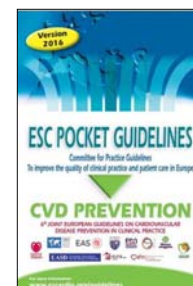
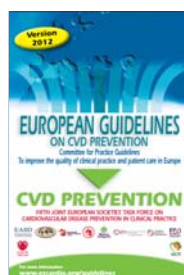


# Lifestyle and cardiovascular disease

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## EUROPEAN GUIDELINES ON CARDIOVASCULAR DISEASE PREVENTION

Lifestyle, risk factor and therapeutic targets  
for secondary and primary prevention of  
CVD





## EUROASPIRE V countries



Ireland



Germany



France



Croatia



Spain



Serbia



Portugal



Netherlands



UK



Czech Republic



Belgium



Slovenia



Bosnia &amp; Herzegovina



Egypt



Finland



Latvia



Poland



Romania



Greece



Kyrgyzstan



Kazakhstan



Russia



Sweden



Lithuania



Bulgaria



Turkey



Ukraine

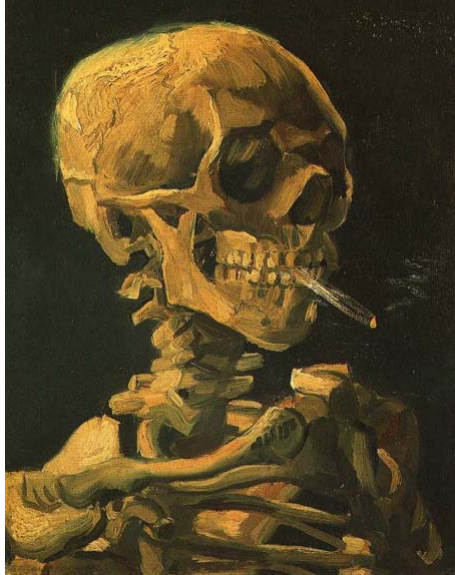


## EUROASPIRE V

Proportion of coronary patients achieving lifestyle, risk factor and therapeutic targets for cardiovascular disease prevention defined in the Joint European Societies

Guidelines on CVD prevention

## **SMOKING**

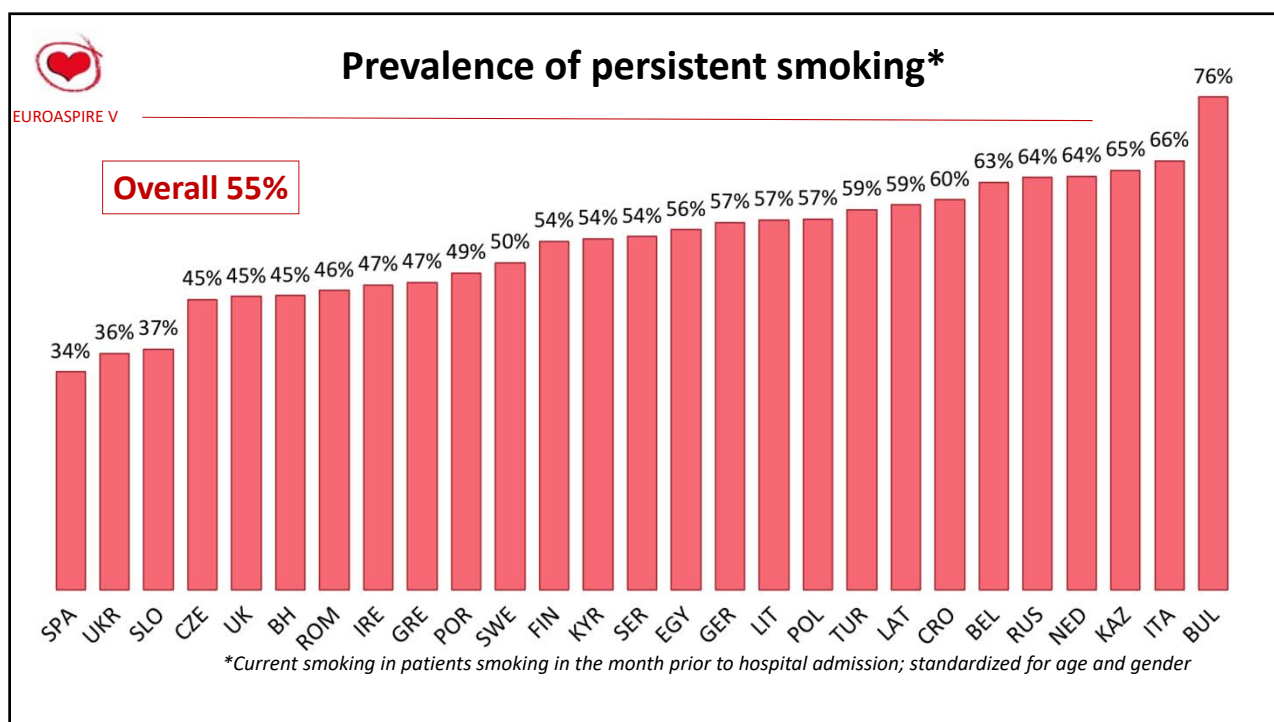



### **2016 ESC Guidelines on CVD Prevention in clinical practice**

#### **Key recommendations**

#### **SMOKING**

“It is recommended to identify smokers and provide repeated advice on stopping with offers to help, by the use of follow-up support, nicotine replacement therapies, varenicline and bupropion individually or in combination.”

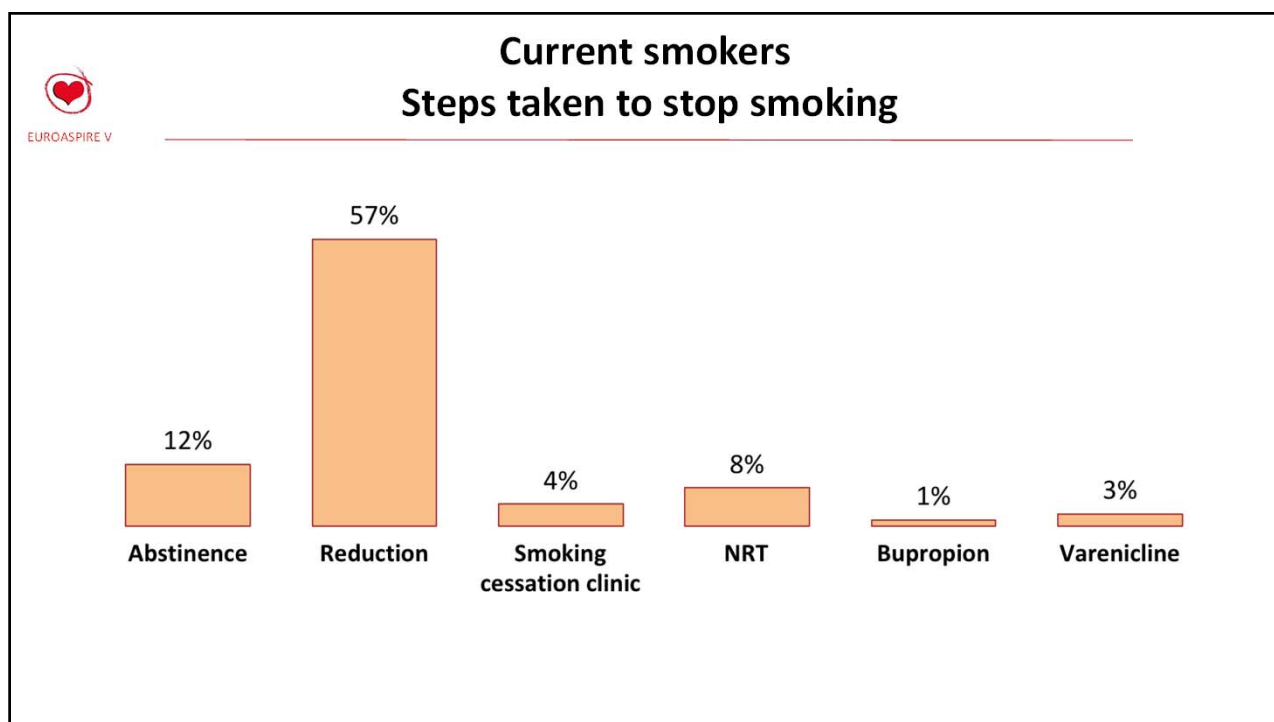
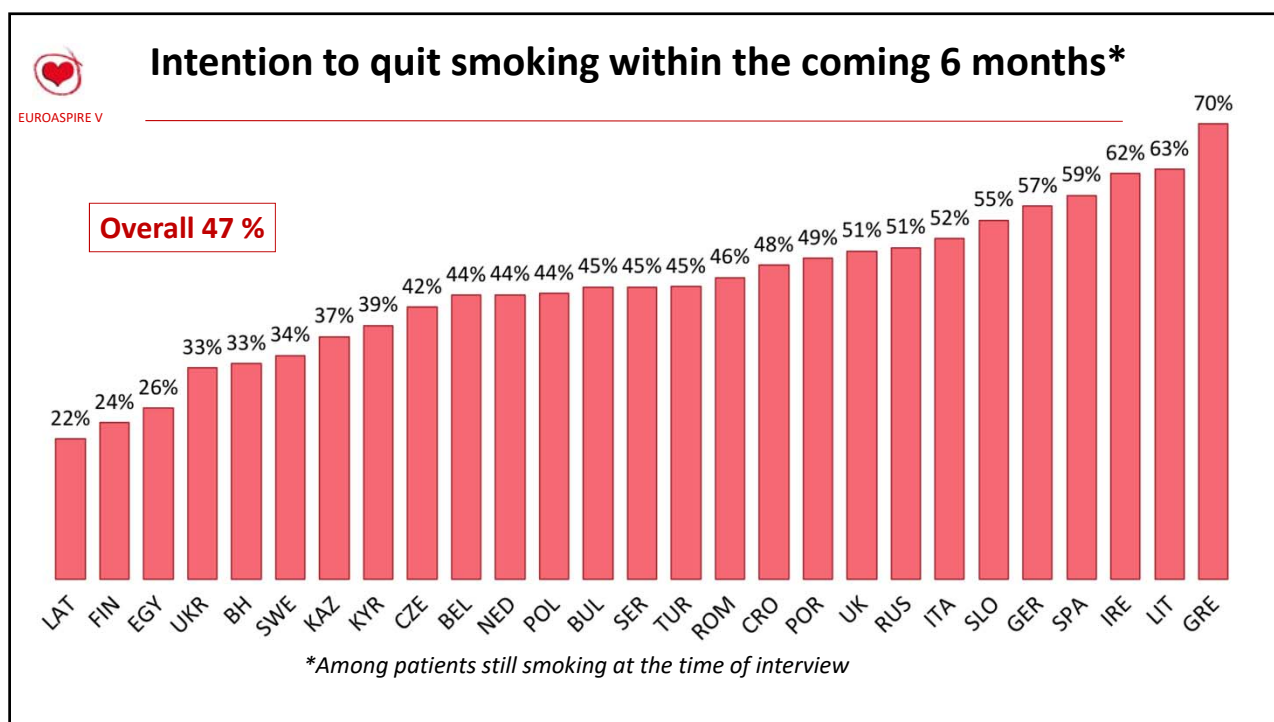


 **Prevalence of smoking by age and gender (%)°**

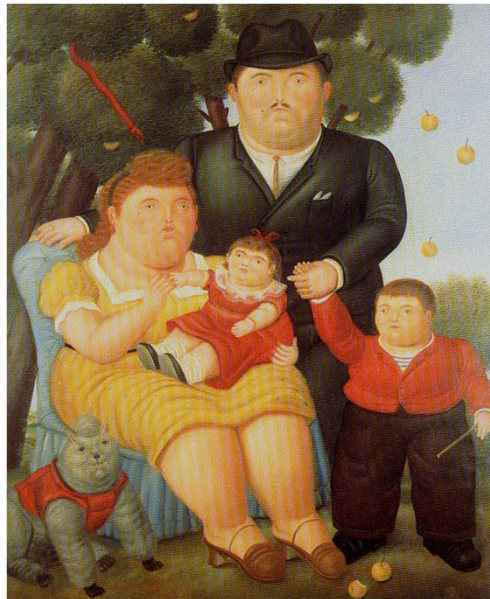
EUROASPIRE V

Age at interview, yrs	Men	Women	All
<50	36	20	33
50 - 59	29	22	28
60 - 69	19	13	17
70 - 79	9	6	8
<b>All</b>	<b>21</b>	<b>13</b>	<b>19</b>

° Self-reported and/or CO in breath >10 ppm



## DIET



### **2016 ESC Guidelines on CVD Prevention in clinical practice**

**Among key recommendations**

#### **NUTRITION**

- \* < 5 g salt per day
- \*  $\geq 400$  g fruit and vegetables per day
- \* 1-2 times fish per week
- \* Sugar-sweetened soft drinks must be discouraged
- \* Energy intake should be limited to the amount needed to maintain (or obtain) a healthy BMI ( $20.0 - 25.0 \text{ kg/m}^2$ )



EUROASPIRE V

## Steps taken since the index event to reduce risk of heart disease

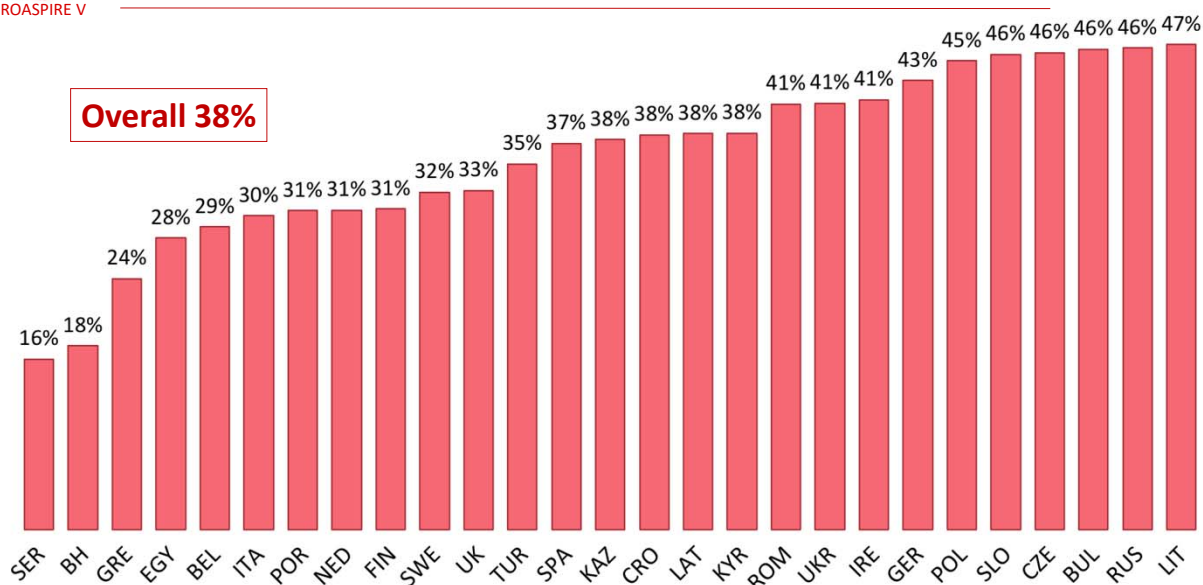
<b>Healthy diet</b>	
Reduction of salt intake	70%
Reduction of fat intake	72%
Changing type of fat intake	61%
Reduction of calorie intake	58%
Eating more fruits and vegetables	69%
Eating more fish	55%
Eating more oily fish	40%
Reducing sugar	61%
Reducing excessive alcohol intake	52%
Eating regularly food items enriched with plant sterols/ stanols	26%
<b>Lose weight</b>	
Following dietary recommendations	41%
Participating in regular physical activity	40%
Weight reducing drugs	3%



EUROASPIRE V

## Prevalence of obesity\*

**Overall 38%**



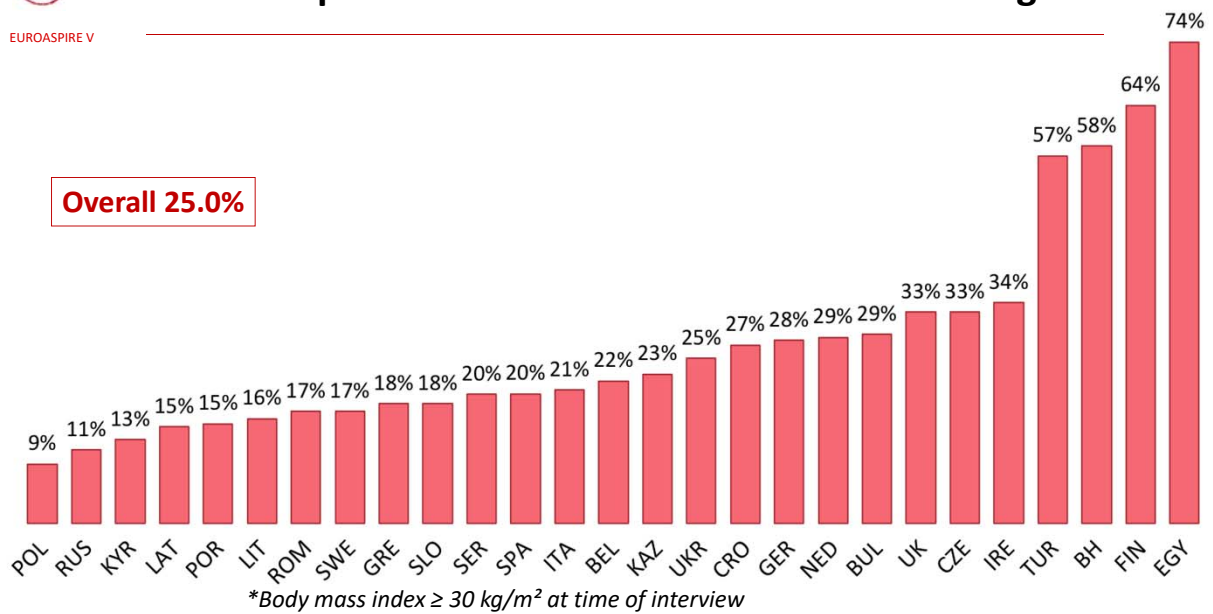
\*BMI  $\geq 30$  kg/m<sup>2</sup>; standardized for age and gender



EUROASPIRE V

## Obese\* patients: never been told to be overweight

Overall 25.0%



## PHYSICAL ACTIVITY





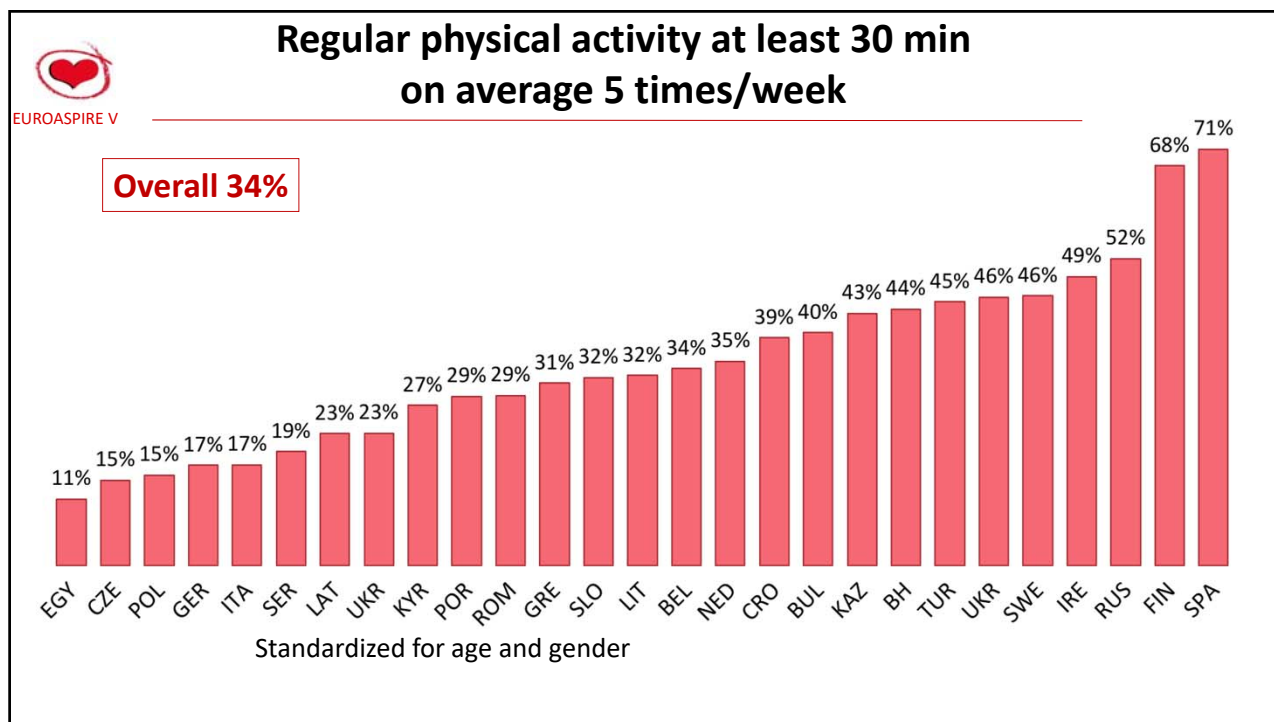
## 2016 ESC Guidelines on CVD Prevention in clinical practice

### Key recommendations

#### PHYSICAL ACTIVITY

“It is recommended to perform at least 150 minutes a week of moderate intensity aerobic physical activity.”

“Participation in a cardiac rehabilitation programme for patients hospitalized for an acute coronary event or revascularization is recommended to improve patient outcomes.”

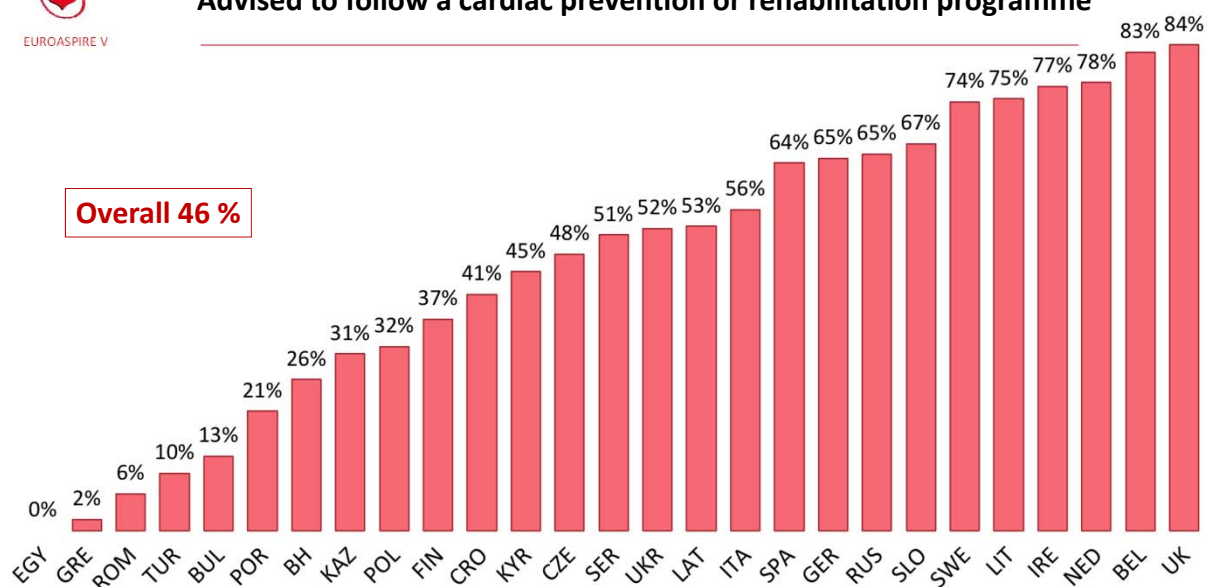




EUROASPIRE V

### Advised to follow a cardiac prevention or rehabilitation programme

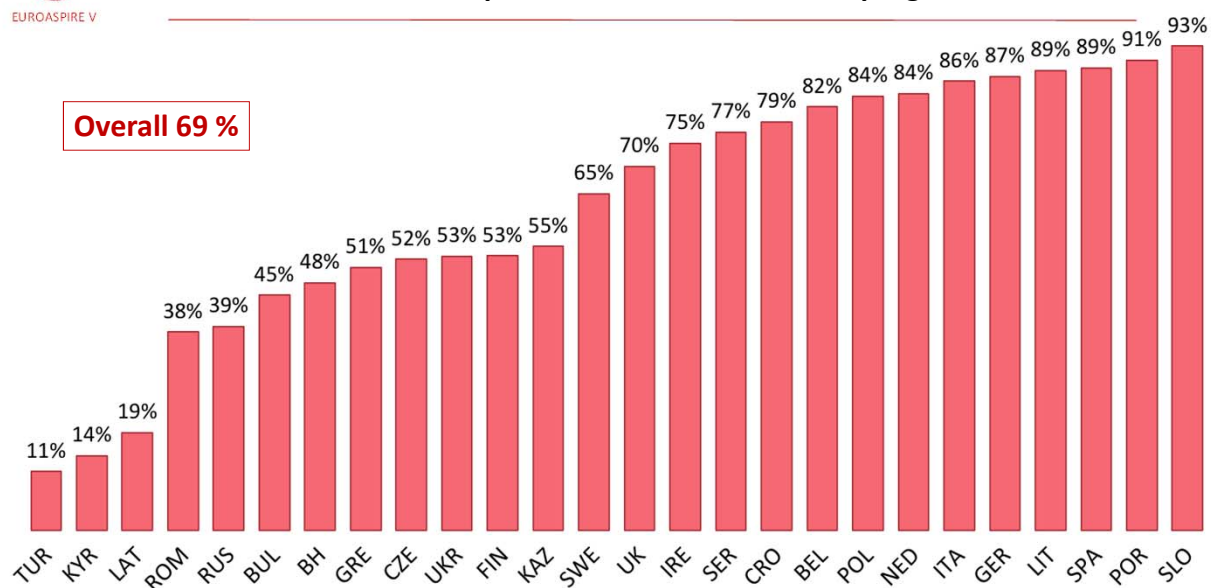
**Overall 46 %**



EUROASPIRE V

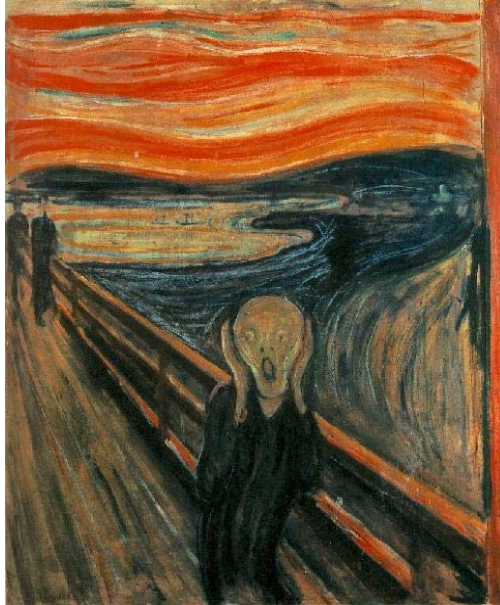
### Attendance\* to cardiac prevention or rehabilitation programme if advised

**Overall 69 %**



\*Attended at least half of the sessions

## CONCLUSIONS



## Lifestyle management in secondary prevention CONCLUSIONS

### \* Smoking cessation

Persistent smoking in 55%, highest prevalence in younger patients, and professional smoking cessation strategies are poorly implemented

### \* Nutrition

Self-declared dietary changes vary and reported by a majority of patients but the prevalence of obesity is alarming

### \* Regular physical activity

Only 34 % report regular physical activity and referral to cardiac rehabilitation is less than half of all patients