



fighting heart disease
and stroke
european heart network

ENVI Health Working Group - 2018

Cardiovascular Diseases and Lifestyle

EHN's experience in promoting evidence-based input for the implementation of EU health strategies, policies and legislative initiatives for the promotion of cardiovascular health

Susanne Løgstrup, Director, European Heart Network
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EHN is a not-for-profit, non-governmental organisation independent of political parties and economic interests.
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European Heart Network - EHN

The European Heart Network is a Brussels-based alliance of foundations and associations dedicated to fighting heart disease and stroke and supporting patients throughout Europe

EHN plays a leading role in the prevention and reduction of cardiovascular diseases, in particular heart disease and stroke, through advocacy, networking, capacity-building, patient support, and research, so that they are no longer a major cause of premature death and disability throughout Europe



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European Heart Network - EHN

EHN's VISION

Every European has a right to a life free from avoidable cardiovascular diseases



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European Heart Network - EHN

World Health Organization – WHO

“Although heart attacks and strokes are major killers in all parts of the world, 80% of premature deaths from these causes could be avoided by controlling the main risk factors: tobacco, unhealthy diet and physical inactivity.”



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Burden of cardiovascular diseases in the EU*

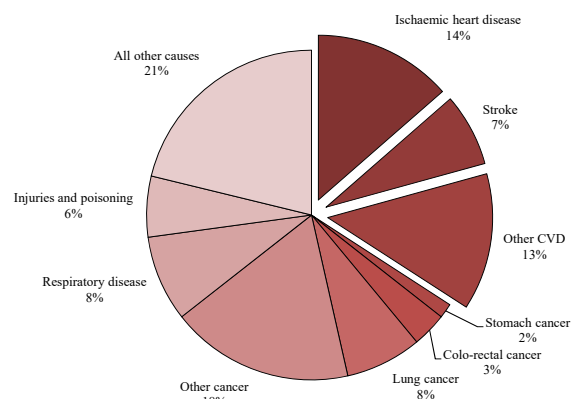
- More than 1.8 million people die from CVD in the EU every year
 - Of these
 - 436 000 die before they reach the age of 75
 - 192 000 die before they reach the age of 65
- Almost 49 million people in the EU live with CVD
- There are over 6 million new cases of CVD per year in the EU

* <http://www.ehnheart.org/cvd-statistics.html>



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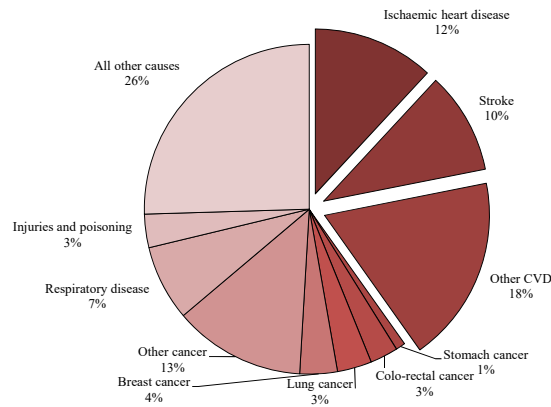
Deaths by cause, men, latest available year, EU





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Deaths by cause, women, latest available year, EU



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Age-standardised death rates from IHD, all ages, by sex, latest available year, EU

Males		Females	
	Deaths per 100,000		Deaths per 100,000
France	77	France	32
Netherlands	90	Spain	45
Portugal	98	Netherlands	45
Spain	102	Luxembourg	45
Belgium	113	Portugal	49
Luxembourg	115	Belgium	51
Denmark	124	Cyprus	64
Greece	145	Denmark	67
Italy	148	Greece	68
Cyprus	157	Italy	83
Sweden	174	Slovenia	86
Slovenia	175	United Kingdom	87
Poland	176	Poland	90
United Kingdom	177	Sweden	94
Germany	189	Germany	101
Ireland	226	Ireland	117
Austria	226	Austria	132
Malta	240	Finland	137
Bulgaria	251	Bulgaria	145
Finland	269	Malta	163
Croatia	341	Estonia	211
Romania	364	Croatia	244
Czech Republic	388	Romania	250
Estonia	388	Czech Republic	253
Slovakia	465	Hungary	315
Hungary	479	Slovakia	321
Latvia	584	Latvia	331
Lithuania	700	Lithuania	429

Percentage of total deaths from CVD in the EU Men: 34 % - Women: 40 %



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Age-standardised death rates from **stroke**, all ages, by sex, latest available year, EU

Males		Females	
	Deaths per 100,000		Deaths per 100,000
France	53	France	42
Luxembourg	53	Spain	52
Austria	62	Luxembourg	52
Spain	62	Austria	56
Germany	65	Germany	59
Netherlands	68	Belgium	60
Belgium	69	Sweden	62
Cyprus	70	Denmark	64
United Kingdom	70	Netherlands	65
Ireland	71	Estonia	66
Sweden	73	Cyprus	66
Denmark	79	United Kingdom	68
Malta	84	Ireland	70
Finland	89	Finland	76
Estonia	93	Malta	78
Italy	96	Italy	83
Poland	117	Poland	91
Czech Republic	124	Portugal	99
Portugal	128	Slovenia	104
Greece	139	Czech Republic	104
Slovenia	144	Slovakia	123
Hungary	173	Hungary	128
Slovakia	173	Greece	136
Croatia	210	Croatia	173
Lithuania	219	Lithuania	179
Latvia	296	Latvia	231
Romania	297	Romania	241
Bulgaria	353	Bulgaria	281

Percentage of total deaths from CVD in the EU Men: 34 % - Women: 40 %



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Burden of cardiovascular diseases in the EU *

Heart disease

Between France and Lithuania there is a **9-fold difference** in death rates in men and a **13-fold difference** in women

Stroke

Between France and Bulgaria there is a **6-fold difference** in death rates in men and in women

*<http://www.ehnheart.org/cvd-statistics.html>



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Economic Burden*

- CVD is estimated to cost the economies of the EU **€210 billion** (2015 figures)
- Of total cost:
 - €111bn (53%) was spent on healthcare
 - €54bn (26%) on productivity losses
 - €45bn (21%) on informal care costs

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EU and health

- The EU has a real competence in health → Art. 168 of the TFEU
- But does EU have a true health strategy?
- Certainly, EU does not have a strategy on chronic diseases with individual chapters for the four major chronic diseases – and thus cardiovascular disease



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EU and lifestyles

- The ‘big four’ lifestyle-related risk factors – in reality better described as societal-related risk factors:
 - *Tobacco*
 - *Unhealthy diets/foods*
 - Alcohol
 - Physical inactivity



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Tobacco

- Tobacco advertising ban 2003
- Tobacco products directive 2014
- Tobacco excise duties 2010 (under revision)



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Unhealthy diets/foods

- Nutrition and Health Claims 2003
- School Fruit Scheme 2009
- Food Information to Consumers 2011 (FOP nutrition labelling)
- Trans fatty acids 2018?



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Major EU policies impacting on cardiovascular health

- Common Agricultural Policy
 - the EC proposal, adopted on 1 June 2018, included the objective to “*improve the response of EU agriculture to societal demands on food and health, including safe, nutritious and sustainable food...*”



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WHO Best Buys*

Tobacco use

- Increase excise taxes and prices on tobacco products
- Implement plain/standardised packaging and/or large graphic health warnings on all tobacco packages
- Enact and enforce comprehensive bans on tobacco advertising, promotion and sponsorship

[*http://www.who.int/ncds/management/best-buys/en](http://www.who.int/ncds/management/best-buys/en)



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WHO Best Buys*

Unhealthy diets

- Reduce **salt intake** through:
 - the **reformulation** of food products to contain less salt, and the setting of target levels for the amount of salt in foods and meals
 - the implementation of **front-of-pack labelling**
- Eliminate industrial **trans-fats** through the development of legislation to ban their use in the food chain

[*http://www.who.int/ncds/management/best-buys/en](http://www.who.int/ncds/management/best-buys/en)