your proposed action including challenges and enablers.

This action proposes policy recommendations to EU Member States and Institutions for implementing targeted **European Cardiovascular Health Checks** for individuals at risk or living with cardiovascular, diabetes, and chronic kidney diseases. It emphasizes considering gender differences in symptoms as they can vary from those commonly seen in CVD cases. Cardiovascular disease is the [leading cause of death](#) in the EU, accounting for 36% of premature deaths annually and costing [€282 bn a year](#). Diabetes affects [one in ten adults](#) in the EU, with diagnoses [almost doubled](#) over the past decade. Chronic Kidney Disease is often undetected due to inadequate screening, yet it impacts [one in seven](#) individuals in the EU and poses a significant healthcare cost burden. Addressing these issues through proactive measures is crucial given their increasing prevalence and impact on public health systems.

CONCRETE ACTION

▪ **Idea:**

- *What are the objectives and the scope of the action?*

Implementing **European Cardiovascular Health Checks** for common risk factors (including albuminuria, age, high BMI, high blood pressure, tobacco use, high blood glucose, high LDL, LP(a)) can help **diagnose early and save healthcare** costs. We need to consider gender differences in preventing complications and reducing mortality from CVD, CKD, and diabetes.

▪ **EU added value and impact:**

- *What is the EU added value and impact of the action?*

Action at EU level would help bridge the gap in prevention and linkage to care between different EU Member States, by setting common targets, providing guidance and promoting a harmonised approach to detecting those at risk or living with cardiovascular, kidney and diabetes care. Ensuring consistency in screening protocols, diagnosis criteria, and treatment initiation, would overall contribute to a more coherent and effective strategy against NCDs at EU level. The action would also

How will this action support the prevention of non-communicable diseases in the EU?

encourage the exchange of best practices and knowledge among EU Member States.

CHALLENGES AND ENABLERS

- *Which issues will your action address on health promotion and prevention of non-communicable diseases in particular related to health determinants, or socio-economic, environmental, commercial determinants of health?*

This action supports the Healthier Together Initiative's goal of promoting health and preventing diseases like CVD, diabetes, and CKD through early detection using a targeted screening tool. It aims to reduce mortality, prevent complications, and save costs. The initiative also aligns with the European Parliament's 2023 [Own-Initiative Report](#) emphasizing the importance of preventing NCDs through screening and early diagnosis. Integrated health checks for at-risk or living with the disease individuals would focus on modifiable risk factors like high BMI, blood pressure, blood glucose levels, LDL, LP(a), tobacco use, and albuminuria.

IMPLEMENTATION PLAN

- *Provide your views on how your organisation can be involved and help in taking this idea forward.*

The [European Alliance for Cardiovascular Health \(EACH\)](#), as a platform that aggregates knowledge and expertise of key stakeholders active in the field of cardiovascular health, is well-positioned to actively contribute to the implementation and advancement of this proposal. EACH can successfully support in providing evidence and sharing best practices by collecting input from healthcare professionals (HCPs), researchers, patient advocacy groups and industry. Facilitating knowledge-sharing and disseminating information about the benefits associated with joint health checks, EACH can provide guidance for implementation at the Member State level, based on the learnings of successful case studies and pilot projects, and can support in the development of training materials for HCPs to ensure a better understanding of risk factors to practice intervention in early detection and diagnosis.

How will it target specific challenges, and are there any enablers that can take your action forward?

What can your organisation do to put this idea in place?