Diet, Physical Activity and Cardiovascular Disease Prevention
Workshop Milan – 25 June 2012

The Project – EuroHeart II

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European Heart Network (EHN)

The European Heart Network plays a leading role in the prevention and reduction of cardiovascular diseases, in particular heart disease and stroke, through advocacy, networking, education and patient support, so that they are no longer a major cause of premature death and disability throughout Europe.
European Heart Network (EHN)

Brussels-based alliance linking 33 national heart foundations and like-minded non-governmental organisations in 26 European countries
European Heart Health Strategy (EuroHeart) II
EU co-funded project

- Project duration March 2011 to February 2014
- 30 Partners – EHN main partner
**EuroHeart II**
EU co-funded project

- **General objective:**
  - contribute to addressing diseases of the heart and circulatory system (CVD) by reporting on and analysing the current situation as well as developing approaches across society enabling further development of Community initiatives to address CVD and other major chronic diseases

- **Specific objective (work package 7):**
  - share knowledge on nutrition, physical activity and the prevention of cardiovascular diseases in Europe
EuroHeart II
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Partners in work package 7:

- Belgian Heart League
- Dutch Heart Foundation
- French Federation of Cardiology
- German Heart Foundation
- Hungarian National Heart Forum
- Icelandic Heart Association
- Irish Heart Foundation
- Italian Association against Thrombosis and Cardiovascular Diseases
- Italian Heart Foundation
- National Heart Forum, UK
- Portuguese Heart Foundation
- Slovak League for Prevention and Treatment of Cardiovascular Diseases
- Slovenian Heart Foundation
- Spanish Heart Foundation
EuroHeart II
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How to achieve:


– three regional workshops: Germany, Italy and Slovakia with the participation of the cardiovascular and wider chronic disease community

– national meetings in 10 countries
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Product
- Transfats
  - Limit through EU legislation

Promotion
- Marketing to children
  - Limit through EU legislation

Price
- Increase consumption of F&V
  - EU school fruit scheme

Place
- Increase physical activity
  - Promote through EU structural funds
Acknowledgement

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More info

- http://www.ehnheart.org/euroheart-ii.html
- http://www.ehnheart.org
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